



# **PARKWAY INTERMEDIATE**

## **NOVEMBER 17-21**

### **BREAKFAST**

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

Cereal and Cereal Bar offered daily

Monday: Pancake Bar

Tuesday: Breakfast Bar

Wednesday: Mini French Toast

Thursday: Frudel

Friday: Donut

#### **Protein option**

Monday: Egg & Cheese English Muffin

Tuesday: Egg Bites w/Toast

Wednesday: Sausage & Cheese Biscuit

Thursday: Cheese Omelet w/Toast

Friday: Yogurt Parfait

### **LUNCH**

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#### **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: Quesadilla

Tuesday: Chicken Tender Basket

Wednesday: Walking Taco

Thursday: Chicken Alfredo Pasta

Friday: Chicken Drumsticks w/ Rolls

### **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)