

October 2026**Iredell Statesville Schools****Elementary and Middle Lunch**

Offered Daily: 1/2 pint Milk:

(~carb counts)

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

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



Chef Salad (≈10)
Cheese Pizza (31)
Chicken Pie with Roll (49)
Mashed Potatoes (14)
Green Peas (12)
Pear Cup (19)

1

PBJ, Cheese Stick, Animal Cracker (54)
Corn Dog (30)
Grilled Cheese Sandwich (32)
Tomato Soup (18) with Crackers (10)
Green Beans (4)
Strawberry Cup (21)

2

PBJ, Cheese Stick, Animal Cracker (54)
Chicken Chunks with Roll (45)
Pork BBQ Sandwich (26)
Baked Beans (30)
Baby Carrots (6)
Apple Cobbler (42)

5

Turkey/Cheese Wrap (24) with Chips (≈16)
Mozzarella Cheese Sticks (32)
Roasted Chicken w/ Roll (33)
Sweet Potato Fries (19)
Green Beans (4)
Peach Cup (18)

6

PBJ, Cheese Stick, Animal Cracker (54)
Lasagna with Breadstick (52)
Chicken Tenders with Breadstick (39)
Garden Salad (5)
Baked Potatoes (18)
Applesauce Cup (14)

7

Chef Salad (≈10)
Beefy Nacho (30)
French Bread Pizza (28)
Lettuce/Tomato (3)
Sweet Yellow Corn (16)
Fruit Cup (≈18)

8

PBJ, Cheese Stick, Animal Cracker (54)
Pizza Crunchers (41)
Hot Dog w/ or w/o Chili (30)
Potato Emoticons (19)
Creamy Cole Slaw (6)
Fruit Ice Cup (22)

9

Teacher Workday
No School

12

Teacher Workday
No School

13

Pepperoni Pizz-able (33)
Corndog Nuggets (30)
Chicken Filet Sandwich (39)
Black Eye Peas (20)
Green Beans (4)
Strawberry Cup (21)

14

Yogurt with Cheese Stick and Goldfish (29)
Chicken and Waffles (51)
Grilled Cheese Sandwich (32)
Tater Tots (14)
Yams (35)
Fruit Cup (≈18)

15

PBJ, Cheese Stick, Animal Cracker (54)
Pepperoni Pizza (48)
Popcorn Chicken with Roll (48)
Crispy Fries (14)
Green Peas (12)
Assorted Fruit Juice (≈15)

16

PBJ, Cheese Stick, Animal Cracker (54)
Hot Dog w/ or w/o Chili (30)
Chicken Tenders with Roll (46)
Sweet Yellow Corn (16)
Baked Beans (30)
Pear Cup (19)

19

Ham/Cheese Wrap (25) with Chips (≈16)
Fiestada Pizza (30)
Chicken Chunks with Roll (45)
Sweet Potato Fries (19)
Broccoli with Cheese (4)
Peach Cup (18)

20

PBJ, Cheese Stick, Animal Cracker (54)
Mac & Cheese with Roll (64)
Pork BBQ Sandwich (26)
Tater Tots (14)
Creamy Cole Slaw (6)
Fruit Ice Cup (22)

21

Chef Salad (≈10)
Beefy Nacho (30)
Pizza Crunchers (41)
Deli Roasters (21)
Lettuce/Tomato (3)
Baked Apples (24)

22

PBJ, Cheese Stick, Animal Cracker (54)
Mozzarella Cheese Sticks (32)
Corndog Nuggets (30)
Potato Emoticons (19)
Baby Carrots (6)
Fruit Cup (≈18)

23

PBJ, Cheese Stick, Animal Cracker (54)
Chicken Filet Sandwich (39)
Pepperoni Pizza (48)
Yams (35)
Broccoli with Cheese (4)
Applesauce Cup (14)

26

Yogurt with Cheese Stick and Goldfish (29)
Popcorn Chicken with Roll (48)
Cheesy Dipping Sticks (28)
Pinto Beans (19)
Tater Tots (14)
Mixed Fruit Cup (19)

27

Pepperoni Pizz-able (33)
Hamburger (26) or Cheeseburger (28)
Fish Nuggets with Roll (55)
Crispy Fries (14)
Lettuce/Tomato/Pickle (3)
Assorted Fruit Juice (≈15)

28

Chef Salad (≈10)
Cheese Pizza (31)
Chicken Pie with Roll (49)
Mashed Potatoes (14)
Green Peas (12)
Pear Cup (19)

29

PBJ, Cheese Stick, Animal Cracker (54)
Corn Dog (30)
Grilled Cheese Sandwich (32)
Tomato Soup (18) with Crackers (10)
Green Beans (4)
Strawberry Cup (21)

30

Carbohydrate counts for fresh fruit vary widely (5–26) depending on the selection. For exact carbohydrate information, please contact the cafeteria manager.

**Fresh Fruit is Offered Daily****USDA is an Equal Opportunity Provider, Employer, and Lender**