

October 2025

Southern Lehigh Gluten Free Menu

Monday

Tuesday

Wednesday

Thursday

Friday

Did you know?

The main reason for the color change of the leaves is not autumn's chilly weather, but lack of light. The green color of leaves disappears when photosynthesis (from sunlight) slows down, and the chlorophyll breaks down. Trees with a lot of direct sunlight will produce red leaves, while other trees may turn yellow, orange, or brown.

6
Turkey & Cheese Sandwich
Fresh Veggies or Featured Vegetable of the Day
Assorted Fresh or Canned Fruit
Choice of Milk

7
Chicken Tenders
Fresh Veggies or Featured Vegetable of the Day
Assorted Fresh or Canned Fruit
Choice of Milk

1
Hamburger or Cheeseburger
Fresh Veggies or Featured Vegetable of the Day
Assorted Fresh or Canned Fruit
Choice of Milk

2
Chicken Tenders
Fresh Veggies or Featured Vegetable of the Day
Assorted Fresh or Canned Fruit
Choice of Milk

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

13
NO SCHOOL!
Professional Learning Day

14
Chicken Tenders
Fresh Veggies or Featured Vegetable of the Day
Assorted Fresh or Canned Fruit
Choice of Milk

15
Hamburger or Cheeseburger
Fresh Veggies or Featured Vegetable of the Day
Assorted Fresh or Canned Fruit
Choice of Milk

16
Chicken Tenders
Fresh Veggies or Featured Vegetable of the Day
Assorted Fresh or Canned Fruit
Choice of Milk

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

20
Turkey & Cheese Sandwich
Fresh Veggies or Featured Vegetable of the Day
Assorted Fresh or Canned Fruit
Choice of Milk

21
Chicken Tenders
Fresh Veggies or Featured Vegetable of the Day
Assorted Fresh or Canned Fruit
Choice of Milk

22
Hamburger or Cheeseburger
Fresh Veggies or Featured Vegetable of the Day
Assorted Fresh or Canned Fruit
Choice of Milk

23
Chicken Tenders
Fresh Veggies or Featured Vegetable of the Day
Assorted Fresh or Canned Fruit
Choice of Milk

24
Ham & Cheese Sandwich
Fresh Veggies or Featured Vegetable of the Day
Assorted Fresh or Canned Fruit
Choice of Milk

27
Turkey & Cheese Sandwich
Fresh Veggies or Featured Vegetable of the Day
Assorted Fresh or Canned Fruit
Choice of Milk

28
Chicken Tenders
Fresh Veggies or Featured Vegetable of the Day
Assorted Fresh or Canned Fruit
Choice of Milk

29
Hamburger or Cheeseburger
Fresh Veggies or Featured Vegetable of the Day
Assorted Fresh or Canned Fruit
Choice of Milk

30
Chicken Tenders
Fresh Veggies or Featured Vegetable of the Day
Assorted Fresh or Canned Fruit
Choice of Milk

31
***Zombie Ice Cream Cup served w/ lunch**
Ham & Cheese Sandwich
Fresh Veggies or Featured Vegetable of the Day
Assorted Fresh or Canned Fruit
Choice of Milk

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 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