



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:

