



Steubenville City Schools
Lunch Menu

This Institution is an equal opportunity provider and employer.

November 2022

Monday	Tuesday	Wednesday	Thursday	Friday	Average Nutrients
31	1 Chicken quesdilla Corn/black beans w/cilantro Fruit cup Milk	2 Chicken Patty Carrots Fruit Bun Milk	3 Pizza Stick Pizza Green Beans Fruit Milk	4 Mac & Cheese Broccoli Cod Nuggets Broccoli Roll/Bun Fruit Milk	Calories: Total Fat: Saturated Fat: % Calories from Sat. Fat: Trans Fat: Carbohydrates: Protein: Sodium:
7 Chili Corn/blackbeans Fruit Cornbread/roll Milk	8 Beef Rib Broccoli Fruit Bun Milk	9 Chicken stuffing w/ gravy Mash potato Mix veg Fruit Roll Milk	10 Pizza Stick Pizza Green Beans Fruit Milk	11 Popcorn chicken Corn Fruit Roll Milk	Calories: Total Fat: Saturated Fat: % Calories from Sat. Fat: Trans Fat: Carbohydrates: Protein: Sodium:
14 Cheese Burger Chip Veg Fruit Bun Milk	15 Turkey Gravy Mash potato Peas&carrots Strawberry cup Roll/ corn bread Milk	16 Chicken Nuggets Corn/blackbeans Fruit Roll Milk	17 Pizza Stick Pizza Green beans Fruit Milk	18 Mac & cheese Broccoli Cod Nugget Roll/bun Fruit Milk	Calories: Total Fat: Saturated Fat: % Calories from Sat. Fat: Trans Fat: Carbohydrates: Protein: Sodium:
21 Pulled Pork Green beans Fruit Corn bread Milk	22 Uncrustable Chip Cookie Fruit Milk	23 THANKSGIVING NO SCHOOL!	24 THANKSGIVING NO SCHOOL!	25 THANKSGIVING NO SCHOOL!	Calories: Total Fat: Saturated Fat: % Calories from Sat. Fat: Trans Fat: Carbohydrates: Protein: Sodium:
28 Breaded Mozzarella Sticks (4) Broccoli Cookie/Milk	29 Buffalo chicken dip Tortilla chip Celery/carrots sticks Fruit Milk	30 Pasta Green Bean Fruit Roll/garlic bread Milk	1	2	Calories: Total Fat: Saturated Fat: % Calories from Sat. Fat: Trans Fat: Carbohydrates: Protein: Sodium: