

**October 2026****Iredell Statesville Schools****NB Mills Breakfast**

Offered Daily: 1/2 pint Milk:

(~carb counts)

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

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

|                                                                                                                                                             |                                                                                                                                                             |                                                                                                                                                              |                                                                                                                                                           |                                                                                                                                                              |                                                                                                                                                       |                                                                                                                                                              |
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|                                                                            |                                                                                                                                                             |                                                                                                                                                              |                                                                                                                                                           |                                                                                                                                                              | Mini Cinnis (37)<br>Yogurt (≈16) with Graham (≈17)<br>Poptart (73)<br>Cereal (≈23) with Graham (≈17)<br>Fresh Fruit or Fruit Cup (≈18)<br>Juice (≈15) | Pancake on a Stick (18)<br>Yogurt (≈16) with Graham (≈17)<br>Poptart (73)<br>Cereal (≈23) with Graham (≈17)<br>Fresh Fruit or Fruit Cup (≈18)<br>Juice (≈15) |
|                                                                                                                                                             |                                                                                                                                                             |                                                                                                                                                              |                                                                                                                                                           |                                                                                                                                                              | 1                                                                                                                                                     | 2                                                                                                                                                            |
| Warm Cinnamon Bar (42)<br>Yogurt (≈16) with Graham (≈17)<br>Poptart (73)<br>Cereal (≈23) with Graham (≈17)<br>Fresh Fruit or Fruit Cup (≈18)<br>Juice (≈15) | Breakfast Pizza (22)<br>Yogurt (≈16) with Graham (≈17)<br>Poptart (73)<br>Cereal (≈23) with Graham (≈17)<br>Fresh Fruit or Fruit Cup (≈18)<br>Juice (≈15)   | Strawberry Pancake (38)<br>Yogurt (≈16) with Graham (≈17)<br>Poptart (73)<br>Cereal (≈23) with Graham (≈17)<br>Fresh Fruit or Fruit Cup (≈18)<br>Juice (≈15) | Sausage Biscuit (25)<br>Yogurt (≈16) with Graham (≈17)<br>Poptart (73)<br>Cereal (≈23) with Graham (≈17)<br>Fresh Fruit or Fruit Cup (≈18)<br>Juice (≈15) | Honey Bun (35)<br>Yogurt (≈16) with Graham (≈17)<br>Poptart (73)<br>Cereal (≈23) with Graham (≈17)<br>Fresh Fruit or Fruit Cup (≈18)<br>Juice (≈15)          | 5                                                                                                                                                     | 6                                                                                                                                                            |
|                                                                                                                                                             |                                                                                                                                                             |                                                                                                                                                              |                                                                                                                                                           |                                                                                                                                                              | 7                                                                                                                                                     | 8                                                                                                                                                            |
|                                                                                                                                                             |                                                                                                                                                             |                                                                                                                                                              |                                                                                                                                                           |                                                                                                                                                              | 9                                                                                                                                                     | 9                                                                                                                                                            |
| <b>Interession</b><br><br><b>Virtual Day</b><br><br><b>No School Meals</b>                                                                                  |                                                                                                                                                             | <b>Interession Week Camp Meals</b>                                                                                                                           |                                                                                                                                                           |                                                                                                                                                              |                                                                                                                                                       |                                                                                                                                                              |
|                                                                                                                                                             |                                                                                                                                                             | Donut Holes in a Cup (42)<br>Cereal (≈23) with Graham (≈17)<br>Fresh Fruit or Fruit Cup (≈18)<br>Juice (≈15)                                                 | Blueberry Muffin (40)<br>Yogurt (≈16) with Graham (≈17)<br>Fresh Fruit or Fruit Cup (≈18)<br>Juice (≈15)                                                  | Cinnamon French Toast (36)<br>Poptart (73)<br>Fresh Fruit or Fruit Cup (≈18)<br>Juice (≈15)                                                                  | 12                                                                                                                                                    | 13                                                                                                                                                           |
|                                                                                                                                                             |                                                                                                                                                             |                                                                                                                                                              |                                                                                                                                                           |                                                                                                                                                              | 14                                                                                                                                                    | 15                                                                                                                                                           |
|                                                                                                                                                             |                                                                                                                                                             |                                                                                                                                                              |                                                                                                                                                           |                                                                                                                                                              | 16                                                                                                                                                    | 16                                                                                                                                                           |
|                                                                            |                                                                                                                                                             |                                                                            |                                                                                                                                                           | Dunkin Sticks (48)<br>Yogurt (≈16) with Graham (≈17)<br>Poptart (73)<br>Cereal (≈23) with Graham (≈17)<br>Fresh Fruit or Fruit Cup (≈18)<br>Juice (≈15)      | 19                                                                                                                                                    | 20                                                                                                                                                           |
|                                                                                                                                                             |                                                                                                                                                             |                                                                                                                                                              |                                                                                                                                                           | Sausage Biscuit (25)<br>Yogurt (≈16) with Graham (≈17)<br>Poptart (73)<br>Cereal (≈23) with Graham (≈17)<br>Fresh Fruit or Fruit Cup (≈18)<br>Juice (≈15)    | 21                                                                                                                                                    | 22                                                                                                                                                           |
|                                                                                                                                                             |                                                                                                                                                             |                                                                                                                                                              |                                                                                                                                                           | Sweet Swirl Roll (38)<br>Yogurt (≈16) with Graham (≈17)<br>Poptart (73)<br>Cereal (≈23) with Graham (≈17)<br>Fresh Fruit or Fruit Cup (≈18)<br>Juice (≈15)   | 23                                                                                                                                                    | 23                                                                                                                                                           |
| Berry Bread (45)<br>Yogurt (≈16) with Graham (≈17)<br>Poptart (73)<br>Cereal (≈23) with Graham (≈17)<br>Fresh Fruit or Fruit Cup (≈18)<br>Juice (≈15)       | Froot Loop Waffle (32)<br>Yogurt (≈16) with Graham (≈17)<br>Poptart (73)<br>Cereal (≈23) with Graham (≈17)<br>Fresh Fruit or Fruit Cup (≈18)<br>Juice (≈15) | Chicken Biscuit (31)<br>Yogurt (≈16) with Graham (≈17)<br>Poptart (73)<br>Cereal (≈23) with Graham (≈17)<br>Fresh Fruit or Fruit Cup (≈18)<br>Juice (≈15)    | Mini Cinnis (37)<br>Yogurt (≈16) with Graham (≈17)<br>Poptart (73)<br>Cereal (≈23) with Graham (≈17)<br>Fresh Fruit or Fruit Cup (≈18)<br>Juice (≈15)     | Pancake on a Stick (18)<br>Yogurt (≈16) with Graham (≈17)<br>Poptart (73)<br>Cereal (≈23) with Graham (≈17)<br>Fresh Fruit or Fruit Cup (≈18)<br>Juice (≈15) | 26                                                                                                                                                    | 27                                                                                                                                                           |
|                                                                                                                                                             |                                                                                                                                                             |                                                                                                                                                              |                                                                                                                                                           |                                                                                                                                                              | 28                                                                                                                                                    | 29                                                                                                                                                           |
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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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