



Steubenville City Schools  
Breakfast Menu

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

# October 2021

Monday	Tuesday	Wednesday	Thursday	Friday	Average Nutrients
27	28	29	30	1 Cereal bar Cereal Fruit Milk	Calories: Total Fat: Saturated Fat: % Calories from Sat. Fat: Trans Fat: Carbohydrates: Protein: Sodium:
4 Pop Tart Fruit cup Cheese stick Milk	5 Pancakes- Elementary Bacon/egg/cheese biscuit Fruit Juice Milk	6 Yogurt Scooby Graham crackers Banana Cheese stick Juice/Milk	7 Bagel w/c.c Fruit Milk	8 Pretzel w/ cinnamon Juice Milk	Calories: Total Fat: Saturated Fat: % Calories from Sat. Fat: Trans Fat: Carbohydrates: Protein: Sodium:
11 Cereal bar Cereal Fruit Juice Milk	12 French Toast Fruit Milk	13 Waffle-Elementary Italian english Muffin Juice Milk	14 Choc. Crescent Roll Grapes Milk	15 Cherry Frudel Juice Milk	Calories: Total Fat: Saturated Fat: % Calories from Sat. Fat: Trans Fat: Carbohydrates: Protein: Sodium:
18 Muffin Fruit Juice Milk	19 Bagel stick Fruit Juice Milk	20 Uncrustable Fruit Milk	21 Oatmeal Bar Juice Milk	22 Pancakes Banana Scrambled egg /sausage potato bowl Milk	Calories: Total Fat: Saturated Fat: % Calories from Sat. Fat: Trans Fat: Carbohydrates: Protein: Sodium:
25 Nutri-grain bar Juice Milk	26 Yogurt Chex mix Gogurt Apple slices Milk	27 Cinnamon Roll Frozen Fruit Cup Milk	28 Cereal Bar Cereal Juice Milk	29 Cookie w.g Fresh fruit Cheese stick Milk	Calories: Total Fat: Saturated Fat: % Calories from Sat. Fat: Trans Fat: Carbohydrates: Protein: Sodium: