

January 2026

Iredell Statesville Schools: Elementary Breakfast Menu

Offered Daily: 1/2 pint Milk:

(~carb counts)

****Menu subject to change****

1% Unflavored (12), Chocolate FF (19) or Strawberry FF (19)

					
				1	
Banana Bread (44) Yogurt (≈16) with Graham (≈17) Poptart (73) Cereal (≈23) with Graham (≈17) Fresh Fruit (5-26) or Fruit Cup (≈18) Juice (≈14) 5	Froot Loop Waffle (32) Yogurt (≈16) with Graham (≈17) Poptart (73) Cereal (≈23) with Graham (≈17) Fresh Fruit (5-26) or Fruit Cup (≈18) Juice (≈14) 6	Chicken Biscuit (34) Yogurt (≈16) with Graham (≈17) Poptart (73) Cereal (≈23) with Graham (≈17) Fresh Fruit (5-26) or Fruit Cup (≈18) Juice (≈14) 7	Mini Cinnis (41) Yogurt (≈16) with Graham (≈17) Poptart (73) Cereal (≈23) with Graham (≈17) Fresh Fruit (5-26) or Fruit Cup (≈18) Juice (≈14) 8	Teacher Workday No School 2	
Warm Cinnamon Bar (41) Yogurt (≈16) with Graham (≈17) Poptart (73) Cereal (≈23) with Graham (≈17) Fresh Fruit (5-26) or Fruit Cup (≈18) Juice (≈14) 12	Blueberry Muffin (38) Yogurt (≈16) with Graham (≈17) Poptart (73) Cereal (≈23) with Graham (≈17) Fresh Fruit (5-26) or Fruit Cup (≈18) Juice (≈14) 13	Sausage Breakfast Griddle (30) Yogurt (≈16) with Graham (≈17) Poptart (73) Cereal (≈23) with Graham (≈17) Fresh Fruit (5-26) or Fruit Cup (≈18) Juice (≈14) 14	Chicken Biscuit (34) Yogurt (≈16) with Graham (≈17) Poptart (73) Cereal (≈23) with Graham (≈17) Fresh Fruit (5-26) or Fruit Cup (≈18) Juice (≈14) 15	Honey Bun (35) Yogurt (≈16) with Graham (≈17) Poptart (73) Cereal (≈23) with Graham (≈17) Fresh Fruit (5-26) or Fruit Cup (≈18) Juice (≈14) 16	
		Donut Holes in a Cup (42) Yogurt (≈16) with Graham (≈17) Poptart (73) Cereal (≈23) with Graham (≈17) Fresh Fruit (5-26) or Fruit Cup (≈18) Juice (≈14) 19	Sausage Biscuit (25) Yogurt (≈16) with Graham (≈17) Poptart (73) Cereal (≈23) with Graham (≈17) Fresh Fruit (5-26) or Fruit Cup (≈18) Juice (≈14) 20	Cinnamon French Toast (36) Yogurt (≈16) with Graham (≈17) Poptart (73) Cereal (≈23) with Graham (≈17) Fresh Fruit (5-26) or Fruit Cup (≈18) Juice (≈14) 21	Pancake and Sausage Bites (20) Yogurt (≈16) with Graham (≈17) Poptart (73) Cereal (≈23) with Graham (≈17) Fresh Fruit (5-26) or Fruit Cup (≈18) Juice (≈14) 22
Apple Strudel (38) Yogurt (≈16) with Graham (≈17) Poptart (73) Cereal (≈23) with Graham (≈17) Fresh Fruit (5-26) or Fruit Cup (≈18) Juice (≈14) 26	Breakfast Pizza (21) Yogurt (≈16) with Graham (≈17) Poptart (73) Cereal (≈23) with Graham (≈17) Fresh Fruit (5-26) or Fruit Cup (≈18) Juice (≈14) 27	Dunkin Sticks (48) Yogurt (≈16) with Graham (≈17) Poptart (73) Cereal (≈23) with Graham (≈17) Fresh Fruit (5-26) or Fruit Cup (≈18) Juice (≈14) 28	Chicken Biscuit (34) Yogurt (≈16) with Graham (≈17) Poptart (73) Cereal (≈23) with Graham (≈17) Fresh Fruit (5-26) or Fruit Cup (≈18) Juice (≈14) 29	Confetti Pancake (36) Yogurt (≈16) with Graham (≈17) Poptart (73) Cereal (≈23) with Graham (≈17) Fresh Fruit (5-26) or Fruit Cup (≈18) Juice (≈14) 30	

Carbohydrate counts for fresh fruit vary widely (5–26) depending on the selection. For exact carbohydrate information, please contact the cafeteria manager.