

# January 2026

## Southern Lehigh Intermediate School

Monday

Tuesday

Wednesday

Thursday

Friday

### Did you know?

People born in January fall under the zodiac signs of Capricorn (December 22 - January 19) or Aquarius (January 20 - February 18). The birthstone for January is garnet.

**NO SCHOOL!**

**WINTER  
BREAK!**

**NO SCHOOL!**

**WINTER  
BREAK!**

### Alternates

**Pizza** (Available at 1<sup>st</sup> serving line)

**Pretzel & Yogurt** (Available at 1<sup>st</sup> serving line)

**School Hoagie** (Available at 2<sup>nd</sup> & 3<sup>rd</sup> serving lines)

**PB & J Uncrustable** (Available at 2<sup>nd</sup> & 3<sup>rd</sup> serving lines)

*\*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.

**LUNCH PRICE \$3.10**

**\*\*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)

5  
Chicken Tenders  
Dinner Roll  
Steamed Carrots  
Assorted Fresh or  
Canned Fruit  
Choice of Milk

6  
Walking Tacos  
Seasoned Beans  
Spanish Rice  
Assorted Fresh or  
Canned Fruit  
Choice of Milk

7  
French Toast  
Sticks  
2 Sausage Links  
Baked Fries  
Assorted Fresh or  
Canned Fruit  
Choice of Milk

8  
Chicken Alfredo  
with Pasta  
Steamed Broccoli  
Garlic Breadstick  
Assorted Fresh or  
Canned Fruit  
Choice of Milk

9  
Cheese or  
Pepperoni  
Big Daddy's Pizza  
Steamed Peas  
Assorted Fresh or  
Canned Fruit  
Choice of Milk

12  
Mini Cinnis\*  
2 Sausage Links  
Sweet Potato Fries  
Assorted Fresh or  
Canned Fruit  
Choice of Milk  
**\*Mini Cinnamon Rolls**

13  
Spicy or Plain  
Chicken Patty  
Sandwich  
Steamed Broccoli  
Assorted Fresh or  
Canned Fruit  
Choice of Milk

14  
Cheeseburger  
Baked French  
Fries  
Assorted Fresh or  
Canned Fruit  
Choice of Milk

15  
Cheese  
or Pepperoni  
French Bread Pizza  
Steamed Green Beans  
Assorted Fresh or  
Canned Fruit  
Choice of Milk

16  
**NO SCHOOL!**  
**Teacher  
In-service  
Day**

19  
**NO SCHOOL!**  
**MLK  
HOLIDAY!**

20  
Popcorn Chicken  
Soft Pretzel Stick  
Steamed Broccoli  
Assorted Fresh or  
Canned Fruit  
Choice of Milk

21  
Mac & Cheese topped  
w/ BBQ Pulled Pork  
Steamed Peas  
Garlic Breadstick  
Assorted Fresh or  
Canned Fruit  
Choice of Milk

22  
Dutch Waffle\*  
2 Sausage Links  
Tater Tots  
Assorted Fresh or  
Canned Fruit  
Choice of Milk  
**\*Funnel Cake**

23  
Cheese or Pepperoni  
Big Daddy's Pizza  
Tossed Salad w/  
Choice of Dressing  
Assorted Fresh or  
Canned Fruit  
Choice of Milk

26  
Toasted Cheese  
Sandwich  
Tomato Soup  
Assorted Fresh or  
Canned Fruit  
Choice of Milk

27  
Chicken Nuggets  
Dinner Roll  
Vegetarian Baked  
Beans  
Assorted Fresh or  
Canned Fruit  
Choice of Milk

28  
Cheese or Pepperoni  
Personal Pizza  
Steamed Green  
Beans  
Assorted Fresh or  
Canned Fruit  
Choice of Milk

29  
Bacon, Egg, &  
Cheese Croissant  
Hash Brown  
Assorted Fresh or  
Canned Fruit  
Choice of Milk

30  
Max Stix w/  
Marinara  
Tossed Salad w/  
Choice of Dressing  
Assorted Fresh or  
Canned Fruit  
Choice of Milk