


September '19 Breakfast & Lunch Menu

Iredell Statesville Schools: **Elementary & Middle Menu**

Offered Daily: 1/2 pint Milk: FF (13), 1% (13), or
Chocolate 1% (20), Strawberry FF (19) or Vanilla FF (19)

(~carb counts)

Menu subject to change due to weather, calendar changes, administrative directive, equipment malfunction, and/or product availability.

 <p>Holiday</p>	<p><i>Sausage Biscuit (27)</i></p> <p>Cheeseburger (26) Ham/Cheese Sandwich (29) Glazed Carrots (12) Oven Crispy Fries (16) Applesauce Cup (24)</p> <p>2</p>	<p><i>Super Honey Bun (34)</i></p> <p>Mac & Cheese, Roll (48) Pork BBQ Sandwich (26) Baked Beans (28) Creamy Coleslaw (7) Chilled Peaches (17)</p> <p>3</p>	<p><i>Glazed Cinnamon Roll (43)</i></p> <p>Hot Dog w/Toppings (30) Mandarin Chicken w/ Rice (39) Deli Roasters (20) Broccoli w/ Cheese (7) Banana Pudding (56)</p> <p>4</p>	<p><i>Chicken Biscuit (36)</i></p> <p>Pepperoni Pizza (30) Chicken Fajitas (21) Tater Tots (16) Cherry Tomatoes & Dip (3) Assorted Fruit Juice (15)</p> <p>5</p>
<p><i>Mini Pancakes (36)</i></p> <p>Chic Fillet Sandwich (37) Turkey & Cheese Sandwich (28) Sweet Green Peas (13) Dill Pickles (0) Mandarin Oranges (29)</p> <p>9</p>	<p><i>Yogurt w/ Grahams (33)</i></p> <p>Hamburger (25) Pork Chop Sandwich(43) Mashed Potatoes (15) Homestyle Greens (6) Assorted Fruit Juice (15)</p> <p>10</p>	<p><i>Breakfast on a Stick (48)</i></p> <p>Popcorn Chicken with Roll (25) Loaded Baked Potato, Roll (52) Black-eyed Peas (24) California Medley w/ Cheese (7) Fruit Cocktail (14)</p> <p>11</p>	<p><i>Biscuit & Gravy (41)</i></p> <p>Beefy Nachos (20) Chicken Alfredo (26) Green Beans (5) Sweet Waffle Fries (26) Fruity Jell-O (30)</p> <p>12</p>	<p><i>Snowballs (34)</i></p> <p>Cheese Pizza (30) Fish Sandwich (41) Steamed Cabbage (3) Baby Carrots & Dip (7) Fruit Pearls (11)</p> <p>13</p>
<p><i>Sausage Biscuit (27)</i></p> <p>Mozzarella Sticks w/ Marinara (40) Orange Chicken w/ Rice (36) Sweet Potato Crinkles (17) Broccoli w/ Cheese (7) Chilled Sliced Pears(15)</p> <p>16</p>	<p><i>Super Honey Bun (34)</i></p> <p>Corndog (30) Fiestada Pizza (43) Refried Beans w/ Chips (28) Potato Smiles (20) Warm Peach Cobbler (51)</p> <p>17</p>	<p><i>Breakfast Pizza (27)</i></p> <p>Chicken BBQ Sandwich (34) Grilled Cheese Sandwich (36) Tomato Soup, Crackers (34) Sweet Yellow Corn (16) Raisins (29)</p> <p>18</p>	<p><i>Glazed Cinnamon Roll (43)</i></p> <p>Lasagna w/ Breadstick (40) Chicken Tenders, Roll (25) Seasoned Potato Wedges (21) Fresh Garden Salad (3) Baked Cinnamon Apples (30)</p> <p>19</p>	<p><i>Chicken Biscuit (36)</i></p> <p>Pizza Pocket (30) Beef Ravioli, Breadstick (45) Pinto Beans (20) Cherry Tomatoes & Dip (3) Assorted Fruit Juice (15)</p> <p>20</p>
<p><i>French Toast Sticks (38)</i></p> <p>Spicy Chic Fillet (40) Beefy Soft Taco (22) Lettuce and Tomatoes (3) Sweet Green Peas (13) Fruit Cocktail (14)</p> <p>23</p>	<p><i>Blueberry Muffin (23)</i></p> <p>Chicken Nuggets, Roll (25) BBQ Beef Riblet Sandwich (37) Sweet Potato Souffle (56) Green Beans (5) Fruity Jell-O (30)</p> <p>24</p>	<p><i>Donut (30)</i></p> <p>Mini Corndogs (30) Chicken Pie & Roll (30) Mashed Potatoes (15) Homestyle Greens (6) Mandarin Oranges (29)</p> <p>25</p>	<p><i>Dutch Waffle (43)</i></p> <p>Breakfast for Lunch (59) Super Mascot Burger (33) Sweet Yellow Corn (16) Dill Pickles (0) Assorted Fruit Juice (15)</p> <p>26</p>	<p><i>Crumb Cake (48)</i></p> <p>French Bread Pizza (30) Fish Nuggets w/Roll (35) Refried Beans w/ Chips (28) Baby Carrots & Dip (7) Fresh Fruit</p> <p>27</p>
<p>Teacher Workday</p> <p>30</p>	<p>Fuel up to learn with school meals!</p>			

Whole Grain Poptarts, assorted cereals, grahams, fruit, and juice are daily alternate breakfast selections