

September 2026

Iredell Statesville Schools:

Elementary Breakfast

Offered Daily: 1/2 pint Milk:

(~carb counts)

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

1% Unflavored (13), Chocolate FF (19) or Strawberry FF (19)

	Froot Loop Waffle (32) Yogurt (≈16) with Graham (≈17) Poptart (73) Cereal (≈23) with Graham (≈17) Fresh Fruit (5-26) or Fruit Cup (≈18) Juice (≈14)	Chicken Biscuit (31) Yogurt (≈16) with Graham (≈17) Poptart (73) Cereal (≈23) with Graham (≈17) Fresh Fruit (5-26) or Fruit Cup (≈18) Juice (≈14)	Mini Cinnis (37) Yogurt (≈16) with Graham (≈17) Poptart (73) Cereal (≈23) with Graham (≈17) Fresh Fruit (5-26) or Fruit Cup (≈18) Juice (≈14)	Pancake on a Stick (18) Yogurt (≈16) with Graham (≈17) Poptart (73) Cereal (≈23) with Graham (≈17) Fresh Fruit (5-26) or Fruit Cup (≈18) Juice (≈14)
	1	2	3	4
	Breakfast Pizza (22) Yogurt (≈16) with Graham (≈17) Poptart (73) Cereal (≈23) with Graham (≈17) Fresh Fruit (5-26) or Fruit Cup (≈18) Juice (≈14)	Confetti Pancake (35) Yogurt (≈16) with Graham (≈17) Poptart (73) Cereal (≈23) with Graham (≈17) Fresh Fruit (5-26) or Fruit Cup (≈18) Juice (≈14)	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)	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)
7	8	9	10	11
Chicken Biscuit (31) Yogurt (≈16) with Graham (≈17) Poptart (73) Cereal (≈23) with Graham (≈17) Fresh Fruit (5-26) or Fruit Cup (≈18) Juice (≈14)	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)	Chocolate Chip Muffin (39) Yogurt (≈16) with Graham (≈17) Poptart (73) Cereal (≈23) with Graham (≈17) Fresh Fruit (5-26) or Fruit Cup (≈18) Juice (≈14)	Chocolate Chip French Toast (37) Yogurt (≈16) with Graham (≈17) Poptart (73) Cereal (≈23) with Graham (≈17) Fresh Fruit (5-26) or Fruit Cup (≈18) Juice (≈14)	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)
14	15	16	17	18
	Breakfast Pizza (22) Yogurt (≈16) with Graham (≈17) Poptart (73) Cereal (≈23) with Graham (≈17) Fresh Fruit (5-26) or Fruit Cup (≈18) Juice (≈14)	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)	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)	Sweet Swirl Roll (38) Yogurt (≈16) with Graham (≈17) Poptart (73) Cereal (≈23) with Graham (≈17) Fresh Fruit (5-26) or Fruit Cup (≈18) Juice (≈14)
21	22	23	24	25
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)	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)	Chicken Biscuit (31) Yogurt (≈16) with Graham (≈17) Poptart (73) Cereal (≈23) with Graham (≈17) Fresh Fruit (5-26) or Fruit Cup (≈18) Juice (≈14)		
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.

USDA is an Equal Opportunity Provider, Employer, and Lender