



PARKWAY INTERMEDIATE

NOVEMBER 10-14

BREAKFAST

Breakfast After the Bell Offered Daily

Cereal and Cereal Bars offered daily

Monday: French Toast Sticks

Tuesday: NO SCHOOL

Wednesday: Breakfast Cookie

Thursday: Confetti Pancakes

Friday: Muffin

Protein option

Monday: Egg & Cheese English Muffin

Tuesday: NO SCHOOL

Wednesday: Sausage & Cheese Biscuit

Thursday: Cheese Omelet w/Toast

Friday: Yogurt Parfait

LUNCH

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

Monday: Sausage

Tuesday: NO SCHOOL

Wednesday: Supreme

Thursday: Hawaiian

Friday: Meatlovers

Grill

Monday: Chicken/Spicy Chicken Burger

Tuesday: NO SCHOOL

Wednesday: Chicken/Spicy Chicken Burger

Thursday: Cheeseburger/Hamburger

Friday: Chicken/Spicy Chicken Burger

Everyday Selects

Monday: Grilled Cheese Sandwich

Tuesday: NO SCHOOL

Wednesday: Twisted Hot Dog

Thursday: Spaghetti w/Meat Sauce

Friday: Sweet & Sour Chicken Bowl

All Ephrata Students Eat Free Daily

This institution is an equal opportunity provider.

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