



# **EPHRATA HIGH SCHOOL**

## **NOVEMBER 24-28**

### **BREAKFAST**

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

Cereal, Bagels, Parfaits and Cereal Bars offered daily

**Monday: Pancake Bar**

**Tuesday: French Toast Sticks**

**Wednesday: Breakfast Cookie**

**Thursday: NO SCHOOL**

**Friday: NO SCHOOL**

#### **Protein option**

**Monday: Egg Bites w/ Toast**

**Tuesday: Ham & Cheese English Muffin**

**Wednesday: Cheese Omelet w/ Toast**

**Thursday: NO SCHOOL**

**Friday: NO SCHOOL**

### **LUNCH**

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

**Monday: Sausage**

**Tuesday: Taco**

**Wednesday: Supreme**

**Thursday: NO SCHOOL**

**Friday: NO SCHOOL**

#### **Fast Takes-Box**

**Monday: Italian Sub**

**Tuesday: Chef Salad**

**Wednesday: Chicken Caesar Wrap**

**Thursday: NO SCHOOL**

**Friday: NO SCHOOL**

#### **Nacho Bar**

**Tuesday: Beef, Cheese**

**Wednesday: Beef, Beans, Cheese**

**Thursday: NO SCHOOL**

**Friday: NO SCHOOL**

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

**Monday: Mushroom Swiss Burger**

**Tuesday: Popper Chicken Burger**

**Wednesday: Bacon Cheeseburger**

**Thursday: NO SCHOOL**

**Friday: NO SCHOOL**

#### **Everyday Selects**

**Monday: Turkey Gravy Mashed Potatoes**

**Tuesday: Corndog**

**Wednesday: Orange Chicken Bowl**

**Thursday: NO SCHOOL**

**Friday: NO SCHOOL**

**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)