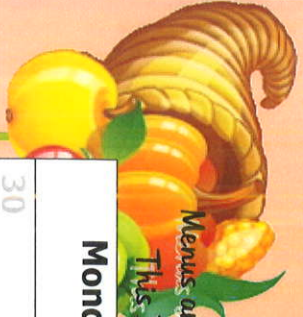


Stuebenville City Schools
Breakfast Menu

Menus are subject to change to availability of food or School Closure!
This Institution is an equal opportunity provider and employer.

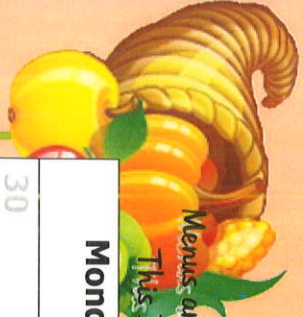
November 2017



Monday	Tuesday	Wednesday	Thursday	Friday	Average Nutrients
30	31	1 West Cereal Bar Fruit cup HMS Cereal Kit Milk	2 West Muffin Juice Milk HMS Cereal Kit Milk	3 West Pancakes Fruit Cup HMS Cereal Kit Milk	Calories: Total Fat: Saturated Fat: % Calories from Sat. Fat: Trans Fat: Carbohydrates: Protein: Sodium:
6 West Cereal Kit Milk HMS Big Breakfast Pancakes, Eggs, Sausage/ Milk	7 West Oatmeal Bar Cheese stick Fruit Juice Milk HMS- Breakfast Pizza	8 French Toast Fruit Milk	9 West- Yogurt/Apple slices/ Graham Cracker HMS Breakfast Biscuit Fruit Milk	10 Cinnamon Roll Fruit Juice Milk	Calories: Total Fat: Saturated Fat: % Calories from Sat. Fat: Trans Fat: Carbohydrates: Protein: Sodium:
13 Muffin Fruit Juice Milk	14 Mini Pancakes Breakfast Pizza Juice Milk	15 Bagel Stick w/ c.c Orange slices Milk	16 Donuts w.g. Banana Milk	17 Fruited Juice Milk	Calories: Total Fat: Saturated Fat: % Calories from Sat. Fat: Trans Fat: Carbohydrates: Protein: Sodium:
20 West- cereal HMS Waffle Fruit Juice Milk	21 West-Cereal Bar HMS Breakfast Biscuit Hashbrown Juice Milk	22 No School! Thanksgiving	23 No School! Thanksgiving	24 No School! Thanksgiving	Calories: Total Fat: Saturated Fat: % Calories from Sat. Fat: Trans Fat: Carbohydrates: Protein: Sodium:
27 Cereal Fruit cup Milk	28 West Popart Kit HMS Eggs, Bacon, Pancake Milk	29 Waffle Strawberry cup Milk	30 West- Cereal Bar Juice Milk English Muffin (Ham & Egg and Cheese) Hot Chocolate w/cream Milk	1	Calories: Total Fat: Saturated Fat: % Calories from Sat. Fat: Trans Fat: Carbohydrates: Protein: Sodium:

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November 2017



Monday	Tuesday	Wednesday	Thursday	Friday	Average Nutrients
<p>30</p> <p>6 Chicken Tenders Mac & Cheese Salad Fruit Roll Milk</p>	<p>31</p> <p>7 Pulled Pork Coleslaw Corn on Cob Pickle Spear Fruit Salad Bun Milk</p>	<p>1</p> <p>Grilled cheese Sand. Corn Fruit Bread w.g Extra: w.g Cookie Milk</p>	<p>2</p> <p>Pizza Stick w/sauce Broccoli Fruit Milk</p>	<p>3 West: Chili (Meat,B.B) Carrots HMS Fish ,Noodle Fruit Roll MILK</p>	<p>Calories: Total Fat: Saturated Fat: % Calories from Sat. Fat: Trans Fat: Carbohydrates: Protein: Sodium:</p>
<p>13</p> <p>Chicken Quesda Rice Salsa Corn & Black beans Fruit Milk</p>	<p>14</p> <p>Grilled Chicken w/ Bacon Sand. Strawberry cup Bun Milk</p>	<p>8</p> <p>Bacon Cheeseburger Chip (West) Tator Tots Bake bean Broccoli Fruit Bun/Milk</p>	<p>9 West -Pizza Stick w/s HMS Pizza Green Bean Caesar Salad Fruit Milk</p>	<p>10 (sack Lunch) P&J Un crustable Turkey (Alternative) Chips Carrots w/ dip Fruit Bun Milk</p>	<p>Calories: Total Fat: Saturated Fat: % Calories from Sat. Fat: Trans Fat: Carbohydrates: Protein: Sodium:</p>
<p>20</p> <p>Baked Chicken Mac & Cheese Green Beans Fruit Roll Milk</p>	<p>21</p> <p>Turkey Sand w/ Cheese Apple slices w/ caramel Baked chip Carrots w/dip Extra: cookie w.g Bun Milk</p>	<p>22</p> <p>No School! Thanksgiving</p>	<p>23</p> <p>No School! Thanksgiving</p>	<p>24</p> <p>No School! Thanksgiving</p>	<p>Calories: Total Fat: Saturated Fat: % Calories from Sat. Fat: Trans Fat: Carbohydrates: Protein: Sodium:</p>
<p>27</p> <p>CHESSEBURGER BAKED CHIPS CARROTS FRUIT BUN MILK</p>	<p>28</p> <p>CHICKEN STRIPS CORN FRUIT ROLL MILK</p>	<p>29</p> <p>Pasta w/meat Sauce Green Bean Fruit Roll Milk</p>	<p>30</p> <p>West- Pizza sticks w/ s HMS Pizza Cauliflower Fruit Milk</p>	<p>1</p>	<p>Calories: Total Fat: Saturated Fat: % Calories from Sat. Fat: Trans Fat: Carbohydrates: Protein: Sodium:</p>