

January 2026

Southern Lehigh High 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

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.

To fill out a Free & Reduced Application electronically, please go to:

www.compass.state.pa.us

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

6
Cheese or Pepperoni
Big Daddy's Pizza
Steamed Peas
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 Turnover
Mashed Potatoes & Gravy
Steamed Corn
Dinner Roll
Assorted Fresh or Canned Fruit
Choice of Milk

9
Walking Tacos
Seasoned Beans
Spanish Rice
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
Tater Tots
Assorted Fresh or Canned Fruit
Choice of Milk

14
Cheese or Pepperoni
French Bread Pizza
Steamed Green Beans
Assorted Fresh or Canned Fruit
Choice of Milk

15
Chicken Alfredo with Pasta
Steamed Broccoli
Garlic Breadstick
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
HALF DAY!
No Lunch!

22
HALF DAY!
No Lunch!

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