


September '19 Breakfast & Lunch Menu

Iredell Statesville Schools: High School 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> Cheeseburger (26) Ham/Cheese Sandwich (29) Glazed Carrots (12) Oven Crispy Fries (16) Applesauce Cup (24)</p>	<p><i>Super Honey Bun (34)</i> Mac & Cheese, Roll (48) Pork BBQ Sandwich (26) Baked Beans (28) Creamy Coleslaw (7) Chilled Peaches (17)</p>	<p><i>Glazed Cinnamon Roll (43)</i> Hot Dog w/Toppings (30) Mandarin Chicken, Rice (63) Deli Roasters (20) Broccoli w/ Cheese (7) Banana Pudding (56)</p>	<p><i>Chicken Biscuit (36)</i> Pepperoni Pizza (30) Chicken Fajitas (30) Tater Tots (16) Tomatoes & Ranch (4) Assorted Fruit Juice (15)</p>
<p><i>Mini Pancakes (36)</i> Chic Fillet Sandwich (37) Turkey & Cheese Sandwich (28) Sweet Green Peas (13) Dill Pickles (0) Mandarin Oranges (29)</p>	<p><i>Yogurt w/ Grahams (33)</i> Hamburger (25) Pork Chop Sandwich(43) Mashed Potatoes (15) Homestyle Greens (6) Assorted Fruit Juice (15)</p>	<p><i>Breakfast on a Stick (48)</i> Popcorn Chicken with Roll (25) Loaded Baked Potato, Roll (64) Black-eyed Peas (24) California Medley w/ Cheese (7) Fruit Cocktail (14)</p>	<p><i>Biscuit & Gravy (41)</i> Beefy Nachos (36) Chicken Alfredo (42) Green Beans (5) Sweet Waffle Fries (26) Fruity Jell-O (30)</p>	<p><i>Snowballs (34)</i> Cheese Pizza (30) Fish Sandwich (41) Steamed Cabbage (3) Carrots & Ranch (11) Fruit Pearls (11)</p>
<p><i>Sausage Biscuit (27)</i> Mozzarella Sticks w/ Marinara (40) Orange Chicken w/ Rice(59) Sweet Potato Crinkles (17) Broccoli w/ Cheese (7) Chilled Sliced Pears(15)</p>	<p><i>Super Honey Bun (34)</i> Corndog (30) Fiestada Pizza (43) Refried Beans w/ Chips (28) Potato Smiles (20) Warm Peach Cobbler (51)</p>	<p><i>Breakfast Pizza (27)</i> Chicken BBQ Sandwich (34) Grilled Cheese Sandwich (36) Tomato Soup, Crackers (34) Sweet Yellow Corn (16) Raisins (29)</p>	<p><i>Glazed Cinnamon Roll (43)</i> Lasagna w/ Breadstick (40) Chicken Tenders, Roll (25) Seasoned Potato Wedges (21) Lettuce and Tomatoes (3) Baked Cinnamon Apples (30)</p>	<p><i>Chicken Biscuit (36)</i> Pizza Pocket (30) Beef Ravioli, Breadstick (45) Pinto Beans (20) Tomatoes & Ranch (4) Assorted Fruit Juice (15)</p>
<p><i>French Toast Sticks (38)</i> Spicy Chic Fillet (40) Beefy Soft Taco (31) Lettuce and Tomatoes (3) Sweet Green Peas (13) Fruit Cocktail (14)</p>	<p><i>Blueberry Muffin (23)</i> Chicken Nuggets, Roll (25) BBQ Beef Riblet Sandwich (37) Sweet Potato Souffle (56) Green Beans (5) Fruity Jell-O (30)</p>	<p><i>Donut (30)</i> Mini Corndogs (30) Chicken Pie & Roll (30) Mashed Potatoes (15) Homestyle Greens (6) Strawberry Pie (50)</p>	<p><i>Dutch Waffle (43)</i> Breakfast for Lunch (72) Super Mascot Burger (33) Sweet Yellow Corn (16) Dill Pickles (0) Assorted Fruit Juice (15)</p>	<p><i>Crumb Cake (48)</i> French Bread Pizza (30) Fish Nuggets w/Roll (35) Refried Beans w/ Chips (28) Carrots & Ranch (11) Fresh Fruit</p>
<p>Teacher Workday</p>	<p>Fuel up to learn with school meals!</p>			

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