

**August 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\*\***

 <p style="text-align: center;"><b>Welcome Back</b></p>		Chicken Biscuit (34) Strawberry Pancake (39) Smoothie with Tiger Bites Grahams (57) 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 (57) Poptart (73) Cereal (~23) with Graham (~17) Fresh Fruit (5-26) or Fruit Cup (~18) Juice (~14)
		<b>12</b>	<b>13</b>	<b>14</b>
Chicken Biscuit (34) Smoothie with Tiger Bites Grahams (57) 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)	Sausage Biscuit (25) Blueberry Muffin (38) Smoothie with Tiger Bites Grahams (57) 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 (57) Poptart (73) Cereal (~23) with Graham (~17) Fresh Fruit (5-26) or Fruit Cup (~18) Juice (~14)
<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>
Egg and Cheese Biscuit (27) Apple Strudel (38) Smoothie with Tiger Bites Grahams (57) 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)	Chicken Biscuit (34) Dunkin Sticks (48) Smoothie with Tiger Bites Grahams (57) 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 (57) Poptart (73) Cereal (~23) with Graham (~17) Fresh Fruit (5-26) or Fruit Cup (~18) Juice (~14)
<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>
Sausage Biscuit (25) Berry Bread (45) Smoothie with Tiger Bites Grahams (57) Poptart (73) Cereal (~23) with Graham (~17) Fresh Fruit (5-26) or Fruit Cup (~18) Juice (~14)	 <p style="text-align: center;"><b>Eat Well. Learn Well. Grow Well.</b></p> 			
<b>31</b>				

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

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