


October '20 Breakfast & Lunch Menu

Iredell Statesville Schools: Consolidated 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****

National School Lunch Week: Oct. 12-16				<i>Blueberry Muffin (23)</i> Corndog Nuggets (30) Chic Fillet Sandwich (37) Oven Crispy Fries (16) Raisins (29) 1	<i>Dunkin Stix (48)</i> French Bread Pizza Hamburger (26) Sweet Potato Crinkles (17) Fresh Fruit 2
<i>Chocolate Muffin (24)</i> Mozzarella Sticks w/ Marinara (40) Roasted Chicken w/ Roll (12) Mashed Potatoes (15) Fresh Fruit 5	<i>Super Donut (38)</i> Grilled Cheese Sandwich (36) Cheeseburger (26) Sweet Yellow Corn (16) Fruit Cocktail (18) 6	<i>Cereal Variety</i> Corndog (29) Baby Carrots & Dip (7) Craisins (27) 7	<i>Mini Cinnis (40)</i> Mac & Cheese, Roll (48) Deli SW (28) Tater Tots (16) Assorted Juice (15) 8	<i>Super Honey Bun (34)</i> Spicy Chic Fillet (42) Cheese Pizza (30) Sweet Green Peas (13) Pears (15) 9	
<i>Blueberry Muffin (23)</i> Corndog Nuggets (30) Chic Fillet Sandwich (37) Oven Crispy Fries (16) Raisins (29) 12	<i>Dunkin Stix (48)</i> French Bread Pizza (28) Hamburger (26) Baby Carrots & Dip (7) Fresh Fruit 13	<i>Poptart (36)</i> Chic Fillet Sandwich (37) Dill Pickles (0) Fruit Cup (22) 14	<i>Mini Pancakes (35)</i> BBQ Sandwich (26) Pepperoni Pizza (30) Fresh Garden Salad (3) Peaches (17) 15	<i>Cinnamon Toast Crunch Bar(41)</i> Chicken Nuggets, Roll (25) Hot Dog (33) Baked Beans (28) Assorted Juice (15) 16	
<i>Mini Cinnis (40)</i> Mac & Cheese, Roll (48) Deli SW (28) Tater Tots (16) Assorted Juice (15) 19	<i>Super Honey Bun (34)</i> Spicy Chic Fillet (42) Cheese Pizza (30) Sweet Green Peas (13) Pears (15) 20	<i>Cereal Variety</i> Corndog (29) Baby Carrots & Dip (7) Craisins (27) 21	<i>Chocolate Muffin (24)</i> Mozzarella Sticks w/ Marinara (40) Roasted Chicken w/ Roll (12) Mashed Potatoes (15) Fresh Fruit 22	<i>Super Donut (38)</i> Grilled Cheese Sandwich (36) Cheeseburger (26) Sweet Yellow Corn (16) Fruit Cocktail (18) 23	
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****Whole Grain Poptarts, assorted cereals, grahams, fruit, and juice are daily alternate breakfast selections****