



EPHRATA MIDDLE SCHOOL

SEPTEMBER 2-5

BREAKFAST

Breakfast After the Bell Offered Daily

Cereal, Bagels and Cereal Bars offered daily

Monday: No School

Tuesday: Biscuit & Gravy

Wednesday: Breakfast Cookie

Thursday: Mini Cinni

Friday: Donut

LUNCH

Pizza (cheese pizza, pepperoni pizza and cheesy breadsticks served daily)

Monday: No School

Tuesday: Taco

Wednesday: Supreme

Thursday: Hawaiian

Friday: Meatlovers

Fast Takes

Monday: No School

Tuesday: American Sub

Wednesday: Crispy Chicken Salad

Thursday: Sunbutter & Jelly Sandwich

Friday: Italian Sub

Grill (Options Available Daily)

Crispy Chicken burger

Spicy Crispy Chicken Burger

Cheeseburger

Hamburger

Grilled Chicken Burger

Everyday Selects

Monday: No School

Tuesday: Nachos

Wednesday: Pepperoni Calzone

Thursday: Spaghetti w/Meat Sauce

Friday: Orange Chicken

All Ephrata Students Eat Free Daily

This institution is an equal opportunity provider.

Additional nutritional information available online at: ephrataschools.nutrislice.com/menu