**REIMBURSABLE MEAL INCLUDES:**
- One (1) Entrée with optional bread when offered
- Two (2) vegetables
- Two Fruit
- Milk

Must Choose a vegetable or fruit to be a meal

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**CAFETERIA MENU**

**EPHRATA AREA SCHOOL DISTRICT**

**SHS FOOD COURT MENU**

Menu Subject to Change

**DECEMBER - 2020**

<table>
<thead>
<tr>
<th>Meal Prices</th>
</tr>
</thead>
<tbody>
<tr>
<td>Elementary</td>
</tr>
<tr>
<td>IMS</td>
</tr>
<tr>
<td>HS</td>
</tr>
<tr>
<td>Reduced</td>
</tr>
<tr>
<td>Milk</td>
</tr>
</tbody>
</table>

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| 1. | • Manager’s Choice  
|   | + Vegetable Medley  
|   | ◇ Assorted Fruit  
| 2. | • Manager’s Choice  
|   | + Vegetable Medley  
|   | ◇ Assorted Fruit  
| 3. | • Manager’s Choice  
|   | + Vegetable Medley  
|   | ◇ Assorted Fruit  
| 4. | • Manager’s Choice  
|   | + Vegetable Medley  
|   | ◇ Assorted Fruit  
| 7. | Mountaineer Cheeseburger  
|   | • Hot Dog / Roll  
|   | • Crispy Chicken Salad  
|   | • Protein Pack  
|   | • French Fries  
|   | • Baked Beans  
|   | ◇ Assorted Fruit  
| 8. | • Pizza  
|   | • Breaded Chicken Patti / WG Roll  
|   | • Taco Salad  
|   | • Protein Pack  
|   | • Sweet Potato Fries  
|   | • Roasted Cauliflower  
|   | ◇ Assorted Fruit  
| 9. | • Packed Lunch (pick up Tuesday prior to leaving)  
|   | • PBJ Uncrustable or Turkey, Bacon & Cheese Flatbread  
|   | • Baby Carrots/Dip  
|   | • Grape Tomatoes/Dip  
|   | ◇ Assorted Fruit  

**EARLY DISMISSAL**

| 10. | • Walking Tacos w/ Doritos  
|    | • Bosco’s Stuffed Pizza Stick w/ Meatballs & Sauce  
|    | • Italian Hoagie  
|    | • Protein Pack  
|    | • Tossed Salad  
|    | • Steamed Corn  
|    | ◇ Assorted Fruit  
| 11. | • Chicken Nuggets w/ WG Roll/Margarine  
|    | • Three Cheese Cavatappi w/ Grilled Chicken Strips  
|    | • Crispy Chicken Wrap  
|    | • Protein Pack  
|    | • Steamed Broccoli  
|    | • French Fries  
|    | ◇ Assorted Fruit  
| 14. | Spaghetti & Meatballs w/ WG Texas Garlic Toast  
|    | • Boneless Wings w/ WG Roll/Margarine  
|    | • Crispy Chicken Salad  
|    | • Protein Pack  
|    | • Sweet Potato Fries  
|    | • Steamed Green Beans  
|    | ◇ Assorted Fruit  
| 15. | • Popcorn Chicken w/ Roll/ Margarine  
|    | • Macaroni & Cheese w/ WG Roll/Margarine  
|    | • Taco Salad  
|    | • Protein Pack  
|    | • Seasoned Corn  
|    | • Mashed Potatoes  
|    | ◇ Assorted Fruit  
| 16. | • Packed Lunch (pick up Tuesday prior to leaving)  
|    | • PBJ Uncrustable or Ham & Cheese/WG Roll  
|    | • Red Pepper Strips / Dip  
|    | • Cucumbers/Dip  
|    | ◇ Assorted Fruit  
| 17. | • Pizza  
|    | • Chicken Fryz w/ WG Roll  
|    | • Italian Hoagie  
|    | • Protein Pack  
|    | • Baked Beans  
|    | • French Fries  
|    | ◇ Assorted Fruit  
| 18. | • Cheese Crunchers  
|    | • Orange Chicken w/ Egg Roll & Rice  
|    | • Crispy Chicken Wrap  
|    | • Protein Pack  
|    | • Carrots/Dip  
|    | • Steamed Broccoli  
|    | ◇ Assorted Fruit  
| 21. | Mountaineer Cheeseburger  
|    | • Hot Dog / Roll  
|    | • Crispy Chicken Salad  
|    | • Protein Pack  
|    | • French Fries  
|    | • Baked Beans  
|    | ◇ Assorted Fruit  
| 22. | • Pizza  
|    | • Breaded Chicken Patti / WG Roll  
|    | • Taco Salad  
|    | • Protein Pack  
|    | • Sweet Potato Fries  
|    | • Roasted Cauliflower  
|    | ◇ Assorted Fruit  
| 23. | • Packed Lunch (pick up Tuesday prior to leaving)  
|    | • PBJ Uncrustable or Turkey, Bacon & Cheese Flatbread  
|    | • Baby Carrots/Dip  
|    | • Grape Tomatoes/Dip  
|    | ◇ Assorted Fruit  
| 24. | **NO SCHOOL**  
|    | **VACATION DAY**  
| 25. | **NO SCHOOL**  
|    | **VACATION DAY**  

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PACKED PROTEIN MEAL OFFERED DAILY, INCLUDES: YOGURT, STRING CHEESE, 4 OZ MUFFIN, 2 FRUIT & 2 VEGETABLES, MILK

***1% WHITE or CHOCOLATE
PARENTS – CAREGIVERS – PLEASE CONTACT THE CAFETERIA MANAGER IN YOUR CHILD’S SCHOOL IF YOU HAVE ALLERGY CONCERNS!

This institution is an equal opportunity provider.

ASSORTMENT OF FRUIT AND VEGETABLES ARE OFFERED DAILY
Fruit Choices May Include: Raisins, Applesauce, Pears, Peaches, Strawberries, Apricots, Craisins, Blueberries, Apples, Mandarin Oranges, Pineapples, Kiwi, Oranges, Bananas, Grapes, Melon, Nectarines, Plums or Tangerines

Vegetable Choices May Include: Broccoli, Carrots, Green Beans, Peas, Beans, Squash, Corn, Potatoes, Sweet Potatoes, Red Peppers, Green Peppers, Radishes, Turnips, Beets, Italian Salad, Cucumbers, Tomatoes, Celery, Cabbage, Snow Peas or Cauliflower