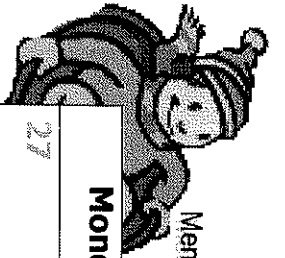


Staubenville City Schools
Breakfast Menu

Menus are subject to change due to availability of food or school closure.
This institution is an equal opportunity provider and employer.

DECEMBER 2017

Monday	Tuesday	Wednesday	Thursday	Friday	Average Nutrients
27 4 Apple slices/PB Graham Cracker Cheese stick Fruit cup Juice Milk	28 5 Cereal HMS/SHS Bk Pizza Fruit Juice Milk	29 6 Banana Bread Fruit Juice Milk	30 7 Nutri-grain Bar Cheese stick Banana Milk	1 Cereal bar Juice Milk	Calories: Total Fat: Saturated Fat: % Calories from Sat. Fat: Trans Fat: Carbohydrates: Protein: Sodium:
11 Bagel HMS/SHS Hot oatmeal Juice Milk	12 Cereal Fruit cup Juice Milk	13 Yogurt Cheex mix Juice Milk	14 Poptart w.G Fruit Juice Milk	15 Donuts w.G Apple Milk	Calories: Total Fat: Saturated Fat: % Calories from Sat. Fat: Trans Fat: Carbohydrates: Protein: Sodium:
18 Cereal Bar Fruit Juice Milk	19 Frudel Juice Milk	20 Pancakes Fruit cup Milk	21 No School! Christmas	22 No School! Christmas	Calories: Total Fat: Saturated Fat: % Calories from Sat. Fat: Trans Fat: Carbohydrates: Protein: Sodium:
25 No School! Christmas	26 No School! Christmas	27 No School! Christmas	28 No School! Christmas	29 No School! Christmas	Calories: Total Fat: Saturated Fat: % Calories from Sat. Fat: Trans Fat: Carbohydrates: Protein: Sodium:



Steubenville City Schools
Lunch Menu

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December 2017

Monday	Tuesday	Wednesday	Thursday	Friday	Average Nutrients
27 4 Burger Baked Chips Coleslaw Pickle Spear Fruit/Bun Milk	28 5 Meat loaf Mash potato Peas & carrots Fruit Roll Milk	29 6 Chicken Quesada Corn & Black beans Rice Salsa Cookie w/g Fruit Milk	30 7 West-East Pizza stick w/ sauce cup HMS/SHS/Wells Pizza Caesar Salad Brocc Fruit Roll/Milk	1 West-East Mac&Cheese HMS/SHS Fish Sticks Mac&Cheese Brocc&Calf Fruit Roll Milk	Calories: Total Fat: Saturated Fat: % Calories from Sat. Fat: Trans Fat: Carbohydrates: Protein: Sodium:
11 BBQ Rib Sand Corn on the cob Collard greens Pickle Fruit Bun/Milk	12 Christmas Tree Nuggets Carrots Fruit Roll Milk	13 Salisbury Steak Mash potato Green Bean Fruit Roll Milk	14 West-East-Wells Pizza stick w/sauce HMS/SHS Pizza Mix veg Tomato /cucumber salad Fruit/Milk	15 Cheese Burger Baked chip Veg Fruit Bun Milk	Calories: Total Fat: Saturated Fat: % Calories from Sat. Fat: Trans Fat: Carbohydrates: Protein: Sodium:
18 Sloppy Joe Noodle Peas Carrots Fruit/Bun/Milk	19 Nacho w/cheese Romaine Salad Corn & Black Beans Fruit Milk	20 Beef-Roni Green Bean Fruit Roll Milk	21 No School! Christmas	22 No School! Christmas	Calories: Total Fat: Saturated Fat: % Calories from Sat. Fat: Trans Fat: Carbohydrates: Protein: Sodium:
25 No School! Christmas	26 No School! Christmas	27 No School! Christmas	28 No School! Christmas	29 No School! Christmas	Calories: Total Fat: Saturated Fat: % Calories from Sat. Fat: Trans Fat: Carbohydrates: Protein: Sodium: