

# October 2025

## Southern Lehigh High School

### Monday

#### 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.

### Tuesday

### Wednesday

### Thursday

### Friday

### Alternates

**Salad Bar (comes with dressing and dinner roll)**  
**Hoagie or Wrap**  
**Pizza Slice**  
**PB & J Uncrustable**

**Not all items are available every day**

*\*All meals come with choice of fruit, vegetable, & milk*

**\*\* Fresh vegetable sides are offered daily!! They can be taken along with the 5 meal components or in place of the vegetable of the day listed on the menu.**

### 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.

**Meal Price \$3.45**  
**Salad Meal Deal \$3.95**

**\*\*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)

Dutch Waffle\*  
 2 Sausage Links  
 Baked Fries  
 Assorted Fresh or Canned Fruit  
 Choice of Milk  
 \*Funnel Cake

Cheese or Pepperoni Stuffed Crust Pizza  
 Steamed Green Beans  
 Assorted Fresh or Canned Fruit  
 Choice of Milk

Toasted Cheese Sandwich  
 Tomato Soup  
 Assorted Fresh or Canned Fruit  
 Choice of Milk

Spicy or Plain Chicken Patty Sandwich  
 Vegetarian Baked Beans  
 Assorted Fresh or Canned Fruit  
 Choice of Milk

Cheese or Pepperoni Big Daddy's Pizza  
 Tossed Salad w/ Choice of Dressing  
 Assorted Fresh or Canned Fruit  
 Choice of Milk

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

Chicken Tenders  
 Soft Pretzel Stick  
 Vegetarian Baked Beans  
 Assorted Fresh or Canned Fruit  
 Choice of Milk

Hot Ham & Cheese on Croissant  
 Steamed Carrots  
 Assorted Fresh or Canned Fruit  
 Choice of Milk

Mini Pancakes  
 2 Sausage Links  
 Potato Smiles  
 Assorted Fresh or Canned Fruit  
 Choice of Milk

Personal Cheese Pizza  
 Steamed Green Beans  
 Assorted Fresh or Canned Fruit  
 Choice of Milk

Mini Turkey Corn Dogs  
 Vegetarian Baked Beans  
 Assorted Fresh or Canned Fruit  
 Choice of Milk

Bacon, Egg, & Cheese Bagel  
 Baked Fries  
 Assorted Fresh or Canned Fruit  
 Choice of Milk

Chicken Nuggets  
 Dinner Roll  
 Steamed Carrots  
 Assorted Fresh or Canned Fruit  
 Choice of Milk

Mac & Cheese  
 Steamed Broccoli  
 Garlic Breadstick  
 Assorted Fresh or Canned Fruit  
 Choice of Milk

Cheese or Pepperoni French Bread Pizza  
 Tossed Salad w/ Choice of Dressing  
 Assorted Fresh or Canned Fruit  
 Choice of Milk

Mini Cinnis\*  
 2 Sausage Links  
 Baked Tater Tots  
 Assorted Fresh or Canned Fruit  
 Choice of Milk  
 \*Mini Cinnamon Rolls

Walking Tacos  
 Seasoned Beans  
 Spanish Rice  
 Assorted Fresh or Canned Fruit  
 Choice of Milk

Big Daddy's Cheese or Pepperoni Pizza  
 Steamed Broccoli  
 Assorted Fresh or Canned Fruit  
 Choice of Milk

Pierogis & Meatballs w/ Marinara  
 Steamed Peas  
 Garlic Breadstick  
 Assorted Fresh or Canned Fruit  
 Choice of Milk

\*Zombie Ice Cream Cup served w/ lunch  
 Spicy or Plain Chicken Patty Sandwich  
 Sweet Potato Fries  
 Assorted Fresh or Canned Fruit  
 Choice of Milk