



Steubenville City Schools  
Breakfast Menu

This Institution is an equal opportunity provider and employer.

# November 2022

Monday	Tuesday	Wednesday	Thursday	Friday	Average Nutrients
<b>31</b>	<b>1</b> Smores oatmeal bar Fruit Milk	<b>2</b> Poptart Milk	<b>3</b> Cinnamon roll Banana Milk	<b>4</b> Donuts Fruit Milk	Calories: Total Fat: Saturated Fat: % Calories from Sat. Fat: Trans Fat: Carbohydrates: Protein: Sodium:
<b>7</b> Cereal bar Cereal Fruit Milk	<b>8</b> Muffin Breakfast Pizza Milk	<b>9</b> Pancakes Scramble Eggs Sausage Fruit Milk	<b>10</b> Cereal Bar Cereal Juice Milk	<b>11</b> Oatmeal Round Breakfast sand Fruit Juice Milk	Calories: Total Fat: Saturated Fat: % Calories from Sat. Fat: Trans Fat: Carbohydrates: Protein: Sodium:
<b>14</b> Cereal Bar Cereal Fruit Milk	<b>15</b> Cini Mini Juice Milk	<b>16</b> Frudel Fruit Milk	<b>17</b> Pancakes Pancake on stick Fruit Milk	<b>18</b> Chex mix Apple slices Cheese cube Juice Milk	Calories: Total Fat: Saturated Fat: % Calories from Sat. Fat: Trans Fat: Carbohydrates: Protein: Sodium:
<b>21</b> Oatmeal bar Juice Milk	<b>22</b> Donuts Fruit Juice Milk	<b>23</b> THANKSGIVING NO SCHOOL!	<b>24</b> THANKSGIVING NO SCHOOL!	<b>25</b> THANKSGIVING NO SCHOOL!	Calories: Total Fat: Saturated Fat: % Calories from Sat. Fat: Trans Fat: Carbohydrates: Protein: Sodium:
<b>28</b> Nutrigrain bar Juice Milk	<b>29</b> Waffle Fruit Milk	<b>30</b> Breakfast bread Yogurt parfait Fruit Milk	<b>1</b>	<b>2</b>	Calories: Total Fat: Saturated Fat: % Calories from Sat. Fat: Trans Fat: Carbohydrates: Protein: Sodium: