



Breakfast

Steubenville City School District  
 Our Menu is subject to change due to availability of Food or School Closure!  
 USDA is an equal Opportunity Provider and employer

# April 2016

Monday	Tuesday	Wednesday	Thursday	Friday	Average Nutrients
28	29	30	31	<b>1</b> Cereal Juice 1c Milk 1c	Calories: Total Fat: Carbohydrates: Protein: Calcium: Iron: Vitamin A: Vitamin C:
<b>4</b> Muffin Juice 1c Milk 1c	<b>5</b> Pancakes Cereal Mand. Orange 1/2c Juice 1/2c Milk 1c	<b>6</b> Poptart W.G Cheese stick (1) Banana (1) Milk 1c	<b>7</b> Oatmeal bar Cereal Orange (1) Milk (1)	<b>8</b> Cini Mini Fruit cup 1/2c Cereal Juice 1/2c Milk 1/2c	Calories: Total Fat: Carbohydrates: Protein: Calcium: Iron: Vitamin A: Vitamin C:
<b>11</b> Cereal Kit Cereal Fruit cup 1/2c Milk 1c	<b>12</b> Yogurt 1/2c Apple (1) Nutrigrain Bar Juice 1/2c Milk 1c	<b>13</b> Waffle / cereal Banana (1) Juice 1/2c Milk 1c	<b>14</b> French toast Pears Juice 1/2c Milk 1c	<b>15</b> <b>No School</b>	Calories: Total Fat: Carbohydrates: Protein: Calcium: Iron: Vitamin A: Vitamin C:
<b>18</b> Wheat donut/ poptart w.g Fruit 1c Milk 1c	<b>19</b> Cherry frudel Juice 1c Milk 1c	<b>20</b> Cereal Fruit Milk1c	<b>21</b> Bagel w/c.c Fruit Juice 1/2c Milk 1c	<b>22</b> Cinnamon roll Juice 1c Milk 1c	Calories: Total Fat: Carbohydrates: Protein: Calcium: Iron: Vitamin A: Vitamin C:
<b>25</b> Poptart w.g Apple slices Cereal Juice 1/2c Milk 1c	<b>26</b> Chex mix Oatmeal bar Fruit cup 1/2c Milk 1c	<b>27</b> Nature Valley C Crisp Yogurt 1/2c Fruit 1/2c Juice 1/2c Milk 1c	<b>28</b> Cheese stick Yogurt 1/2c Cheez It Milk 1c Juice 1/2c	<b>29</b> Cereal Fruit 1/2c Milk 1c SHS Hot Breakfast!	Calories: Total Fat: Carbohydrates: Protein: Calcium: Iron: Vitamin A: Vitamin C:

Lunch

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Monday	Tuesday	Wednesday	Thursday	Friday	Average Nutrients
28	29	30	31	1 Fish shapes Mix veg Pineapple Roll Milk	Calories: Total Fat: Carbohydrates: Protein: Calcium: Iron: Vitamin A: Vitamin C:
4 Cheese Burger Baked chips Pickle spear Corn Mand. orange Bun Milk	5 Chicken Patty Carrots Applesauce Bun Milk	6 PB&J sand Luch meat sand Apple slices Chips Carrots w/ dip Bun Milk	7 East-West-Wells Pizza Stick w/ sauce Green bean Ceasar Salad HMS-SHS Pizza Fruit Milk	8 Fish Shapes Mix veg Fruit Roll Milk	Calories: Total Fat: Carbohydrates: Protein: Calcium: Iron: Vitamin A: Vitamin C:
11 Hot dog(2) Bkd beans Corn Fruit Roll Milk	12 Chicken nugget Corn Fruit Roll Milk	13 Chicken Alfredo Broccoli Fruit Roll Milk	14 East-West-Wells Pizza Stick Carrots Milk HMS-SHS Pizza Green beans Fruit Milk	15 No School!	Calories: Total Fat: Carbohydrates: Protein: Calcium: Iron: Vitamin A: Vitamin C:
18 Nacho w/ meat Cheese Refried beans Tosed salad Fruit Milk	19 Turkey Sand P&J sand Chips Celery w/PB Grapes Bun Milk	20 Chicken Patty Corn on cob Coleslaw Fruit Milk	21 East-West-Wells Pizza Stick w/ sauce HMS-SHS Pizza Green bean Fruit Milk	22 Fish Sand Coleslaw Mix veg Fruit Bun Milk	Calories: Total Fat: Carbohydrates: Protein: Calcium: Iron: Vitamin A: Vitamin C:
25 Taco Salad Churro Corn&black bean Fruit Roll Milk	26 Burger Carrots Fruit Bun Milk	27 Beef and gravy Mash potato Carrots& peas Fruit Roll Milk	28 East-West-Wells Pizza Stick w/ sauce HMS-SHS Pizza Green bean Milk	29 Sloppy Joe Harvest chip Pickle spear Coleslaw Fruit Bun Milk	Calories: Total Fat: Carbohydrates: Protein: Calcium: Iron: Vitamin A: Vitamin C: