

# November 2025

## Southern Lehigh Gluten Free Menu

Monday

Tuesday

Wednesday

Thursday

Friday

### Did you know?

November's name comes from the Latin word "novem," meaning nine, as it was the ninth month in the Roman calendar.

3  
Turkey & Cheese Sandwich  
Fresh Veggies or Featured Vegetable of the Day  
Assorted Fresh or Canned Fruit  
Choice of Milk

4  
Chicken Tenders  
Fresh Veggies or Featured Vegetable of the Day  
Assorted Fresh or Canned Fruit  
Choice of Milk

5  
Hamburger or Cheeseburger  
Fresh Veggies or Featured Vegetable of the Day  
Assorted Fresh or Canned Fruit  
Choice of Milk

6  
Chicken Tenders  
Fresh Veggies or Featured Vegetable of the Day  
Assorted Fresh or Canned Fruit  
Choice of Milk

7  
Ham & Cheese Sandwich  
Fresh Veggies or Featured Vegetable of the Day  
Assorted Fresh or Canned Fruit  
Choice of Milk

10  
Turkey & Cheese Sandwich  
Fresh Veggies or Featured Vegetable of the Day  
Assorted Fresh or Canned Fruit  
Choice of Milk

11  
Chicken Tenders  
Fresh Veggies or Featured Vegetable of the Day  
Assorted Fresh or Canned Fruit  
Choice of Milk

12  
Hamburger or Cheeseburger  
Fresh Veggies or Featured Vegetable of the Day  
Assorted Fresh or Canned Fruit  
Choice of Milk

13  
Chicken Tenders  
Fresh Veggies or Featured Vegetable of the Day  
Assorted Fresh or Canned Fruit  
Choice of Milk

14  
Ham & Cheese Sandwich  
Fresh Veggies or Featured Vegetable of the Day  
Assorted Fresh or Canned Fruit  
Choice of Milk

17  
Turkey & Cheese Sandwich  
Fresh Veggies or Featured Vegetable of the Day  
Assorted Fresh or Canned Fruit  
Choice of Milk

18  
**Pumpkin Ice Cream Cup Day!! – Glut. Free**  
Chicken Tenders  
Fresh Veggies or Featured Vegetable of the Day  
Assorted Fresh or Canned Fruit  
Choice of Milk

19  
Hamburger or Cheeseburger  
Fresh Veggies or Featured Vegetable of the Day  
Assorted Fresh or Canned Fruit  
Choice of Milk

20  
Chicken Tenders  
Fresh Veggies or Featured Vegetable of the Day  
Assorted Fresh or Canned Fruit  
Choice of Milk

21  
Ham & Cheese Sandwich  
Fresh Veggies or Featured Vegetable of the Day  
Assorted Fresh or Canned Fruit  
Choice of Milk

24  
**NO SCHOOL!**  
**In-service & Teacher Conferences**

25  
**NO SCHOOL!**  
**In-service & Teacher Conferences**

26  
**NO SCHOOL!**  
**Professional Learning Day**

27  
**NO SCHOOL!!**  
**HAPPY THANKSGIVING!**

28  
**NO SCHOOL!!**  
**THANKSGIVING BREAK!!**

### Meal Information

Meals come with vegetable, milk, 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 menu).

#### 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.ezschoollpay.com](http://www.ezschoollpay.com) to view your child's lunch account and make payments online!

\* Students **MUST** 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](http://www.compass.state.pa.us)