



Steubenville City Schools

Lunch Menu

Our Menu is subject to change due to availability of food and school closure!

This institution is an equal opportunity provider and employer.

# October 2022

Monday	Tuesday	Wednesday	Thursday	Friday	Average Nutrients
<b>3</b> Salisbury steak Mashed potatoes Corn Fruit Milk	<b>4</b> Chicken Patty Harvest Chips Fruit Milk Bun	<b>5</b> Pasta Broccoli Fruit Milk Roll	<b>6</b> Pizza Green Beans Fruit Milk	<b>7</b> Taco in a Bag Corn Fruit Milk	Calories: Total Fat: Saturated Fat: % Calories from Sat. Fat: Trans Fat: Carbohydrates: Protein: Sodium:
<b>10</b> Bacon Cheese Burger Tator Tots Fruit Milk Bun	<b>11</b> Ham & Cheese Pocket Carrots Fruit Milk	<b>12</b> Chicken Alfredo Broccoli Fruit Milk	<b>13</b> Pizza Sticks Pizza Green Beans Fruit Milk	<b>14</b> Chicken Nuggets Corn Fruit Milk Roll	Calories: Total Fat: Saturated Fat: % Calories from Sat. Fat: Trans Fat: Carbohydrates: Protein: Sodium:
<b>17</b> Corn Dogs W.G. Chips Carrots Fruit Milk	<b>18</b> Mozzarella Sticks Sauce Peas Fruit Milk	<b>19</b> Chili Corn Fruit Milk Corn Bread	<b>20</b> French Bread Pizza Green Beans Fruit Milk	<b>21</b> Chicken Quesadilla Rice Broccoli Fruit Milk	Calories: Total Fat: Saturated Fat: % Calories from Sat. Fat: Trans Fat: Carbohydrates: Protein: Sodium:
<b>24</b> Chicken Nuggets Mixed Vegetables Fruit Milk Roll	<b>25</b> Cheese & Beef Nachos Corn / Black Beans Fruit Milk	<b>26</b> Grilled Cheese Tomato Soup Fruit Milk	<b>27</b> Pizza Green Beans Fruit Milk	<b>28</b> Grilled Chicken w Bacon Sandwich Carrots / dip Fruit Milk Bun	Calories: Total Fat: Saturated Fat: % Calories from Sat. Fat: Trans Fat: Carbohydrates: Protein: Sodium:
<b>31</b> Meatball Sandwich W.G. Chips Fruit Milk					Calories: Total Fat: Saturated Fat: % Calories from Sat. Fat: Trans Fat: Carbohydrates: Protein: Sodium: