



EPHRATA MIDDLE SCHOOL

OCTOBER 27-31

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

Protein option

Monday: Breakfast Pizza

Tuesday: Double Berry Parfait

Wednesday: Breakfast Sandwich

Thursday: Peachy Parfait

Friday: Egg Bites or Omelet w/ Toast

LUNCH

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

Monday: Sausage

Tuesday: Taco

Wednesday: Supreme

Thursday: Hawaiian

Friday: Meatlovers

Grill (Options Available Daily)

Crispy Chicken burger

Spicy Crispy Chicken Burger

Cheeseburger

Hamburger

Grilled Chicken Burger

Fast Takes-Box

Monday: Italian Sub

Tuesday: Peppi Pizza Salad

Wednesday: Chicken Caesar Wrap

Thursday: American Sub

Friday: Crispy Chicken Wrap

Everyday Selects

Monday: Teriyaki Beef Dippers & Rice

Tuesday: Crunchy Tacos

Wednesday: Sweet & Sour Chicken Bowl

Thursday: Chicken Potato Bowl

Friday: Posole

All Ephrata Students Eat Free Daily

This institution is an equal opportunity provider.

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