



EPHRATA HIGH SCHOOL

NOVEMBER 17-21

BREAKFAST

Breakfast After the Bell Offered Daily

Cereal, Bagels, Parfaits and Cereal Bars offered daily

Monday: Breakfast Bar

Tuesday: Frudel

Wednesday: Snackin' Waffle

Thursday: Confetti Pancakes

Friday: Donut

Protein option

Monday: Egg Bites w/ Toast

Tuesday: Ham & Cheese English Muffin

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: Taco

Wednesday: Supreme

Thursday: Chicken Bacon Ranch

Friday: Meatlovers

Fast Takes-Box

Monday: Italian Sub

Tuesday: Chef Salad

Wednesday: Chicken Caesar Wrap

Thursday: American Sub

Friday: Crispy Chicken Wrap

Nacho Bar

Tuesday: Beef, Cheese

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: Popper Chicken Burger

Wednesday: Bacon Cheeseburger

Thursday: Pepperoni Melt

Friday: Fish Sandwich

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