

Staubenville 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 2019

| Monday | Tuesday | Wednesday | Thursday | Friday | Average Nutrients |
|---|--|--|---|--|---|
| 28 | 29 | 30 | 31 | 1 | Calories: Total Fat: Saturated Fat: % Calories from Sat. Fat: Trans Fat: Carbohydrates: Protein: Sodium: |
| 4 Cereal Bar Fruit Milk Hms/Shs Waffle | 5 Oatmeal bar Apple slices Juice Milk Hms/Shs French toast | 6 Whole wheat donuts Fruit Juice Milk Hms/Shs Waffle/French Toast | 7 Bagel w.c.c Banana Juice Milk | 8 Cereal Fruit cup Juice Milk Hms/Shs Breakfast Pizza | Calories: Total Fat: Saturated Fat: % Calories from Sat. Fat: Trans Fat: Carbohydrates: Protein: Sodium: |
| 11 Cereal Fruit Milk Hms/Shs Pancake on stick | 12 Yogurt Cup Graham cracker Fruit Milk Hms/Shs Warm banana bread | 13 Pancakes Juice Milk | 14 Oatmeal bar Orange Milk Hms/Shs French toast | 15 Poptart Kit Milk/Juice Hms/Shs Poptart Banana bread French toast | Calories: Total Fat: Saturated Fat: % Calories from Sat. Fat: Trans Fat: Carbohydrates: Protein: Sodium: |
| 18 NO SCHOOL Presidents' Day | 19 Chex mix Fruit cup Milk Hms/Shs Grape crescent roll | 20 Mini french toast Fruit cup Milk | 21 Waffle Strawberry cup Milk | 22 Nature Valley bar Yogurt Juice Milk Hms/Shs Hot oatmeal | Calories: Total Fat: Saturated Fat: % Calories from Sat. Fat: Trans Fat: Carbohydrates: Protein: Sodium: |
| 25 Muffin Fruit Milk Hms/Shs Cinnamon Roll | 26 Fruidel Apple Juice Milk | 27 Fruidel Cherry Fruit Juice Milk | 28 Cereal Hms/shs Cinnamon roll/crescent roll Fruit/Juice Milk | 1 | Calories: Total Fat: Saturated Fat: % Calories from Sat. Fat: Trans Fat: Carbohydrates: Protein: Sodium: |



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Lunch Menu
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| Monday | Tuesday | Wednesday | Thursday | Friday | Average Nutrients |
|---|--|---|---|--|--|
| 28 | 29 | 30 | 31 | 1 | Feature Item Served Daily! Corn Dog |
| 4 Chicken Patty Corn Black bean Fruit Bun Milk | 5 Sloppy joe Peas & Carrots Fruit Bun Milk | 6 Breakfast Biscuit Fruit cup Hash browns Juice Milk | 7 West-East Pizza Stick w/sauce Green beans Hms/Shs Pizza Fruit Milk | 8 Mac & Cheese Brocc Fruit Roll Milk | Feature Item Served Daily! Corn Dog |
| 11 Meatball w/cheese Green beans Fruit Bun Milk | 12 Chicken (drum) Mash potato w/gravy California medly Fruit Roll Milk | 13 Chili Black Beans Salad Fruit Corn Bread Milk | 14 West-East Pizza stick w/sauce Hms/Shs/Pizza Corn Caesar Salad Fruit Milk | 15 P&J Sand Chips Carrots w/ dip Apple slices Milk Pathfinder Luncheon (SHS) | Feature Item Served Daily! Corn Dog |
| 18 NO SCHOOL Presidents' Day | 19 Beef & Cheese nachos Corn salad Fruit Milk | 20 Pulled Pork Greens Mix Veg Pickle Fruit Bun/Milk | 21 West-East Pizza Stick w/sauce Hms/Shs Pizza Green bean Fruit Milk | 22 Salisbury Steak Mash potato Peas & Carrots Fruit Roll Milk | Feature Item Served Daily! Corn Dog |
| 25 Loaded Bake Potato Salad cookie Fruit Rolls Milk | 26 Chicken Nuggets Brocc Fruit Roll Milk | 27 Lasagna Romaine Salad w/tomato & cucumbers Fruit/Roll/Garlic Stick/Milk | 28 West-East Pizza Stick w/sauce Hms/Shs Pizza Green bean Fruit Milk | 1 | Feature item Served Daily! Corn Dog |

Steuenville City Schools
 Snack menu
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February 2019

| Monday | Tuesday | Wednesday | Thursday | Friday | Average Nutrients |
|--|--|--|---------------------------------|---------------------------|---|
| 28 | 29 | 30 | 31 | 1 | Calories: Total Fat: Saturated Fat: % Calories from Sat. Fat: Trans Fat: Carbohydrates: Protein: Sodium: |
| 4 Fruit snack Cheese stick Milk | 5 Cheese crackers Fruit cup Milk | 6 Celery w/ ranch cup Juice Milk | 7 Snack mix Juice Milk | 8 Gogurt Milk | |
| 11 Oatmeal bar Milk | 12 Poptart Kit Milk | 13 Carrots w/ ranch cup Milk | 14 Cereal to go Milk | 15 Mini muffin Milk | Calories: Total Fat: Saturated Fat: % Calories from Sat. Fat: Trans Fat: Carbohydrates: Protein: Sodium: |
| 18 Chex mix Milk | 19 Apple sauce Graham cracker Milk | 20 Gold fish cracker Milk | 21 Fruit snack Milk | 22 Cereal bar Milk | Calories: Total Fat: Saturated Fat: % Calories from Sat. Fat: Trans Fat: Carbohydrates: Protein: Sodium: |
| 25 Granola Bar Milk | 26 100 calorie Cookie Milk | 27 Carrots w ranch cup Milk | 28 Harvest chip Milk | 1 | Calories: Total Fat: Saturated Fat: % Calories from Sat. Fat: Trans Fat: Carbohydrates: Protein: Sodium: |