



EPHRATA HIGH SCHOOL

SEPTEMBER 22-26

BREAKFAST

Breakfast After the Bell Offered Daily

Cereal, Bagels and Cereal Bars offered daily

Monday: Breakfast Burrito

Tuesday: Breakfast Cookie

Wednesday: Banana Muffin Square

Thursday: Breakfast Bar

Friday: Cinnamon Roll

LUNCH

Pizza (cheese pizza, pepperoni pizza and cheesy breadstick daily)

Monday: Sausage

Tuesday: Taco

Wednesday: Supreme

Thursday: Chicken Bacon Ranch

Friday: Meatlovers

Grill (Options Available Daily)

Crispy Chicken burger

Spicy Crispy Chicken Burger

Cheeseburger

Hamburger

Grilled Chicken Burger

Fast Takes

Monday: Crispy Chicken Salad

Tuesday: Chicken Caesar Wrap

Wednesday: Italian Deli Style Sub

Thursday: Crispy Chicken Wrap

Friday: Ham and Cheese Sub

Everyday Selects

Monday: Teriyaki Beef Dippers & Rice

Tuesday: Crunchy Tacos

Wednesday: Sweet & Sour Chicken Bowl

Thursday: Nachos

Friday: Taco Burger

All Ephrata Students Eat Free Daily

This institution is an equal opportunity provider.

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