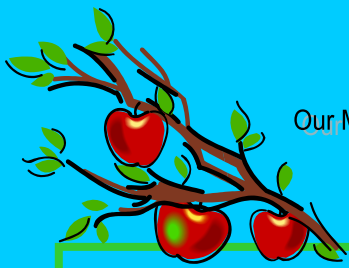


Steubenville City Schools  
Breakfast Menu

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

# September 2021



Monday	Tuesday	Wednesday	Thursday	Friday	Average Nutrients
		<b>1 Nutrigrain Bar</b> Cheese Stick Juice Milk	<b>2 Donuts</b> <b>Juice</b> <b>Milk</b>	<b>3 Banana Bread</b> <b>Juice</b> <b>Milk</b>	Calories: Total Fat: Saturated Fat: % Calories from Sat. Fat: Trans Fat: Carbohydrates: Protein: Sodium:
<b>6</b>  <b>No School Labor Day</b>	<b>7 Waffles</b> <b>Fruit</b> <b>Milk</b>	<b>8 Pop Tart</b> <b>Fruit</b> <b>Milk</b>	<b>9 Oatmeal Bar</b> <b>Fruit</b> <b>Milk</b>	<b>10 Muffins</b> <b>Fruit</b> <b>Milk</b>	Calories: Total Fat: Saturated Fat: % Calories from Sat. Fat: Trans Fat: Carbohydrates: Protein: Sodium:
<b>13 Cinnamon Roll</b> Fruit Milk	<b>14 Cereal Bar / Cereal</b> <b>Juice</b> <b>Milk</b>	<b>15 Pancakes</b> <b>Juice</b> <b>Milk</b>	<b>16 Yogurt</b> <b>Fruit</b> <b>Milk</b>	<b>17 French Toast</b> <b>Juice</b> <b>Milk</b>	Calories: Total Fat: Saturated Fat: % Calories from Sat. Fat: Trans Fat: Carbohydrates: Protein: Sodium:
<b>20 Yogurt Chex Mix</b> Cheese Sticks Milk	<b>21 Donut</b> <b>Juice</b> <b>Milk</b>	<b>22 Cinni Minni</b> <b>Fruit</b> <b>Milk</b>	<b>23 Pop Tart</b> <b>Fruit</b> <b>Milk</b>	<b>24 Frudel</b> <b>Juice</b> <b>Milk</b>	Calories: Total Fat: Saturated Fat: % Calories from Sat. Fat: Trans Fat: Carbohydrates: Protein: Sodium:
<b>27 Banana Bread</b> Juice Milk	<b>28 Waffles</b> Fruit Milk	<b>29 Cereal Bar</b> Cereal Milk Juice	<b>30 Muffins</b> <b>Juice</b> <b>Milk</b>	<b>1</b>	Calories: Total Fat: Saturated Fat: % Calories from Sat. Fat: Trans Fat: Carbohydrates: Protein: Sodium: