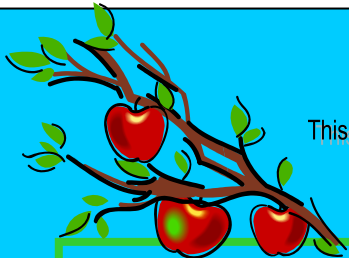


Steubenville City Schools
Breakfast Menu

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

September 2023



Monday	Tuesday	Wednesday	Thursday	Friday	Average Nutrients
4 <i>No School</i> <i>Labor Day</i>	5 Oatmeal Round (nature Valley) Yogurt cup Apple slices w/pb Milk	6 Cinni mini Fruit Milk	7 West-Well-East-Stem Mini pancakes HMS-SHS Pancake and Sausage Breakfast sandwich Fruit cup Milk	8 Cereal Bars Juice Milk	Calories: Total Fat: Saturated Fat: % Calories from Sat. Fat: Trans Fat: Carbohydrates: Protein: Sodium:
11 Poptart Yogurt w/ granola Juice Milk	12 Bagel w/c.c Banana Milk	13 Waffle Juice Milk	14 West-Wells-East-Stem Muffin HMS-SHS- Breakfast Sandwich Fruit Milk	15 West-Wells-East-Stem- Cereal HMS-SHS- Omlet Sausage hashbrown Fruit Milk	Calories: Total Fat: Saturated Fat: % Calories from Sat. Fat: Trans Fat: Carbohydrates: Protein: Sodium:
18 Breakfast Bread Juice Milk	19 Yogurt Chex mix Cheese stick Juice Milk	20 Frudel Fruit Milk	21 West-Wells-East-Stem- nutigrain bar HMS-SHS Hot Oatmeal Fruit Milk	22 Donuts Fruit Milk	Calories: Total Fat: Saturated Fat: % Calories from Sat. Fat: Trans Fat: Carbohydrates: Protein: Sodium:
25 Breakfast bar Juice Milk	26 Pancakes/waffle Breakfast bread Fruit Juice Milk	27 Poptarts Juice Milk	28 West-Wells-East-Stem- french toast HMS-SHS- french toast sticks Yogurt cup w/ fruit Milk	29 West-Wells-East-Stem-Pretzel stick w/cinnamon HMS-SHS- Breakfast pizza Fruit Milk	Calories: Total Fat: Saturated Fat: % Calories from Sat. Fat: Trans Fat: Carbohydrates: Protein: Sodium:

