



Steubenville City Schools
Breakfast Menu

This Menu is subject to change due to availability of food or school closure!
This institution is an equal opportunity provider and employer

November 2023

Monday	Tuesday	Wednesday	Thursday	Friday	Average Nutrients
		1 <i>Lenders Bagel/c.c</i> <i>Fruit</i> <i>Milk</i>	2 <i>Waffle</i> <i>Banana</i> <i>Milk</i>	3 <i>Oatmeal round</i> <i>HMS_SHS</i> <i>Breakfast pizza</i> <i>Fruit</i> <i>Milk</i>	Calories: Total Fat: Saturated Fat: % Calories from Sat. Fat: Trans Fat: Carbohydrates: Protein: Sodium:
6 <i>Cereal Bar</i> <i>Milk</i>	7 <i>Pretzel/cinnamon</i> <i>HMS_SHS</i> <i>Pretzel Rods</i> <i>(baked)</i> <i>w/c.c</i> <i>fresh fruit cup</i> <i>Milk</i>	8 <i>Variety Breakfast</i> <i>Bread</i> <i>Banana</i> <i>Milk</i>	9 <i>Turkey Stick</i> <i>Cheese Cubes</i> <i>Grapes/Apple slices</i> <i>Milk</i>	10 <i>French Toast (snack</i> <i>bag)</i> <i>Apple slices/PB</i> <i>Cheese stick</i> <i>Milk</i>	Calories: Total Fat: Saturated Fat: % Calories from Sat. Fat: Trans Fat: Carbohydrates: Protein: Sodium:
13 <i>Muffin</i> <i>Juice</i> <i>Milk</i>	14 <i>Frudel</i> <i>Milk</i>	15 <i>Choc.Chex mix</i> <i>Banana</i> <i>Cheese cubes</i> <i>Hard boiled egg</i> <i>Juice</i> <i>Milk</i>	16 <i>Pancakes</i> <i>HMS_SHS</i> <i>Pancake Breakfast</i> <i>Sand</i> <i>Fruit</i> <i>Milk</i>	17 <i>French Toast</i> <i>HMS-SHS</i> <i>Scrambled</i> <i>Egg/Meat</i> <i>Biscuit</i> <i>Fruit</i> <i>Milk</i>	Calories: Total Fat: Saturated Fat: % Calories from Sat. Fat: Trans Fat: Carbohydrates: Protein: Sodium:
20 <i>Granola Bar</i> <i>Fruit</i> <i>Juice</i> <i>Milk</i>	21 <i>Donuts</i> <i>Fruit</i> <i>Milk</i>	22 NO SCHOOL! THANKSGIVING BREAK	23 NO SCHOOL! THANKSGIVING BREAK	24 NO SCHOOL! THANKSGIVING BREAK	Calories: Total Fat: Saturated Fat: % Calories from Sat. Fat: Trans Fat: Carbohydrates: Protein: Sodium:
27 <i>Cinnamon Roll</i> <i>Milk</i>	28 <i>Cereal</i> <i>Fruit</i> <i>Juice</i> <i>Milk</i>	29 <i>Danish</i> <i>Fruit</i> <i>Milk</i>	30 <i>Donuts</i> <i>Fruit</i> <i>Milk</i>	1	Calories: Total Fat: Saturated Fat: % Calories from Sat. Fat: Trans Fat: Carbohydrates: Protein: Sodium:

