

May 2026

Southern Lehigh High School

Monday

Tuesday

Wednesday

Thursday

Friday

Did you know?

Mexico and the US celebrate Cinco de Mayo on May 5th, commemorating the victory over the French at the Battle of Puebla in 1862.

NO SCHOOL!
Professional Learning Day

4
Mac & Cheese
Steamed Peas
Garlic Breadstick
Assorted Fresh or
Canned Fruit
Choice of Milk*

5
***Cinco de Mayo!**
Walking Taco
Seasoned Beans
Spanish Rice
Assorted Fresh or
Canned Fruit
Choice of Milk*

6
Sausage, Egg,
& Cheese on a
Bagel
Baked Wedge Fries
Assorted Fresh or
Canned Fruit
Choice of Milk*

7
Chicken Tenders
Dinner Roll
Mixed Vegetables
Assorted Fresh or
Canned Fruit
Choice of Milk*

8
Cheese
or Pepperoni Stuffed
Crust Pizza
Steamed Carrots
Assorted Fresh or
Canned Fruit
Choice of Milk*

11
French Toast Sticks
2 Sausage Links
Baked Potato Cubes
Assorted Fresh or
Canned Fruit
Choice of Milk*

12
Spicy or Plain Chicken
Patty Sandwich
Vegetarian Baked
Beans
Assorted Fresh or
Canned Fruit
Choice of Milk*

13
Hot Ham & Cheese
on Croissant
Steamed Carrots
Assorted Fresh or
Canned Fruit
Choice of Milk*

14
Chicken Turnover
Mashed Potatoes
& Gravy
Steamed Corn
Dinner Roll
Assorted Fresh or
Canned Fruit
Choice of Milk*

15
Cheese
or Pepperoni
Big Daddy's Pizza
Steamed Green Beans
Assorted Fresh or
Canned Fruit
Choice of Milk*

18
Fiesta Rice and
Chicken*
Seasoned Beans
Assorted Fresh or
Canned Fruit
Choice of Milk*
**Rice with Salsa, Corn, &
Diced Chicken*

19
Dutch Waffle*
2 Sausage Links
Sweet Potato Fries
Assorted Fresh or
Canned Fruit
Choice of Milk*
**Similar to a Funnel Cake*

20
***Ice Cream Cup Day!**
Cheeseburger
Oven Baked Fries
Assorted Fresh or
Canned Fruit
Choice of Milk*
***Choice of Ice Cream
Cup with Lunch**

21
Popcorn Chicken
Soft Pretzel Stick
Steamed Broccoli
Assorted Fresh or
Canned Fruit
Choice of Milk*

22
Cheese
or Pepperoni
French Bread Pizza
Mixed Vegetables
Assorted Fresh or
Canned Fruit
Choice of Milk*

NO SCHOOL!
**Memorial
Day**

26
Chicken Nuggets
Dinner Roll
Steamed Broccoli
Assorted Fresh or
Canned Fruit
Choice of Milk*

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

28
Meatball Sub w/
Mozzarella Cheese
Baked Sweet Potato
Fries
Assorted Fresh or
Canned Fruit
Choice of Milk*

29
Cheese
or Pepperoni
Big Daddy's Pizza
Mixed Vegetables
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.

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

www.compass.state.pa.us

** Soy Milk and Lactose Free
Milk are now available for those
students who need milk
substitutes.*