

August 2026

Iredell Statesville Schools:

NB Mills Breakfast

Offered Daily: 1/2 pint Milk:

(~carb counts)

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

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

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) 3	Maple Waffle (35) Yogurt (≈16) with Graham (≈17) Poptart (73) Cereal (≈23) with Graham (≈17) Fresh Fruit (5-26) or Fruit Cup (≈18) Juice (≈14) 4	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) 5	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) 6	Pancake on a Stick (17) Yogurt (≈16) with Graham (≈17) Poptart (73) Cereal (≈23) with Graham (≈17) Fresh Fruit (5-26) or Fruit Cup (≈18) Juice (≈14) 7
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) 10	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) 11	Strawberry Pancake (39) Yogurt (≈16) with Graham (≈17) Poptart (73) Cereal (≈23) with Graham (≈17) Fresh Fruit (5-26) or Fruit Cup (≈18) Juice (≈14) 12	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) 13	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) 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) 17	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) 18	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) 19	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) 20	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) 21
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) 24	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) 25	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) 26	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) 27	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) 28
Berry Bread (45) Yogurt (≈16) with Graham (≈17) Poptart (73) Cereal (≈23) with Graham (≈17) Fresh Fruit (5-26) or Fruit Cup (≈18) Juice (≈14) 31	 <h2 style="font-size: 2em; margin: 0;">Eat Well. Learn Well. Grow Well.</h2> 			

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