



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