



EPHRATA HIGH SCHOOL

SEPTEMBER 29-OCTOBER 3

BREAKFAST

Breakfast After the Bell Offered Daily

Cereal, Bagels and Cereal Bars offered daily

Monday: Waffle Bar

Tuesday: Cheese Omelet

Wednesday: Mini Pancakes

Thursday: Pancake Bites

Friday: Donut

LUNCH

Pizza (cheese, pepperoni and cheesy breadstick daily)

Monday: Sausage

Tuesday: Taco

Wednesday: Supreme

Thursday: Chicken Bacon Ranch

Friday: Meatlovers

Fast Takes

Monday: Crispy Chicken Salad

Tuesday: Chicken Caesar Wrap

Wednesday: Italian Deli Style Sub

Thursday: Crispy Chicken Wrap

Friday: Ham and Cheese Sub

Grill (Options Available Daily)

Crispy Chicken burger

Spicy Crispy Chicken Burger

Cheeseburger

Hamburger

Grilled Chicken Burger

Everyday Selects

Monday: Bean & Cheese Enchilada

Tuesday: Street Tacos

Wednesday: General Tso Bowl

Thursday: Macaroni & Cheese

Friday: Cheese Quesadillas

All Ephrata Students Eat Free Daily

This institution is an equal opportunity provider.

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