

Steubenville City Schools  
Breakfast Menu

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

# January 2019



Monday	Tuesday	Wednesday	Thursday	Friday	Average Nutrients
<b>31</b>	<b>1</b> <b>No School!</b> <b>New Year's Day</b>	<b>2</b> <b>NO SCHOOL!</b>	<b>3</b> Cereal Fruit Milk Hms/Shs Pancakes	<b>4</b> Waffle Fruit Milk	Calories: Total Fat: Saturated Fat: % Calories from Sat. Fat: Trans Fat: Carbohydrates: Protein: Sodium:
<b>7</b> Nutrigrain Bar Hms/Shs Sausage/egg/cheese Biscuit Fruit Milk	<b>8</b> Muffin Yogurt Cheese stick Juice Milk	<b>9</b> Bagel w/c.c Hms/Shs Breakfast Pizza Fruit Milk	<b>10</b> Cereal Hms/Shs Fru-del Juice Milk	<b>11</b> Pancakes Fruit Juice Milk	Calories: Total Fat: Saturated Fat: % Calories from Sat. Fat: Trans Fat: Carbohydrates: Protein: Sodium:
<b>14</b> Cereal bars Hms/Shs Hot oatmeal Fruit Juice Milk	<b>15</b> Poptarts Hms/Shs English Muffin- Ham/egg/cheese Fruit Milk	<b>16</b> Cereal Hms/Shs French toast Stick Juice Milk	<b>17</b> Fru-del Fruit Milk	<b>18</b> Cinnamon Roll Juice Milk	Calories: Total Fat: Saturated Fat: % Calories from Sat. Fat: Trans Fat: Carbohydrates: Protein: Sodium:
<b>21</b> MARTIN LUTHER KING, JR. DAY NO SCHOOL!	<b>22</b> Cereal Hms/Shs Waffle/Pancakes Fruit Juice Milk	<b>23</b> Cini-Mini Fruit Cup Juice Milk	<b>24</b> Oatmeal Bar Hms/Shs Crescent Roll Fruit Milk	<b>25</b> Chex mix Yogurt Fruit cup Hms/Shs Pancakes/ Donuts Milk	Calories: Total Fat: Saturated Fat: % Calories from Sat. Fat: Trans Fat: Carbohydrates: Protein: Sodium:
<b>28</b> P&J Bar Cereal Hms/Shs Breakfast pizza Fruit Milk	<b>29</b> Cinnamon Roll Fruit cup Milk	<b>30</b> Banana Bread(warm) Fruit Juice Milk	<b>31</b> Donuts (w.g) Juice Milk	<b>1</b>	Calories: Total Fat: Saturated Fat: % Calories from Sat. Fat: Trans Fat: Carbohydrates: Protein: Sodium:

