



Steubenville City Schools
Breakfast Menu

This Menu is subject to change due to availability of food or school closure!
This Institution is an equal opportunity provider and employer

January 2021

| Monday | Tuesday | Wednesday | Thursday | Friday | Average Nutrients |
|--|------------------------------------|--|--|---|---|
| 28 | 29 | 30 | 31 | 1 No School! New Year's Day | Calories: Total Fat: Saturated Fat: % Calories from Sat. Fat: Trans Fat: Carbohydrates: Protein: Sodium: |
| 4 Cereal Cereal Bar Fruit Milk | 5 Waffle Juice Milk | 6 Nutrigrain Bar Fruit Milk | 7 Muffin Yogurt Cheese Stick Milk | 8 Bagel Stick Hms-Shs Breakfast pizza Fruit Milk | Calories: Total Fat: Saturated Fat: % Calories from Sat. Fat: Trans Fat: Carbohydrates: Protein: Sodium: |
| 11 Cereal Cereal Bar Fruit Milk | 12 Waffle Juice Milk | 13 Nutrigrain Bar Fruit Milk | 14 Muffin Yogurt Cheese Stick Milk | 15 Bagel Stick Hms-Shs Breakfast Sandwich Fruit Juice Milk | Calories: Total Fat: Saturated Fat: % Calories from Sat. Fat: Trans Fat: Carbohydrates: Protein: Sodium: |
| 18 No School MARTIN LUTHER KING JR.DAY | 19 Oatmeal Bar Fruit Milk | 21 Pretzel w/ cinnamon Fruit Juice Milk | 22 Muffin Yogurt Cheese Stick Milk | 23 Bagel Stick Hms-Shs Breakfast pizza Fruit Juice Milk | Calories: Total Fat: Saturated Fat: % Calories from Sat. Fat: Trans Fat: Carbohydrates: Protein: Sodium: |
| 25 Cereal Cereal Bar Fruit Milk | 26 Oatmeal Bat Fruit Milk | 27 Pretzel w/ cinnamon Fruit Juice Milk | 28 Muffin Yogurt Cheese Stick Milk | 29 Bagel stick Hms-Shs Breakfast Pizza Fruit Juice Milk | Calories: Total Fat: Saturated Fat: % Calories from Sat. Fat: Trans Fat: Carbohydrates: Protein: Sodium: |

