



PARKWAY INTERMEDIATE

NOVEMBER 3-7

BREAKFAST

Breakfast After the Bell Offered Daily

Cereal offered daily

Monday: Pancake on a Stick

Tuesday: Snackin' Waffle

Wednesday: Pancake Bites

Thursday: Mini Cinni

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

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: 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