



Steubenville City Schools
Breakfast Menu

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

May 2019

Monday	Tuesday	Wednesday	Thursday	Friday	Average Nutrients
29	30	1 East-West-Wells Muffins HMS-SHS Breakfast Sand Banana (petite) Juice Milk	2 Cereal Bar Mandarian Orange cup Juice Milk HMS-SHS French Toast	3 Pancakes Apple Slices Juice Milk	Calories: Total Fat: Saturated Fat: % Calories from Sat. Fat: Trans Fat: Carbohydrates: Protein: Sodium:
6 Cereal Pancakes Apple sauce cup Juice Milk	7 East-West-Wells Frudel HMS-SHS Breakfast pizza Juice Milk	8 No Preschool Cereal w/ banana Yogurt Milk	9 Cheese stick Strawberry Chex Grapes Milk	10 Donuts w.g Orange/ banana Milk	Calories: Total Fat: Saturated Fat: % Calories from Sat. Fat: Trans Fat: Carbohydrates: Protein: Sodium:
13 Banana Bread (warm) Juice Milk	14 Mini bagel w/ c.c. Small Apple Milk	15 Poptart w.g Fruit cup Milk	16 Cinnamon rolls Juice Milk	17 Waffle Fruit cup Milk	Calories: Total Fat: Saturated Fat: % Calories from Sat. Fat: Trans Fat: Carbohydrates: Protein: Sodium:
20 Granola bar Yogurt Juice Milk	21 Mini Muffin Fruit cup Juice Milk	22 P&J bar Apple Milk	23 Cereal Juice Milk	24 Pancakes Fruit Milk	Calories: Total Fat: Saturated Fat: % Calories from Sat. Fat: Trans Fat: Carbohydrates: Protein: Sodium:
27 No School! Memorial Day	28 Cereal bar Juice Milk	29 Mini Bagels w/c.c Fruit Milk	30 Cini Mini Fruit Milk	31 NO SCHOOL TEACHER WORK DAY	Calories: Total Fat: Saturated Fat: % Calories from Sat. Fat: Trans Fat: Carbohydrates: Protein: Sodium: