

January 2026

Iredell Statesville Schools:

Middle and High Breakfast Menu

Offered Daily: 1/2 pint Milk:

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

(~carb counts)

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

				
Sausage Biscuit (25) Banana Bread (44) Smoothie with Tiger Bites Grahams Poptart (73) Cereal (≈23) with Graham (≈17) Fresh Fruit (5-26) or Fruit Cup (≈18) Juice (≈14)	Froot Loop Waffle (32) Fruit Parfait with Granola Poptart (73) Cereal (≈23) with Graham (≈17) Fresh Fruit (5-26) or Fruit Cup (≈18) Juice (≈14)	Chicken Biscuit (34) Smoothie with Tiger Bites Grahams Poptart (73) Cereal (≈23) with Graham (≈17) Fresh Fruit (5-26) or Fruit Cup (≈18) Juice (≈14)	Egg and Cheese Biscuit (27) Mini Cinnis (41) Fruit Parfait with Granola Poptart (73) Cereal (≈23) with Graham (≈17) Fresh Fruit (5-26) or Fruit Cup (≈18) Juice (≈14)	Pancake on a Stick (17) Smoothie with Tiger Bites Grahams Poptart (73) Cereal (≈23) with Graham (≈17) Fresh Fruit (5-26) or Fruit Cup (≈18) Juice (≈14)
Chicken Biscuit (34) Warm Cinnamon Bar (41) Smoothie with Tiger Bites Grahams Poptart (73) Cereal (≈23) with Graham (≈17) Fresh Fruit (5-26) or Fruit Cup (≈18) Juice (≈14)	Breakfast Pizza (21) Fruit Parfait with Granola Poptart (73) Cereal (≈23) with Graham (≈17) Fresh Fruit (5-26) or Fruit Cup (≈18) Juice (≈14)	Egg and Cheese Biscuit (27) Blueberry Muffin (38) Smoothie with Tiger Bites Grahams Poptart (73) Cereal (≈23) with Graham (≈17) Fresh Fruit (5-26) or Fruit Cup (≈18) Juice (≈14)	Sausage Biscuit (25) Fruit Parfait with Granola Poptart (73) Cereal (≈23) with Graham (≈17) Fresh Fruit (5-26) or Fruit Cup (≈18) Juice (≈14)	Honey Bun (35) Smoothie with Tiger Bites Grahams Poptart (73) Cereal (≈23) with Graham (≈17) Fresh Fruit (5-26) or Fruit Cup (≈18) Juice (≈14)
	Donut Holes in a Cup (42) Fruit Parfait with Granola Poptart (73) Cereal (≈23) with Graham (≈17) Fresh Fruit (5-26) or Fruit Cup (≈18) Juice (≈14)	Chicken Biscuit (34) Smoothie with Tiger Bites Grahams Poptart (73) Cereal (≈23) with Graham (≈17) Fresh Fruit (5-26) or Fruit Cup (≈18) Juice (≈14)	Egg and Cheese Biscuit (27) Cinnamon French Toast (36) Fruit Parfait with Granola Poptart (73) Cereal (≈23) with Graham (≈17) Fresh Fruit (5-26) or Fruit Cup (≈18) Juice (≈14)	Pancake and Sausage Bites (20) Smoothie with Tiger Bites Grahams Poptart (73) Cereal (≈23) with Graham (≈17) Fresh Fruit (5-26) or Fruit Cup (≈18) Juice (≈14)
Chicken Biscuit (34) Apple Strudel (38) Smoothie with Tiger Bites Grahams Poptart (73) Cereal (≈23) with Graham (≈17) Fresh Fruit (5-26) or Fruit Cup (≈18) Juice (≈14)	Breakfast Pizza (21) Fruit Parfait with Granola Poptart (73) Cereal (≈23) with Graham (≈17) Fresh Fruit (5-26) or Fruit Cup (≈18) Juice (≈14)	Egg and Cheese Biscuit (27) Dunkin Sticks (48) Smoothie with Tiger Bites Grahams Poptart (73) Cereal (≈23) with Graham (≈17) Fresh Fruit (5-26) or Fruit Cup (≈18) Juice (≈14)	Sausage Biscuit (25) Fruit Parfait with Granola Poptart (73) Cereal (≈23) with Graham (≈17) Fresh Fruit (5-26) or Fruit Cup (≈18) Juice (≈14)	Confetti Pancake (36) Smoothie with Tiger Bites Grahams Poptart (73) Cereal (≈23) with Graham (≈17) Fresh Fruit (5-26) or Fruit Cup (≈18) Juice (≈14)

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