



EPHRATA HIGH SCHOOL

NOVEMBER 10-14

BREAKFAST

Breakfast After the Bell Offered Daily

Cereal, Bagels, Parfaits and Cereal Bars offered daily

Monday: French Toast Sticks

Tuesday: NO SCHOOL

Wednesday: Breakfast Cookie

Thursday: Mini Cinni

Friday: Muffin

Protein option

Monday: Egg Bites w/ Toast

Tuesday: NO SCHOOL

Wednesday: Cheese Omelet w/ Toast

Thursday: Egg & Cheese English Muffin

Friday: Breakfast Pizza

LUNCH

Pizza (cheese pizza, pepperoni pizza and cheesy breadstick daily)

Monday: Sausage

Tuesday: NO SCHOOL

Wednesday: Supreme

Thursday: Chicken Bacon Ranch

Friday: Meatlovers

Fast Takes-Box

Monday: Italian Sub

Tuesday: NO SCHOOL

Wednesday: Chicken Caesar Wrap

Thursday: American Sub

Friday: Crispy Chicken Wrap

Nacho Bar

Tuesday: NO SCHOOL

Wednesday: Beef, Beans, Cheese

Thursday: Beef, Chicken, Cheese

Friday: Beef, Cheese

Grill (Chicken, Spicy Chicken, Cheeseburger, Hamburger, Grilled Chicken available daily)

Monday: Mushroom Swiss Burger

Tuesday: NO SCHOOL

Wednesday: Bacon Cheeseburger

Thursday: Pepperoni Melt

Friday: Fish Sandwich

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