

October 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)

					Mini Cinnis (37) Yogurt (≈16) with Graham (≈17) Poptart (73) Cereal (≈23) with Graham (≈17) Fresh Fruit or Fruit Cup (≈18) Juice (≈15)	Pancake on a Stick (18) Yogurt (≈16) with Graham (≈17) Poptart (73) Cereal (≈23) with Graham (≈17) Fresh Fruit or Fruit Cup (≈18) Juice (≈15)
					1	2
Warm Cinnamon Bar (42) Yogurt (≈16) with Graham (≈17) Poptart (73) Cereal (≈23) with Graham (≈17) Fresh Fruit or Fruit Cup (≈18) Juice (≈15)	Breakfast Pizza (22) Yogurt (≈16) with Graham (≈17) Poptart (73) Cereal (≈23) with Graham (≈17) Fresh Fruit or Fruit Cup (≈18) Juice (≈15)	Strawberry Pancake (38) Yogurt (≈16) with Graham (≈17) Poptart (73) Cereal (≈23) with Graham (≈17) Fresh Fruit or Fruit Cup (≈18) Juice (≈15)	Sausage Biscuit (25) Yogurt (≈16) with Graham (≈17) Poptart (73) Cereal (≈23) with Graham (≈17) Fresh Fruit or Fruit Cup (≈18) Juice (≈15)	Honey Bun (35) Yogurt (≈16) with Graham (≈17) Poptart (73) Cereal (≈23) with Graham (≈17) Fresh Fruit or Fruit Cup (≈18) Juice (≈15)	5	6
					7	8
		Blueberry Muffin (40) Yogurt (≈16) with Graham (≈17) Poptart (73) Cereal (≈23) with Graham (≈17) Fresh Fruit (5-26) or Fruit Cup (≈18) Juice (≈15)	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 (≈15)	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 (≈15)	12	13
					14	15
Apple Strudel (34) Yogurt (≈16) with Graham (≈17) Poptart (73) Cereal (≈23) with Graham (≈17) Fresh Fruit or Fruit Cup (≈18) Juice (≈15)	Breakfast Pizza (22) Yogurt (≈16) with Graham (≈17) Poptart (73) Cereal (≈23) with Graham (≈17) Fresh Fruit or Fruit Cup (≈18) Juice (≈15)	Dunkin Sticks (48) Yogurt (≈16) with Graham (≈17) Poptart (73) Cereal (≈23) with Graham (≈17) Fresh Fruit or Fruit Cup (≈18) Juice (≈15)	Sausage Biscuit (25) Yogurt (≈16) with Graham (≈17) Poptart (73) Cereal (≈23) with Graham (≈17) Fresh Fruit or Fruit Cup (≈18) Juice (≈15)	Sweet Swirl Roll (38) Yogurt (≈16) with Graham (≈17) Poptart (73) Cereal (≈23) with Graham (≈17) Fresh Fruit or Fruit Cup (≈18) Juice (≈15)	19	20
					21	22
Berry Bread (45) Yogurt (≈16) with Graham (≈17) Poptart (73) Cereal (≈23) with Graham (≈17) Fresh Fruit or Fruit Cup (≈18) Juice (≈15)	Froot Loop Waffle (32) Yogurt (≈16) with Graham (≈17) Poptart (73) Cereal (≈23) with Graham (≈17) Fresh Fruit or Fruit Cup (≈18) Juice (≈15)	Chicken Biscuit (31) Yogurt (≈16) with Graham (≈17) Poptart (73) Cereal (≈23) with Graham (≈17) Fresh Fruit or Fruit Cup (≈18) Juice (≈15)	Mini Cinnis (37) Yogurt (≈16) with Graham (≈17) Poptart (73) Cereal (≈23) with Graham (≈17) Fresh Fruit or Fruit Cup (≈18) Juice (≈15)	Pancake on a Stick (18) Yogurt (≈16) with Graham (≈17) Poptart (73) Cereal (≈23) with Graham (≈17) Fresh Fruit or Fruit Cup (≈18) Juice (≈15)	26	27
					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.

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