

October 2026

Iredell Statesville Schools:

Middle and High Breakfast Menu

Offered Daily: 1/2 pint Milk:

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

(~carb counts)

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

NATIONAL APPLE MONTH!				Egg and Cheese Biscuit (28) Mini Cinnis (37) Fruit Parfait with Granola (≈53) Poptart (73) Cereal (≈23) with Graham (≈17) Fresh Fruit or Fruit Cup (≈18) Juice (≈15)	1	2			
Egg and Cheese Biscuit (28) Warm Cinnamon Bar (42) Smoothie with Tiger Bites Grahams (54) Poptart (73) Cereal (≈23) with Graham (≈17) Fresh Fruit or Fruit Cup (≈18) Juice (≈15)	5	Breakfast Pizza (22) Fruit Parfait with Granola (≈53) Poptart (73) Cereal (≈23) with Graham (≈17) Fresh Fruit or Fruit Cup (≈18) Juice (≈15)	6	Chicken Biscuit (31) Strawberry Pancake (38) Smoothie with Tiger Bites Grahams (54) Poptart (73) Cereal (≈23) with Graham (≈17) Fresh Fruit or Fruit Cup (≈18) Juice (≈15)	7	Sausage Biscuit (25) Fruit Parfait with Granola (≈53) Poptart (73) Cereal (≈23) with Graham (≈17) Fresh Fruit or Fruit Cup (≈18) Juice (≈15)	8	Pancake on a Stick (18) Smoothie with Tiger Bites Grahams (54) Poptart (73) Cereal (≈23) with Graham (≈17) Fresh Fruit or Fruit Cup (≈18) Juice (≈15)	9
	12		13	Sausage Biscuit (25) Blueberry Muffin (40) Smoothie with Tiger Bites Grahams (54) Poptart (73) Cereal (≈23) with Graham (≈17) Fresh Fruit or Fruit Cup (≈18) Juice (≈15)	14	Egg and Cheese Biscuit (28) Cinnamon French Toast (36) Fruit Parfait with Granola (≈53) Poptart (73) Cereal (≈23) with Graham (≈17) Fresh Fruit or Fruit Cup (≈18) Juice (≈15)	15	Pancake and Sausage Bites (20) Smoothie with Tiger Bites Grahams (54) Poptart (73) Cereal (≈23) with Graham (≈17) Fresh Fruit or Fruit Cup (≈18) Juice (≈15)	16
Egg and Cheese Biscuit (28) Apple Strudel (34) Smoothie with Tiger Bites Grahams (54) Poptart (73) Cereal (≈23) with Graham (≈17) Fresh Fruit or Fruit Cup (≈18) Juice (≈15)	19	Breakfast Pizza (22) Fruit Parfait with Granola (≈53) Poptart (73) Cereal (≈23) with Graham (≈17) Fresh Fruit or Fruit Cup (≈18) Juice (≈15)	20	Chicken Biscuit (31) Dunkin Sticks (48) Smoothie with Tiger Bites Grahams (54) Poptart (73) Cereal (≈23) with Graham (≈17) Fresh Fruit or Fruit Cup (≈18) Juice (≈15)	21	Sausage Biscuit (25) Fruit Parfait with Granola (≈53) Poptart (73) Cereal (≈23) with Graham (≈17) Fresh Fruit or Fruit Cup (≈18) Juice (≈15)	22	Sweet Swirl Roll (38) Smoothie with Tiger Bites Grahams (54) Poptart (73) Cereal (≈23) with Graham (≈17) Fresh Fruit or Fruit Cup (≈18) Juice (≈15)	23
Sausage Biscuit (25) Berry Bread (45) Smoothie with Tiger Bites Grahams (54) Poptart (73) Cereal (≈23) with Graham (≈17) Fresh Fruit or Fruit Cup (≈18) Juice (≈15)	26	Froot Loop Waffle (32) Fruit Parfait with Granola (≈53) Poptart (73) Cereal (≈23) with Graham (≈17) Fresh Fruit or Fruit Cup (≈18) Juice (≈15)	27	Chicken Biscuit (31) Smoothie with Tiger Bites Grahams (54) Poptart (73) Cereal (≈23) with Graham (≈17) Fresh Fruit or Fruit Cup (≈18) Juice (≈15)	28	Egg and Cheese Biscuit (28) Mini Cinnis (37) Fruit Parfait with Granola (≈53) Poptart (73) Cereal (≈23) with Graham (≈17) Fresh Fruit or Fruit Cup (≈18) Juice (≈15)	29	Pancake on a Stick (18) Smoothie with Tiger Bites Grahams (54) Poptart (73) Cereal (≈23) with Graham (≈17) Fresh Fruit or Fruit Cup (≈18) Juice (≈15)	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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