



PARKWAY INTERMEDIATE

OCTOBER 27-31

BREAKFAST

Breakfast After the Bell Offered Daily

Cereal and Cereal Bar offered daily

Monday: Waffle Bar

Tuesday: Breakfast Pizza

Wednesday: Muffin

Thursday: Frudel

Friday: Cinnamon Roll

Protein option

Monday: Egg & Cheese English Muffin

Tuesday: Egg Bites w/Toast

Wednesday: Sausage & Cheese Biscuit

Thursday: Cheese Omelet w/Toast

Friday: Yogurt w/ Graham Crackers

LUNCH

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

Monday: Sausage

Tuesday: Taco

Wednesday: Supreme

Thursday: Hawaiian

Friday: Meatlovers

Grill

Monday: Chicken/Spicy Chicken Burger

Tuesday: Cheeseburger/Hamburger

Wednesday: Chicken/Spicy Chicken Burger

Thursday: Cheeseburger/Hamburger

Friday: Chicken/Spicy Chicken Burger

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