

September 2026

Offered Daily: 1/2 pint Milk:

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

Iredell Statesville Schools:

(~carb counts)

Middle and High Breakfast Menu

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

	Froot Loop Waffle (32) Fruit Parfait with Granola (≈53) Poptart (73) Cereal (≈23) with Graham (≈17) Fresh Fruit (5-26) or Fruit Cup (≈18) Juice (≈14)	1	Chicken Biscuit (31) Smoothie with Tiger Bites Grahams (54) Poptart (73) Cereal (≈23) with Graham (≈17) Fresh Fruit (5-26) or Fruit Cup (≈18) Juice (≈14)	2	Egg and Cheese Biscuit (28) Mini Cinnis (37) Fruit Parfait with Granola (≈53) Poptart (73) Cereal (≈23) with Graham (≈17) Fresh Fruit (5-26) or Fruit Cup (≈18) Juice (≈14)	3	Pancake on a Stick (18) Smoothie with Tiger Bites Grahams (54) Poptart (73) Cereal (≈23) with Graham (≈17) Fresh Fruit (5-26) or Fruit Cup (≈18) Juice (≈14)	4	
	Breakfast Pizza (22) Fruit Parfait with Granola (≈53) Poptart (73) Cereal (≈23) with Graham (≈17) Fresh Fruit (5-26) or Fruit Cup (≈18) Juice (≈14)	7	Chicken Biscuit (31) Confetti Pancake (35) Smoothie with Tiger Bites Grahams (54) Poptart (73) Cereal (≈23) with Graham (≈17) Fresh Fruit (5-26) or Fruit Cup (≈18) Juice (≈14)	8	Sausage Biscuit (25) Fruit Parfait with Granola (≈53) Poptart (73) Cereal (≈23) with Graham (≈17) Fresh Fruit (5-26) or Fruit Cup (≈18) Juice (≈14)	9	Honey Bun (35) Smoothie with Tiger Bites Grahams (54) Poptart (73) Cereal (≈23) with Graham (≈17) Fresh Fruit (5-26) or Fruit Cup (≈18) Juice (≈14)	10	11
Chicken Biscuit (31) Smoothie with Tiger Bites Grahams (54) Poptart (73) Cereal (≈23) with Graham (≈17) Fresh Fruit (5-26) or Fruit Cup (≈18) Juice (≈14)	14	Donut Holes in a Cup (42) Fruit Parfait with Granola (≈53) Poptart (73) Cereal (≈23) with Graham (≈17) Fresh Fruit (5-26) or Fruit Cup (≈18) Juice (≈14)	15	Sausage Biscuit (25) Chocolate Chip Muffin (39) Smoothie with Tiger Bites Grahams (54) Poptart (73) Cereal (≈23) with Graham (≈17) Fresh Fruit (5-26) or Fruit Cup (≈18) Juice (≈14)	16	Egg and Cheese Biscuit (28) Chocolate Chip French Toast (37) Fruit Parfait with Granola (≈53) Poptart (73) Cereal (≈23) with Graham (≈17) Fresh Fruit (5-26) or Fruit Cup (≈18) Juice (≈14)	17	Pancake and Sausage Bites (20) Smoothie with Tiger Bites Grahams (54) Poptart (73) Cereal (≈23) with Graham (≈17) Fresh Fruit (5-26) or Fruit Cup (≈18) Juice (≈14)	18
	Breakfast Pizza (22) Fruit Parfait with Granola (≈53) Poptart (73) Cereal (≈23) with Graham (≈17) Fresh Fruit (5-26) or Fruit Cup (≈18) Juice (≈14)	21	Chicken Biscuit (31) Dunkin Sticks (48) Smoothie with Tiger Bites Grahams (54) Poptart (73) Cereal (≈23) with Graham (≈17) Fresh Fruit (5-26) or Fruit Cup (≈18) Juice (≈14)	22	Sausage Biscuit (25) Fruit Parfait with Granola (≈53) Poptart (73) Cereal (≈23) with Graham (≈17) Fresh Fruit (5-26) or Fruit Cup (≈18) Juice (≈14)	23	Sweet Swirl Roll (38) Smoothie with Tiger Bites Grahams (54) Poptart (73) Cereal (≈23) with Graham (≈17) Fresh Fruit (5-26) or Fruit Cup (≈18) Juice (≈14)	24	25
Sausage Biscuit (25) Banana Bread (44) Smoothie with Tiger Bites Grahams (54) Poptart (73) Cereal (≈23) with Graham (≈17) Fresh Fruit (5-26) or Fruit Cup (≈18) Juice (≈14)	28	Maple Waffle (35) Fruit Parfait with Granola (≈53) Poptart (73) Cereal (≈23) with Graham (≈17) Fresh Fruit (5-26) or Fruit Cup (≈18) Juice (≈14)	29	Chicken Biscuit (31) Smoothie with Tiger Bites Grahams (54) Poptart (73) Cereal (≈23) with Graham (≈17) Fresh Fruit (5-26) or Fruit Cup (≈18) Juice (≈14)	30				
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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