

Steubenville City Schools
Breakfast Menu

Menus are subject to change due to availability of food or school closure!
This Institution is an Equal opportunity provider and employer

February 2020

Monday	Tuesday	Wednesday	Thursday	Friday	Average Nutrients
27	28	29	30	31	Calories: Total Fat: Saturated Fat: % Calories from Sat. Fat: Trans Fat: Carbohydrates: Protein: Sodium:
3 Cereal Bar Fruit Milk HMS/SHS Waffle	4 Oatmeal Bar Appleslices Juice Milk HMS/SHS French Toast	5 Donuts w.g Fruit Juice Milk HMS/SHS Waffle/French Toast	6 Bagel w.cc Banana Juice Milk	7 Cereal Fruit cup Juice Milk HMS/SHS Breakfast Pizza	Calories: Total Fat: Saturated Fat: % Calories from Sat. Fat: Trans Fat: Carbohydrates: Protein: Sodium:
10 Cereal Fruit Milk HMS/SHS Pancake on Stick	11 Yogurt Cup Graham Cracker Fruit Milk HMS/SHS Yogurt Parfait Warm banana bread	12 Pancakes Juice Milk	13 Oatmeal Bar Orange Milk HMS/SHS French Toast	14 Poptar kit Milk HMS/SHS Poptart Banana Bread French Toast	Calories: Total Fat: Saturated Fat: % Calories from Sat. Fat: Trans Fat: Carbohydrates: Protein: Sodium:
17 President's Day No School!	18 Chex mix Fruit Cup Milk HMS/SHS Crescent roll	19 Mini french toast Fruit Juice Milk	20 Waffle Strawberry Cup Milk	21 Nature Valley bar Yogurt Juice Milk HMS/SHS Hot oatmeal	Calories: Total Fat: Saturated Fat: % Calories from Sat. Fat: Trans Fat: Carbohydrates: Protein: Sodium:
24 Muffin Fruit Milk HMS/SHS Cinnamon Roll	25 Frudel Apple Juice Milk	26 Soft filled cinnamon toast crunch bar Fruit Milk	27 Cereal w/ banana Juice Milk HMS/SHS C.roll/frudel/tcrunch	28 Cereal Fruit HMS/SHS Pretzels w.g Milk	Calories: Total Fat: Saturated Fat: % Calories from Sat. Fat: Trans Fat: Carbohydrates: Protein: Sodium:

