

# August 2026




Offered Daily: 1/2 pint Milk:  
1% Unflavored (12), Chocolate FF (19) or Strawberry FF (19)

## Iredell Statesville Schools:

## Middle and High Breakfast Menu

(~carb counts)

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

 <h3 style="text-align: center;">Welcome Back</h3>	<ul style="list-style-type: none"> <li>Chicken Biscuit (34)</li> <li>Strawberry Pancake (39)</li> <li>Smoothie with Tiger Bites Grahams (57)</li> <li>Poptart (73)</li> <li>Cereal (~23) with Graham (~17)</li> <li>Fresh Fruit (5-26) or Fruit Cup (~18)</li> <li>Juice (~14)</li> </ul>	<ul style="list-style-type: none"> <li>Sausage Biscuit (25)</li> <li>Fruit Parfait with Granola</li> <li>Poptart (73)</li> <li>Cereal (~23) with Graham (~17)</li> <li>Fresh Fruit (5-26) or Fruit Cup (~18)</li> <li>Juice (~14)</li> </ul>	<ul style="list-style-type: none"> <li>Honey Bun (35)</li> <li>Smoothie with Tiger Bites Grahams (57)</li> <li>Poptart (73)</li> <li>Cereal (~23) with Graham (~17)</li> <li>Fresh Fruit (5-26) or Fruit Cup (~18)</li> <li>Juice (~14)</li> </ul>	
<ul style="list-style-type: none"> <li>Chicken Biscuit (34)</li> <li>Smoothie with Tiger Bites Grahams (57)</li> <li>Poptart (73)</li> <li>Cereal (~23) with Graham (~17)</li> <li>Fresh Fruit (5-26) or Fruit Cup (~18)</li> <li>Juice (~14)</li> </ul>	<ul style="list-style-type: none"> <li>Donut Holes in a Cup (42)</li> <li>Fruit Parfait with Granola</li> <li>Poptart (73)</li> <li>Cereal (~23) with Graham (~17)</li> <li>Fresh Fruit (5-26) or Fruit Cup (~18)</li> <li>Juice (~14)</li> </ul>	<ul style="list-style-type: none"> <li>Sausage Biscuit (25)</li> <li>Blueberry Muffin (38)</li> <li>Smoothie with Tiger Bites Grahams (57)</li> <li>Poptart (73)</li> <li>Cereal (~23) with Graham (~17)</li> <li>Fresh Fruit (5-26) or Fruit Cup (~18)</li> <li>Juice (~14)</li> </ul>	<ul style="list-style-type: none"> <li>Egg and Cheese Biscuit (27)</li> <li>Cinnamon French Toast (36)</li> <li>Fruit Parfait with Granola</li> <li>Poptart (73)</li> <li>Cereal (~23) with Graham (~17)</li> <li>Fresh Fruit (5-26) or Fruit Cup (~18)</li> <li>Juice (~14)</li> </ul>	<ul style="list-style-type: none"> <li>Pancake and Sausage Bites (20)</li> <li>Smoothie with Tiger Bites Grahams (57)</li> <li>Poptart (73)</li> <li>Cereal (~23) with Graham (~17)</li> <li>Fresh Fruit (5-26) or Fruit Cup (~18)</li> <li>Juice (~14)</li> </ul>
<ul style="list-style-type: none"> <li>Egg and Cheese Biscuit (27)</li> <li>Apple Strudel (38)</li> <li>Smoothie with Tiger Bites Grahams (57)</li> <li>Poptart (73)</li> <li>Cereal (~23) with Graham (~17)</li> <li>Fresh Fruit (5-26) or Fruit Cup (~18)</li> <li>Juice (~14)</li> </ul>	<ul style="list-style-type: none"> <li>Breakfast Pizza (21)</li> <li>Fruit Parfait with Granola</li> <li>Poptart (73)</li> <li>Cereal (~23) with Graham (~17)</li> <li>Fresh Fruit (5-26) or Fruit Cup (~18)</li> <li>Juice (~14)</li> </ul>	<ul style="list-style-type: none"> <li>Chicken Biscuit (34)</li> <li>Dunkin Sticks (48)</li> <li>Smoothie with Tiger Bites Grahams (57)</li> <li>Poptart (73)</li> <li>Cereal (~23) with Graham (~17)</li> <li>Fresh Fruit (5-26) or Fruit Cup (~18)</li> <li>Juice (~14)</li> </ul>	<ul style="list-style-type: none"> <li>Sausage Biscuit (25)</li> <li>Fruit Parfait with Granola</li> <li>Poptart (73)</li> <li>Cereal (~23) with Graham (~17)</li> <li>Fresh Fruit (5-26) or Fruit Cup (~18)</li> <li>Juice (~14)</li> </ul>	<ul style="list-style-type: none"> <li>Confetti Pancake (36)</li> <li>Smoothie with Tiger Bites Grahams (57)</li> <li>Poptart (73)</li> <li>Cereal (~23) with Graham (~17)</li> <li>Fresh Fruit (5-26) or Fruit Cup (~18)</li> <li>Juice (~14)</li> </ul>
<ul style="list-style-type: none"> <li>Sausage Biscuit (25)</li> <li>Berry Bread (45)</li> <li>Smoothie with Tiger Bites Grahams (57)</li> <li>Poptart (73)</li> <li>Cereal (~23) with Graham (~17)</li> <li>Fresh Fruit (5-26) or Fruit Cup (~18)</li> <li>Juice (~14)</li> </ul>	 <h3 style="font-size: 2em;">Eat Well. Learn Well. Grow Well.</h3> 			

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