



# **EPHRATA MIDDLE SCHOOL**

## **NOVEMBER 3-7**

### **BREAKFAST**

---

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

Cereal, Bagels and Cereal Bars offered daily

**Monday:** Waffle Bar

**Tuesday:** Pancake on a stick

**Wednesday:** Mini French Toast

**Thursday:** Pancake Bites

**Friday:** Donut

#### **Protein option**

**Monday:** Breakfast Pizza

**Tuesday:** Double Berry Parfait

**Wednesday:** Breakfast Sandwich

**Thursday:** Peachy Parfait

**Friday:** Egg Bites or Omelet w/ Toast

### **LUNCH**

---

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

**Monday:** Sausage

**Tuesday:** Taco

**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:** Chef Salad

**Wednesday:** Chicken Caesar Wrap

**Thursday:** American Sub

**Friday:** Crispy Chicken Wrap

#### **Everyday Selects**

**Monday:** Bean & Cheese Enchilada

**Tuesday:** Street Tacos

**Wednesday:** Chili & Cinnamon Rolls

**Thursday:** Macaroni & Cheese

**Friday:** Fish Sticks

### **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)