

October 2025

Southern Lehigh Middle 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.

6
Dutch Waffle*
2 Sausage Links
Baked Fries
Assorted Fresh or
Canned Fruit
Choice of Milk
*Funnel Cake

13
NO SCHOOL!
Professional Learning Day

20
Mini Turkey Corn
Dogs
Vegetarian Baked
Beans
Assorted Fresh or
Canned Fruit
Choice of Milk

27
Mini Cinnis*
2 Sausage Links
Baked Tater Tots
Assorted Fresh or
Canned Fruit
Choice of Milk
*Mini Cinnamon Rolls

Tuesday

7
Cheese or Pepperoni
Stuffed Crust Pizza
Steamed Green Beans
Assorted Fresh or
Canned Fruit
Choice of Milk

14
Chicken Tenders
Soft Pretzel Stick
Vegetarian Baked
Beans
Assorted Fresh or
Canned Fruit
Choice of Milk

21
Bacon, Egg, &
Cheese Bagel
Baked Fries
Assorted Fresh or
Canned Fruit
Choice of Milk

28
Walking Tacos
Seasoned Beans
Spanish Rice
Assorted Fresh or
Canned Fruit
Choice of Milk

Wednesday

1
Toasted Cheese
Sandwich
Tomato Soup
Assorted Fresh or
Canned Fruit
Choice of Milk

8
Cheeseburger
Vegetarian Baked
Beans
Assorted Fresh or
Canned Fruit
Choice of Milk

15
Hot Ham & Cheese
on Croissant
Steamed Carrots
Assorted Fresh or
Canned Fruit
Choice of Milk

22
Chicken Nuggets
Dinner Roll
Steamed Carrots
Assorted Fresh or
Canned Fruit
Choice of Milk

29
Big Daddy's
Cheese or
Pepperoni Pizza
Steamed Broccoli
Assorted Fresh or
Canned Fruit
Choice of Milk

Thursday

2
Spicy or Plain Chicken
Patty Sandwich
Vegetarian Baked
Beans
Assorted Fresh or
Canned Fruit
Choice of Milk

9
Chicken Turnover
Mashed Potatoes
& Gravy
Steamed Carrots
Dinner Roll
Assorted Fresh or
Canned Fruit
Choice of Milk

16
Mini Pancakes
2 Sausage Links
Potato Smiles
Assorted Fresh or
Canned Fruit
Choice of Milk

23
Mac & Cheese
Steamed Broccoli
Garlic Breadstick
Assorted Fresh or
Canned Fruit
Choice of Milk

30
Pierogis & Meatballs
w/ Marinara
Steamed Peas
Garlic Breadstick
Assorted Fresh or
Canned Fruit
Choice of Milk

Friday

3
Cheese or Pepperoni
Big Daddy's Pizza
Tossed Salad w/
Choice of Dressing
Assorted Fresh or
Canned Fruit
Choice of Milk

10
Max Stix w/
Marinara
Tossed Salad w/
Choice of Dressing
Assorted Fresh or
Canned Fruit
Choice of Milk

17
Personal Cheese
Pizza
Steamed Green
Beans
Assorted Fresh or
Canned Fruit
Choice of Milk

24
Cheese or Pepperoni
French Bread Pizza
Tossed Salad w/
Choice of Dressing
Assorted Fresh or
Canned Fruit
Choice of Milk

31
*Zombie Ice Cream Cup
served w/lunch
Spicy or Plain Chicken
Patty Sandwich
Sweet Potato Fries
Assorted Fresh or
Canned Fruit
Choice of Milk

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
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.**

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