



Steubenville City Schools

Breakfast Menu

Menus are subject to change due to availability of food and/or school closure.

This Institution is an equal opportunity provider and employer.

March 2020

Monday	Tuesday	Wednesday	Thursday	Friday	Average Nutrients
2 Cinnamon Rolls Apple Juice Milk	3 East-West Cereal Bars Fruit HMS/SHS Cereal bar Pancakes Juice Milk	4 East-West Pancakes HMS-SHS English Muffin E/M/C Fruit Milk	5 Coco puff bar Fruit Juice Milk	6 Poptarts w.g Juice Milk HMS/SHS Poptarts Cinnamon roll Pancakes	Calories: Total Fat: Saturated Fat: % Calories from Sat. Fat: Trans Fat: Carbohydrates: Protein: Sodium:
9 Scooby Snack Fruit Cheese Stick Juice Milk	10 Frudel Fruit Juice Milk	11 Breakfast pizza (boat) Juice Milk	12 Poptart Cheese stick Apple Slices Milk	13 East-West Cereal Yogurt Juice Milk HMS/SHS Waffle/frudel	Calories: Total Fat: Saturated Fat: % Calories from Sat. Fat: Trans Fat: Carbohydrates: Protein: Sodium:
16 East-West Cereal Fruit Milk HMS/SHS Pretzel w/c.c	17 Cini Mini Fruit Juice Milk	18 French toast Juice Milk	19 Zucchini bread Mix Berry Cup Milk	20 East-West Oatmeal bar Banana Milk HMS-SHS Cini mini/french toast	Calories: Total Fat: Saturated Fat: % Calories from Sat. Fat: Trans Fat: Carbohydrates: Protein: Sodium:
23 East-West Cereal Fruit Milk HMS/SHS Breakfast Burrito	24 Waffles Fruit Cup Milk	25 Donuts w.g Juice Milk	26 French toast Fruit Juice Milk	27 East-West Yogurt/cheese stick/chex mix HMS/SHS Yogurt parf Cheese stick Boiled eggs Milk	Calories: Total Fat: Saturated Fat: % Calories from Sat. Fat: Trans Fat: Carbohydrates: Protein: Sodium:
30 Choc.coco puff soft filled bar Fruit Juice Milk	31 East-West Cereal bar HMS/SHS Breakfast Bagel Fruit Juice Milk	1	2	3	Calories: Total Fat: Saturated Fat: % Calories from Sat. Fat: Trans Fat: Carbohydrates: Protein: Sodium:

