



# **EPHRATA MIDDLE SCHOOL**

## **NOVEMBER 10-14**

### **BREAKFAST**

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#### **Breakfast After the Bell Offered Daily**

Cereal, Bagels, and Cereal Bars offered daily

Monday: French Toast Sticks

Tuesday: NO SCHOOL

Wednesday: Breakfast Cookie

Thursday: Mini Cinni

Friday: Muffin

#### **Protein option**

Monday: Breakfast Pizza

Tuesday: NO SCHOOL

Wednesday: Breakfast Sandwich

Thursday: Peachy Parfait

Friday: Egg Bites or Omelet w/Toast

### **LUNCH**

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

Monday: Sausage

Tuesday: NO SCHOOL

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: NO SCHOOL

Wednesday: Chicken Caesar Wrap

Thursday: American Sub

Friday: Crispy Chicken Wrap

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