



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.

# March 2019

Monday	Tuesday	Wednesday	Thursday	Friday	Average Nutrients
25	26	27	28	1 Cinnamon roll Apple Juice Milk	Calories: Total Fat: Saturated Fat: % Calories from Sat. Fat: Trans Fat: Carbohydrates: Protein: Sodium:
4 East-West Cereal Bar HMS-SHS Pancakes Fruit/Juice/Milk	5 East- West Pancakes HMS-SHS English Muffin E/C Fruit Milk	6 East- West Cereal HMS-SHS Monte Cristo Biscuit Juice Milk	7 Waffle Strawberry cup Milk	8 East-West Poptart Kit Milk HMS-SHS Eggs/ Sausage Hashbrown Fruit Milk	Calories: Total Fat: Saturated Fat: % Calories from Sat. Fat: Trans Fat: Carbohydrates: Protein: Sodium:
11 Teddy grahams Fruit Cheese Stick Juice Milk	12 Frudel Fruit Juice Milk	13 Breakfast pizza (boat) Juice Milk	14 Poptart Cheese stick Apple Slices Milk	15 Cereal Yogurt Juice Milk HMS/SHS Waffle/frudel	Calories: Total Fat: Saturated Fat: % Calories from Sat. Fat: Trans Fat: Carbohydrates: Protein: Sodium:
18 East-West Cereal Fruit Milk HMS-SHS Pretzel w.cc	19 Cini Mini Fruit Juice Milk	20 French Toast Juice Milk	21 Zucchini bread Mixed Berry cup (110859) Milk	22 Oatmeal bar Banana Milk HMS-SHS Cini –min/french toast	Calories: Total Fat: Saturated Fat: % Calories from Sat. Fat: Trans Fat: Carbohydrates: Protein: Sodium:
25 East-West Cereal Fruit Milk HMS-SHS Breakfast Burrito	26 Waffles Fruit Cup Milk	27 Whole grain donuts Juice Milk	28 East-West French toast HMS-SHS French Toast Sticks w/powder sugar Fruit/Milk	29 East-West Yogurt /cheese stick –chex mix HMS-SHS Yogurt Parf Cheese stick Boiled egg	Calories: Total Fat: Saturated Fat: % Calories from Sat. Fat: Trans Fat: Carbohydrates: Protein: Sodium:

