



# **EPHRATA MIDDLE SCHOOL**

## **SEPTEMBER 29-OCTOBER 3**

### **BREAKFAST**

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#### **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**

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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:** Crispy Chicken Wrap

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