






January '20 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.

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| <p>Sausage Biscuit (27) Cheeseburger (26) Oven Fried Chicken, Roll (22) Sweet Potato Souffle (56) Green Beans (5) Applesauce Cup (24)</p> <p style="text-align: right;">6</p> | <p>Warm Cinnamon Bar (40) Mac & Cheese, Roll (48) Pork BBQ Sandwich (26) Baked Beans (28) Dill Pickles (0) Chilled Peaches (17)</p> <p style="text-align: right;">7</p> | <p>Breakfast Pizza (26) Spaghetti w/ Breadstick (56) Pizza Dipping Sticks (39) Fresh Garden Salad (3) Sweet Yellow Corn (16) Fruit Pearls (11)</p> <p style="text-align: right;">8</p> | <p>Glazed Cinnamon Roll (43) Hot Dog w/Toppings (30) Mandarin Chicken w/ Rice(39) Deli Roasters (20) Broccoli w/ Cheese (7) Strawberry Pie (50)</p> <p style="text-align: right;">9</p> |
| <p>Mini Pancakes (36) Chic Fillet Sandwich (37) Turkey & Cheese Sandwich (28) Sweet Green Peas (13) Dill Pickles (0) Mandarin Oranges (29)</p> <p style="text-align: right;">13</p> | <p>Yogurt w/ Grahams (33) Hamburger (25) Pork Chop Sandwich(43) Mashed Potatoes (15) Homestyle Greens (6) Assorted Fruit Juice (15)</p> <p style="text-align: right;">14</p> | <p>Breakfast on a Stick (48) Popcorn Chicken with Roll (25) Loaded Baked Potato, Roll (52) Black-eyed Peas (24) Creamy Broccoli Soup, Crackers(46) Fruit Cocktail (14)</p> <p style="text-align: right;">15</p> | <p>Biscuit & Gravy (41) Beefy Nachos (20) Chicken Alfredo (26) Green Beans (5) Sweet Waffle Fries (26) Fruity Jell-O (30)</p> <p style="text-align: right;">16</p> |
| <p style="text-align: center;">Holiday</p>  <p style="text-align: right;">20</p> | <p>Super Honey Bun (34) Corndog (30) Mozzarella Sticks w/ Marinara (40) Refried Beans w/ Chips (28) Potato Smiles (20) Warm Peach Cobbler (51)</p> <p style="text-align: right;">21</p> | <p>Breakfast Pizza (26) Chicken BBQ Sandwich (34) Grilled Cheese Sandwich (36) Tomato Soup, Crackers (34) Sweet Yellow Corn (16) Raisins (29)</p> <p style="text-align: right;">22</p> | <p>Glazed Cinnamon Roll (43) Lasagna w/ Breadstick (40) Chicken Tenders, Roll (25) Seasoned Potato Wedges (21) Fresh Garden Salad (3) Baked Cinnamon Apples (30)</p> <p style="text-align: right;">23</p> |
| <p>French Toast Sticks (38) Spicy Chic Fillet (40) Beefy Soft Taco (22) Lettuce and Tomatoes (3) Sweet Potato Crinkles (17) Sliced Strawberries (21)</p> <p style="text-align: right;">27</p> | <p>Blueberry Muffin (26) Chicken Nuggets, Roll (25) Beef Riblet Sandwich (37) Cheesy Potato Soup, Crackers (54) Green Beans (5) Fruity Jell-O(30)</p> <p style="text-align: right;">28</p> | <p>Donut (30) Mini Corndogs (30) Chicken Pie & Roll (30) Mashed Potatoes (15) Homestyle Greens (6) Warm Apple Cobbler (44)</p> <p style="text-align: right;">29</p> | <p>Dutch Waffle (43) Breakfast for Lunch (59) Super Mascot Burger (33) Sweet Yellow Corn (16) Dill Pickles (0) Assorted Fruit Juice (15)</p> <p style="text-align: right;">30</p> |
| <p style="text-align: center;">Teacher Workday</p> | <p>Chicken Biscuit (36) Pepperoni Pizza (30) Chicken Fajitas (21) Tater Tots (16) Cherry Tomatoes & Dip (3) Assorted Fruit Juice (15)</p> <p style="text-align: right;">10</p> | <p>Snowballs (34) Cheese Pizza (30) Fish Sandwich (41) Steamed Cabbage (3) Baby Carrots & Dip (7) Strawberry Cup (22)</p> <p style="text-align: right;">17</p> | <p>Dunking Stix (48) Pizza Pocket (30) Beef Ravioli, Breadstick (45) Pinto Beans (20) Cherry Tomatoes & Dip (3) Assorted Fruit Juice (15)</p> <p style="text-align: right;">24</p> |
| <p>Crumb Cake (48) French Bread Pizza (30) Fish Nuggets w/Roll (35) Refried Beans w/ Chips (28) Baby Carrots & Dip (7) Fresh Fruit</p> <p style="text-align: right;">31</p> | | | |

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