December 2025

BREAK!

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Southern Lehigh Gluten Free Menu

Monday Thursday Tuesday Wednesday Friday 2 Hamburger or Chicken Tenders Chicken Tenders Ham & Cheese Sandwich Cheeseburger Fresh Veggies or Fresh Veggies or Fresh Veggies or NO SCHOOL!! Fresh Vegaies or Featured Vegetable Featured Vegetable Featured Vegetable of Featured Vegetable of the Day of the Day the Day of the Day Assorted Fresh or Canned **THANKSGIVING** Assorted Fresh or Assorted Fresh or Assorted Fresh or Canned Fruit Canned Fruit Fruit **BREAK!!** Canned Fruit Choice of Milk Choice of Milk Choice of Milk Choice of Milk 8 11 Sugar Cookie Ice Cream 10 Turkey & Cheese Cup Day!! Chicken Tenders Chicken Tenders Ham & Cheese Sandwich Sandwich Hamburger or Fresh Veggies or Fresh Veggies or Fresh Veggies or Fresh Veggies or Cheeseburger Featured Vegetable of Featured Vegetable of Featured Vegetable of Featured Vegetable of Fresh Veggies or Featured the Day the Day the Day the Day Vegetable of the Day Assorted Fresh or Canned Assorted Fresh or Assorted Fresh or Assorted Fresh or Assorted Fresh or Canned Canned Fruit Canned Fruit Fruit Canned Fruit Fruit Choice of Milk 15 16 17 18 Turkey & Cheese Hamburger or Chicken Tenders Ham & Cheese Sandwich Chicken Tenders Sandwich Cheeseburger Fresh Veggies or Featured Vegetable of Featured Vegetable Featured Vegetable of Featured Vegetable Featured Vegetable the Day of the Day the Day of the Day of the Day Assorted Fresh or Assorted Fresh or Assorted Fresh or Canned Assorted Fresh or Assorted Fresh or Canned Fruit Canned Fruit Fruit Canned Fruit Canned Fruit Choice of Milk 24 22 23 25 26 NO NO NO NO NO **SCHOOL!** SCHOOL! SCHOOL! SCHOOL! SCHOOL! **WINTER** WINTER **WINTER WINTER** WINTER **BREAK! BREAK! BREAK! BREAK! BREAK!** 29 31 30 NO NO NO Did you know? SCHOOL! SCHOOL! SCHOOL! The winter solstice, the shortest day of the year, also occurs in December. December babies are either Sagit-WINTER **WINTER WINTER** tarius or Capricorn, and their birthstones are turquoise.

BREAK!

Meal Information

Meals come with vegetab<mark>le, m</mark>ilk, and fruit.

Vegetable choices include the fresh vegetable of the day or the featured vegetable of the day. Fresh vegetables are available each day and can also be taken in addition to the featured vegetable of the day (listed on the regular means).

LUNCH PRICES Elem & JPLIS \$3.10 HS & MS \$3.45

*Entrée items not purchased as a meal and seconds of gluten free items must be charged at A la Carte pricing as listed on the cafeteria price list found online.

**Please Note - The Gluten Free Menu selection is only available to those students who have turned in the Medical Plan of Care form, listing the need as such, by the student's physician and signed by the physician. **Requests made by parents alone cannot be honored. Thank you for your cooperation and understanding

Cafeteria News

Visit www.ezschoolpay.com
to view your child's lunch
account and make payments
online!

* Students <u>MUST</u> take a fruit or a vegetable to make a complete meal/qualifying reimbursable lunch.

**Menu Subject to Change

!!No cost breakfast available each morning at all schools!!

++This institution is an equal opportunity provider and employer.

To fill out a Free & Reduced
Application electronically,
please go to:

www.compass.state.pa.us