

January 2026

Iredell Statesville Schools: NB Mills Breakfast Menu

Offered Daily: 1/2 pint Milk:

(~carb counts)

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

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

					
5		6		7	
12		13		14	
19		20		21	
26		27		28	
29		30			

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