

Steubenville City Schools
Snack 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 Banana Milk	2 String Cheese Milk	Calories: Total Fat: Saturated Fat: % Calories from Sat. Fat: Trans Fat: Carbohydrates: Protein: Sodium:
5 Teddy Grahams Milk	6 Apple slices w/peanut butter Milk	7 Pretzels Milk	8 Carrots w/ranch Milk	9 Yogurt Juice	Calories: Total Fat: Saturated Fat: % Calories from Sat. Fat: Trans Fat: Carbohydrates: Protein: Sodium:
12 Poptart w.g Milk	13 Oatmeal bar Milk	14 Apple sauce Cup Graham cracker Milk	15 Cereal Bar Milk	16 Harvest chip Juice	Calories: Total Fat: Saturated Fat: % Calories from Sat. Fat: Trans Fat: Carbohydrates: Protein: Sodium:
19 Cheese stick Fruit snack Milk	20 Carrots w/ ranch cup Milk	21 Whole grain cookie Milk	22 Celeryw/pb / ranch cip Fruit cup Milk	23 Muchies Snack Mix Milk	Calories: Total Fat: Saturated Fat: % Calories from Sat. Fat: Trans Fat: Carbohydrates: Protein: Sodium:
26 Banana bread Milk	27 Whole grain Doritoz Milk	28 Graham cracker Raisin Milk	29 Confetti Cookie Milk	30	Calories: Total Fat: Saturated Fat: % Calories from Sat. Fat: Trans Fat: Carbohydrates: Protein: Sodium:

