

May 2026

Southern Lehigh Gluten Free Menu

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 Turkey & Cheese Sandwich
Fresh Veggies or Featured Vegetable of the Day
Assorted Fresh or Canned Fruit
Choice of Milk*

5 Chicken Tenders
Fresh Veggies or Featured Vegetable of the Day
Assorted Fresh or Canned Fruit
Choice of Milk*

6 Hamburger or Cheeseburger
Fresh Veggies or Featured Vegetable of the Day
Assorted Fresh or Canned Fruit
Choice of Milk*

7 Chicken Tenders
Fresh Veggies or Featured Vegetable of the Day
Assorted Fresh or Canned Fruit
Choice of Milk*

8 Ham & Cheese Sandwich
Fresh Veggies or Featured Vegetable of the Day
Assorted Fresh or Canned Fruit
Choice of Milk*

11 Turkey & Cheese Sandwich
Fresh Veggies or Featured Vegetable of the Day
Assorted Fresh or Canned Fruit
Choice of Milk*

12 Chicken Tenders
Fresh Veggies or Featured Vegetable of the Day
Assorted Fresh or Canned Fruit
Choice of Milk*

13 Hamburger or Cheeseburger
Fresh Veggies or Featured Vegetable of the Day
Assorted Fresh or Canned Fruit
Choice of Milk*

14 Chicken Tenders
Fresh Veggies or Featured Vegetable of the Day
Assorted Fresh or Canned Fruit
Choice of Milk*

15 Ham & Cheese Sandwich
Fresh Veggies or Featured Vegetable of the Day
Assorted Fresh or Canned Fruit
Choice of Milk*

18 Turkey & Cheese Sandwich
Fresh Veggies or Featured Vegetable of the Day
Assorted Fresh or Canned Fruit
Choice of Milk*

19 Chicken Tenders
Fresh Veggies or Featured Vegetable of the Day
Assorted Fresh or Canned Fruit
Choice of Milk*

20 ***Ice Cream Cup Day!**
Hamburger or Cheeseburger
Fresh Veggies or Featured Vegetable of the Day
Assorted Fresh or Canned Fruit
Choice of Milk*
***Choice of Ice Cream Cup with Lunch**

21 Chicken Tenders
Fresh Veggies or Featured Vegetable of the Day
Assorted Fresh or Canned Fruit
Choice of Milk*

22 Ham & Cheese Sandwich
Fresh Veggies or Featured Vegetable of the Day
Assorted Fresh or Canned Fruit
Choice of Milk*

NO SCHOOL!
Memorial Day

25 Chicken Tenders
Fresh Veggies or Featured Vegetable of the Day
Assorted Fresh or Canned Fruit
Choice of Milk*

26 Hamburger or Cheeseburger
Fresh Veggies or Featured Vegetable of the Day
Assorted Fresh or Canned Fruit
Choice of Milk*

27 Chicken Tenders
Fresh Veggies or Featured Vegetable of the Day
Assorted Fresh or Canned Fruit
Choice of Milk*

28 Ham & Cheese Sandwich
Fresh Veggies or Featured Vegetable of the Day
Assorted Fresh or Canned Fruit
Choice of Milk*

Meal Information

Meals come with vegetable, milk, and fruit.

Vegetable choices include the fresh vegetable of the day or the featured vegetable of the day. Fresh vegetables are available each day and can also be taken in addition to the featured vegetable of the day (listed on the regular menu).

LUNCH PRICES
Elem & JPLIS \$3.10
HS & MS \$3.45

***Entrée items not purchased as a meal and seconds of gluten free items must be charged at A la Carte pricing as listed on the cafeteria price list found online.**

****Please Note - The Gluten Free Menu selection is only available to those students who have turned in the Medical Plan of Care form, listing the need as such, by the student's physician and signed by the physician. **Requests made by parents alone cannot be honored. Thank you for your cooperation and understanding.**

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.

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.