



EPHRATA MIDDLE SCHOOL

SEPTEMBER 8-12

BREAKFAST

Breakfast After the Bell Offered Daily

Cereal, Bagels and Cereal Bars offered daily

Monday: Pancake on a Stick

Tuesday: Frudel

Wednesday: Snackin' Waffle

Thursday: Confetti Pancakes

Friday: Muffin

LUNCH

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

Monday: Sausage

Tuesday: Taco

Wednesday: Supreme

Thursday: Hawaiian

Friday: Meatlovers

Fast Takes

Monday: Crispy Chicken Wrap

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: Chicken Tender Basket

Tuesday: Twisted Hot Dog

Wednesday: Walking Taco

Thursday: Chicken Alfredo Pasta

Friday: Arroz con Pollo

All Ephrata Students Eat Free Daily

This institution is an equal opportunity provider.

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