### Cafeteria Menu

**Ephrata Area School District**

**Elementary Lunch Menu**

**Menu Subject to Change**

**December -- 2020**

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#### REIMBURSABLE MEAL INCLUDES:

- One (1) Entrée with optional bread when offered
- One vegetable
- One fruit
- Milk

Students Must choose a Vegetable or Fruit to be a meal.

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#### Lunch Meal Prices

<table>
<thead>
<tr>
<th></th>
<th>Elementary 1–4</th>
<th>IMS 5–8</th>
<th>HS 9–12</th>
<th>Reduced</th>
<th>Milk</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>$2.45</td>
<td>$2.65</td>
<td>$3.00</td>
<td>$0.40</td>
<td>$0.60</td>
</tr>
</tbody>
</table>

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#### Early Dismissal

**Cafeteria Manager** in your child's school if you have any allergy concerns.

**Parents**

Peppers, Italian Salad, Cucumbers, Tomatoes, Celery or Cauliflower

Vegetable Choices May Include: Broccoli, Carrots, Green Beans, Peas, Beans, Squash, Corn, Potatoes, Sweet Potatoes, Red Peppers, Green Peppers, Cucumbers, Tomatoes, Celery or Cauliflower

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#### Early Dismissal

**1.** 
- Bosco Cheese Sticks w/ Meatballs & Sauce
- Chicken Nuggets w/ Roll
- Chef Salad w/ Ham, Roll & Goldfish
- Cucumbers/Dip
- Apple Slices

**2.** 
- Pizza
- Hoagie w/ Roll
- Broccoli w/ Cheese Sauce
- Chef Salad w/ Chicken, WG Roll & Goldfish
- Diced Pears

**3.** 
- Macaroni & Cheese/WG Roll
- Cereal Lunch w/ Yogurt & String Cheese
- Chef Salad w/ Turkey, WG Roll & Goldfish
- Sweet Potato Fries
- Orange Smiles

**4.** 
- Cheeseburger w/ Roll
- Chicken Fryz w/ Roll
- Chick Salad w/ Yogurt, Roll & Goldfish
- Steamed Corn
- 100% Fruit Juice

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#### Early Dismissal

**7.**
- Pizza
- Walking Taco
+ Tossed Salad w/ Dressing
- Chef Salad w/ Chicken, WG Roll & Goldfish
- Apple Sauce

**8.**
- Mozzarella Cheese Sticks w/ Sauce
- Chicken Nuggets w/ Roll
- Chef Salad w/ Ham, WG Roll & Goldfish
+ Steamed Green Beans
- Fresh Grapes

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#### Early Dismissal

**14.**
- PBJ Uncrustable w/ String Cheese & Snack Pack
- Hot Dog / Roll
- Chef Salad w/ Egg, Roll & Goldfish
+ Baked Beans
- Apple Sauce

**15.**
- Bosco Cheese Sticks w/ Meatballs & Sauce
- Chicken Nuggets w/ Roll
- Chef Salad w/ Ham, Roll & Goldfish
+ Cucumbers/Dip
- Apple Slices

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#### Early Dismissal

**16.**
- Mickey’s Pizza
- Hoagie w/ Roll
- Broccoli w/ Cheese Sauce
- Chef Salad w/ Chicken, WG Roll & Goldfish
- Diced Pears

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#### Early Dismissal

**19.**
- Macaroni & Cheese/WG Roll
- Cereal Lunch w/ Yogurt & String Cheese
- Chef Salad w/ Turkey, WG Roll & Goldfish
- Sweet Potato Fries
- Orange Smiles

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#### Early Dismissal

**21.**
- Breaded Chicken Patti w/ Roll
- Hot Dog / Roll
+ Baked Beans
- Diced Peaches

**22.**
- Mozzarella Cheese Sticks w/ Sauce
- Chicken Nuggets w/ Roll
+ Steamed Green Beans
- Mandarin Oranges

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#### Early Dismissal

**23.**
- Pizza
- Walking Taco
+ Steamed Corn
- 100% Fruit Juice

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#### Early Dismissal

**24.**
- NO SCHOOL

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#### Early Dismissal

**25.**
- NO SCHOOL

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**Choice of Milk Served Daily**

- 1% White, Vanilla, Chocolate and Strawberry Milk and FF White Milk

**Whole Grain Bread and Rolls and a Variety of Fresh Fruits & Vegetables Offered Daily**

Vegetable Choices May Include: Broccoli, Carrots, Green Beans, Peas, Beans, Squash, Corn, Potatoes, Sweet Potatoes, Red Peppers, Green Peppers, Cucumbers, Tomatoes, Celery or Cauliflower

Fruit Choices May Include: Raisins, Applesauce, Pears, Peaches, Strawberries, Apricots, Cranberries, Blueberries, Apples, Mandarin Oranges, Pineapples, Kiwi, Oranges, Bananas, Grapes, Melon, Nectarines, Plums or Tangerines

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**Parents - Caregivers** — please contact the Cafeteria Manager in your child’s school if you have any allergy concerns.

In general, if school is closed due to weather, upon returning, the lunch served will be the first closed day’s menu.

This institution is an equal opportunity provider.