



# **EPHRATA MIDDLE SCHOOL**

## **SEPTEMBER 22-26**

### **BREAKFAST**

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#### **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**

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

**Monday: Sausage**

**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: 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](http://ephrataschools.nutrislice.com/menu)