

Steubenville City Schools
Breakfast Menu

Our menu is subject to change due to availability of food or school closure!
This Institution is an equal opportunity provider.

October 2020



Monday	Tuesday	Wednesday	Thursday	Friday	Average Nutrients
28	29	30	1 Cereal Bar HMS/SHS Cereal Fruit Milk	2 Muffin Fruit Milk	Calories: Total Fat: Saturated Fat: % Calories from Sat. Fat: Trans Fat: Carbohydrates: Protein: Sodium:
5 Donuts Orange Juice Milk	6 Pancakes Fruit Milk	Frudel Orange Juice Milk	8 Cereal Bar HMS/SHS Cereal Fruit Milk	9 Muffin Fruit Milk	Calories: Total Fat: Saturated Fat: % Calories from Sat. Fat: Trans Fat: Carbohydrates: Protein: Sodium:
12 Donuts Orange Juice Milk	13 Pancakes Fruit Milk	14 Frudel Orange Juice Milk	15 Cereal Bar HMS/SHS Cereal Fruit Milk	16 Muffin Fruit Milk	Calories: Total Fat: Saturated Fat: % Calories from Sat. Fat: Trans Fat: Carbohydrates: Protein: Sodium:
19 Donuts Orange Juice Milk	20 Pancakes Fruit Milk	21 Frudel Orange Juice Milk	22 Cereal Bar HMS/SHS Cereal Fruit Milk	23 Muffin Fruit Milk	Calories: Total Fat: Saturated Fat: % Calories from Sat. Fat: Trans Fat: Carbohydrates: Protein: Sodium:
26 Donuts Orange Juice Milk	27 Pancakes Fruit Milk	28 Frudel Orange Juice Milk	29 Cereal Bar HMS/SHS Cereal Fruit Milk	30 Muffin Fruit Milk	Calories: Total Fat: Saturated Fat: % Calories from Sat. Fat: Trans Fat: Carbohydrates: Protein: Sodium:

