



Steubenville City Schools
Snack Menu

This Institution is an equal opportunity provider and employer.

November 2022

Monday	Tuesday	Wednesday	Thursday	Friday	Average Nutrients
31	1 100 calorie Oreo Milk	2 Ritz Crackers Milk	3 Fruit cup Milk	4 Carrot sticks w/dip Milk	Calories: Total Fat: Saturated Fat: % Calories from Sat. Fat: Trans Fat: Carbohydrates: Protein: Sodium:
7 R.F.F Doritoz Juice Milk	8 Fruit Snack Graham Cracker Milk	9 Goldfish Cracker Milk	10 Apple slices Cheese Stick Milk	11 Poptart Milk	Calories: Total Fat: Saturated Fat: % Calories from Sat. Fat: Trans Fat: Carbohydrates: Protein: Sodium:
14 Smores oatmeal bar Milk	15 Cherry tomato w/dip Juice Milk	16 Broccoli w/dip Milk	17 White cheddar popcorn Milk	18 Pretzel w/cinnamon Milk	Calories: Total Fat: Saturated Fat: % Calories from Sat. Fat: Trans Fat: Carbohydrates: Protein: Sodium:
21 Craisan Celery sticks w/ Pb Milk	22 Oatmeal round 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 Apple sauce Cup Milk	29 Graham crackers Milk	30 Harvest chip Juice Milk	1	2	Calories: Total Fat: Saturated Fat: % Calories from Sat. Fat: Trans Fat: Carbohydrates: Protein: Sodium: