



EPHRATA MIDDLE SCHOOL

NOVEMBER 24-28

BREAKFAST

Breakfast After the Bell Offered Daily

Cereal, Bagels and Cereal Bars offered daily

Monday: Pancake Bar

Tuesday: French Toast Sticks

Wednesday: Breakfast Cookie

Thursday: NO SCHOOL

Friday: NO SCHOOL

Protein option

Monday: Breakfast Pizza

Tuesday: Double Berry Parfait

Wednesday: Breakfast Sandwich

Thursday: NO SCHOOL

Friday: NO SCHOOL

LUNCH

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

Monday: Sausage

Tuesday: Taco

Wednesday: Supreme

Thursday: NO SCHOOL

Friday: NO SCHOOL

Grill (Options Available Daily)

Chicken burger

Spicy Chicken Burger

Cheeseburger

Hamburger

Grilled Chicken Burger

Fast Takes-Box

Monday: Italian Sub

Tuesday: Chef Salad

Wednesday: Chicken Caesar Wrap

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