



Steuersville City Schools
Breakfast Menu HMS/WEST

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

October 2017

Monday	Tuesday	Wednesday	Thursday	Friday	Average Nutrients
2 HMS/WEST Breakfast Kit Milk	3 HMS Breakfast Kit WEST Muffin Juice Milk	4 HMS Breakfast Kit WEST Frudel Juice Milk	5 HMS Breakfast Kit WEST Chez It Yogurt	6 HMS Breakfast Kit WEST Pancakes w/ syrup Fruit cup Milk	Calories: Total Fat: Saturated Fat: % Calories from Sat. Fat: Trans Fat: Carbohydrates: Protein: Sodium:
9 HMS Breakfast Kit WEST Cereal Bar Juice Milk	10 HMS Breakfast Kit WEST Banana Bread Fruit Milk	11 HMS Breakfast Kit WEST Donuts w.g Juice Milk	12 HMS Breakfast Kit WEST Frudel Yogurt Milk	13 HMS Breakfast Kit WEST Cereal Fruit Milk	Calories: Total Fat: Saturated Fat: % Calories from Sat. Fat: Trans Fat: Carbohydrates: Protein: Sodium:
16 HMS/WEST Popart Kit Milk	17 HMS Breakfast Kit WEST Cherry Frudel Milk	18 HMS Breakfast Kit WEST Muffin Cheese stick Fruit cup Milk	19 HMS Breakfast Kit WEST Chex mix Yogurt (Cherry) Juice Milk	20 HMS Breakfast Kit WEST Cini-Mini Fruit Milk	Calories: Total Fat: Saturated Fat: % Calories from Sat. Fat: Trans Fat: Carbohydrates: Protein: Sodium:
23 HMS/WEST Cereal Kit Milk	24 Nutri-grain bar Juice Milk	25 Animal Cracker Yogurt (Straw-Banana) Fruit Milk	26 Zucchini Bread Fruit Juice Milk	27 Nature Valley Bar Juice Milk	Calories: Total Fat: Saturated Fat: % Calories from Sat. Fat: Trans Fat: Carbohydrates: Protein: Sodium:
30 French Toast (snack) Juice Milk	31 Cini- Bun Fruit Juice Milk	1	2	3	Calories: Total Fat: Saturated Fat: % Calories from Sat. Fat: Trans Fat: Carbohydrates: Protein: Sodium:



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Monday	Tuesday	Wednesday	Thursday	Friday	Average Nutrients
2 Beef & Cheese Ht Pocket Green Bean Fruit Milk	3 P&J Bar Fritos GrapesX2 CarrotsX2 w/dip Milk	4 Italian Sub Veg Fruit Extra: Cookie Bun Milk	5 Hormel Wrap (REV) Green Bean Fruit Milk	6 West Cheese Burger HMS Breakfast Pizza Chip Brocc Strawberry Cup Bun Milk	Calories: Total Fat: Saturated Fat: % Calories from Sat. Fat: Trans Fat: Carbohydrates: Protein: Sodium:
9 P&J Uncrustable Lunch Meat (Alt) Celery w/ ranch Chips Fruit Roll Up Fruit Bun Milk	10 Ham & Cheese Ht Pocket CarrotsX2 w/ranch Fruit Milk	11 Chicken Tender Veg Fruit Roll Milk	12 Pizza sticks w/ sauce Green beans Fruit Milk	13 Chicken Patty Corn Fruit Bun Milk	Calories: Total Fat: Saturated Fat: % Calories from Sat. Fat: Trans Fat: Carbohydrates: Protein: Sodium:
16 Grilled Cheese Chili Fruit Milk	17 Corn Dog Bake Beans Corn Fruit Milk	18 Hormel Wrap (Rev) Peas Chips Fruit Milk	19 Pizza sticks w/sauce Carrots Fruit Milk	20 P&J Bar Chips Brocc w/ ranch Apple (1w) Milk	Calories: Total Fat: Saturated Fat: % Calories from Sat. Fat: Trans Fat: Carbohydrates: Protein: Sodium:
23 BBQ Rib Sand Burger (Alt) Corn on Cob Pickle Spear Extra: Cookie Fruit Milk	24 Chicken Sand Brocc Bread (Panni) Fruit Milk	25 Beef & Gravy Mash Potato Green Beans Fruit Rolls Milk	26 WEST Pizza stick w/ sauce HMS Pizza Carrots Fruit Milk	27 Corn Dog Coleslaw Mix veg Extra: Cookie Fruit Milk	Calories: Total Fat: Saturated Fat: % Calories from Sat. Fat: Trans Fat: Carbohydrates: Protein: Sodium:
3 General T'so Rice Brocc Fortune cookie Fruit/Roll/Milk	31 Spooky Chicken Nuggets Corn Fruit Rolls Milk	1	2	3	Calories: Total Fat: Saturated Fat: % Calories from Sat. Fat: Trans Fat: Carbohydrates: Protein: Sodium: