

Steubenville City Schools
Breakfast Menu

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

September 2022



Monday	Tuesday	Wednesday	Thursday	Friday	Average Nutrients
			1 Cinni mini Fruit Milk	2 French Toast French Toast Bk sand Fruit Milk	Calories: Total Fat: Saturated Fat: % Calories from Sat. Fat: Trans Fat: Carbohydrates: Protein: Sodium:
5 No School Labor Day	6 Cereal Bars Cereal Fruit Juice Milk	7 Breakfast bread Juice Milk	8 Frudel Juice Milk	9 Nutrigrain bar Fruit Milk	Calories: Total Fat: Saturated Fat: % Calories from Sat. Fat: Trans Fat: Carbohydrates: Protein: Sodium:
12 Oatmeal round Semi- frozen Strawberry cup Juice Milk	13 Crescent Roll Juice Milk	14 Pretzel Stick w/ cinnamon Fruit Milk	15 Bagel Fruit Juice Milk	16 Waffle/ Pancake Juice Milk	Calories: Total Fat: Saturated Fat: % Calories from Sat. Fat: Trans Fat: Carbohydrates: Protein: Sodium:
19 Muffin Cheese stick Fruit Milk	20 Pop Tart w.g Fruit Juice Milk	21 Cinnamon Toast Crunch (hot) Fruit Milk	22 French Toast(snack bag) Yogurt Fruit cup Milk	23 Bagel/muffin Juice Milk	Calories: Total Fat: Saturated Fat: % Calories from Sat. Fat: Trans Fat: Carbohydrates: Protein: Sodium:
26 Oatmeal bar Fruit Yogurt cup Milk	27 Chex mix Gogurt Fruit Cheese stick Milk	28 Mini Pancakes Banana Milk	29 Coco Puff Square (hot) Banana Milk	30 Oatmeal bar (nature valley) Apple slices w/PJ Yogurt cup Breakfast Sand Milk	Calories: Total Fat: Saturated Fat: % Calories from Sat. Fat: Trans Fat: Carbohydrates: Protein: Sodium:

