



# **EPHRATA MIDDLE SCHOOL**

## **AUGUST 28-29**

### **BREAKFAST**

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#### **Breakfast After the Bell Offered Daily**

Cereal, Bagels, Protein breakfast and Cereal Bars offered daily

**Monday:**

**Tuesday:**

**Wednesday:**

**Thursday: Pancake Bites**

**Friday: Donut**

### **LUNCH**

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

**Monday:**

**Tuesday:**

**Wednesday:**

**Thursday: Hawaiian**

**Friday: Meatlovers**

#### **Fast Takes**

**Monday:**

**Tuesday:**

**Wednesday:**

**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:**

**Tuesday:**

**Wednesday:**

**Thursday: Macaroni & Cheese**

**Friday: Quesadilla**

### **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)