



EPHRATA MIDDLE SCHOOL

SEPTEMBER 15-19

BREAKFAST

Breakfast After the Bell Offered Daily

Cereal, Bagels and Cereal Bars offered daily

Monday: Build Your Own Pancake Bar

Tuesday: Pancake Bites

Wednesday: Breakfast Cookie

Thursday: French Toast Sticks

Friday: Donut

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)

Chicken burger

Spicy Chicken Burger

Cheeseburger

Hamburger

Grilled Chicken Burger

Everyday Selects

Monday: Chicken Burrito Bowl

Tuesday: Chicken Parmesan Pasta

Wednesday: Chicken Potato Bowl

Thursday: Baked Penne Pasta

Friday: Posole

All Ephrata Students Eat Free Daily

This institution is an equal opportunity provider.

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