

November 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)

<p>Warm Cinnamon Bar (42)</p> <p>Yogurt (≈16) with Graham (≈17)</p> <p>Poptart (73)</p> <p>Cereal (≈23) with Graham (≈17)</p> <p>Fresh Fruit (5-26) or Fruit Cup (≈18)</p> <p>Juice (≈15)</p> <p>2</p>	<p>Honey Bun (35)</p> <p>Yogurt (≈16) with Graham (≈17)</p> <p>Poptart (73)</p> <p>Cereal (≈23) with Graham (≈17)</p> <p>Fresh Fruit (5-26) or Fruit Cup (≈18)</p> <p>Juice (≈15)</p> <p>3</p>	<p>Confetti Pancake (35)</p> <p>Yogurt (≈16) with Graham (≈17)</p> <p>Poptart (73)</p> <p>Cereal (≈23) with Graham (≈17)</p> <p>Fresh Fruit (5-26) or Fruit Cup (≈18)</p> <p>Juice (≈15)</p> <p>4</p>	<p>Sausage Biscuit (25)</p> <p>Yogurt (≈16) with Graham (≈17)</p> <p>Poptart (73)</p> <p>Cereal (≈23) with Graham (≈17)</p> <p>Fresh Fruit (5-26) or Fruit Cup (≈18)</p> <p>Juice (≈15)</p> <p>5</p>	<p>Breakfast Pizza (22)</p> <p>Yogurt (≈16) with Graham (≈17)</p> <p>Poptart (73)</p> <p>Cereal (≈23) with Graham (≈17)</p> <p>Fresh Fruit (5-26) or Fruit Cup (≈18)</p> <p>Juice (≈15)</p> <p>6</p>
<p>Chicken Biscuit (31)</p> <p>Yogurt (≈16) with Graham (≈17)</p> <p>Poptart (73)</p> <p>Cereal (≈23) with Graham (≈17)</p> <p>Fresh Fruit (5-26) or Fruit Cup (≈18)</p> <p>Juice (≈15)</p> <p>9</p>	<p>Donut Holes in a Cup (42)</p> <p>Yogurt (≈16) with Graham (≈17)</p> <p>Poptart (73)</p> <p>Cereal (≈23) with Graham (≈17)</p> <p>Fresh Fruit (5-26) or Fruit Cup (≈18)</p> <p>Juice (≈15)</p> <p>10</p>	<p>Veterans Day</p>  <p>11</p>	<p>Chocolate Chip French Toast (37)</p> <p>Yogurt (≈16) with Graham (≈17)</p> <p>Poptart (73)</p> <p>Cereal (≈23) with Graham (≈17)</p> <p>Fresh Fruit (5-26) or Fruit Cup (≈18)</p> <p>Juice (≈15)</p> <p>12</p>	<p>Pancake and Sausage Bites (20)</p> <p>Yogurt (≈16) with Graham (≈17)</p> <p>Poptart (73)</p> <p>Cereal (≈23) with Graham (≈17)</p> <p>Fresh Fruit (5-26) or Fruit Cup (≈18)</p> <p>Juice (≈15)</p> <p>13</p>
<p>Cherry Strudel (38)</p> <p>Yogurt (≈16) with Graham (≈17)</p> <p>Poptart (73)</p> <p>Cereal (≈23) with Graham (≈17)</p> <p>Fresh Fruit (5-26) or Fruit Cup (≈18)</p> <p>Juice (≈15)</p> <p>16</p>	<p>Sweet Swirl Roll (38)</p> <p>Yogurt (≈16) with Graham (≈17)</p> <p>Poptart (73)</p> <p>Cereal (≈23) with Graham (≈17)</p> <p>Fresh Fruit (5-26) or Fruit Cup (≈18)</p> <p>Juice (≈15)</p> <p>17</p>	<p>Dunkin Sticks (48)</p> <p>Yogurt (≈16) with Graham (≈17)</p> <p>Poptart (73)</p> <p>Cereal (≈23) with Graham (≈17)</p> <p>Fresh Fruit (5-26) or Fruit Cup (≈18)</p> <p>Juice (≈15)</p> <p>18</p>	<p>Sausage Biscuit (25)</p> <p>Yogurt (≈16) with Graham (≈17)</p> <p>Poptart (73)</p> <p>Cereal (≈23) with Graham (≈17)</p> <p>Fresh Fruit (5-26) or Fruit Cup (≈18)</p> <p>Juice (≈15)</p> <p>19</p>	<p>Breakfast Pizza (22)</p> <p>Yogurt (≈16) with Graham (≈17)</p> <p>Poptart (73)</p> <p>Cereal (≈23) with Graham (≈17)</p> <p>Fresh Fruit (5-26) or Fruit Cup (≈18)</p> <p>Juice (≈15)</p> <p>20</p>
<p>Banana Bread (44)</p> <p>Yogurt (≈16) with Graham (≈17)</p> <p>Poptart (73)</p> <p>Cereal (≈23) with Graham (≈17)</p> <p>Fresh Fruit (5-26) or Fruit Cup (≈18)</p> <p>Juice (≈15)</p> <p>23</p>	<p>Maple Waffle (35)</p> <p>Yogurt (≈16) with Graham (≈17)</p> <p>Poptart (73)</p> <p>Cereal (≈23) with Graham (≈17)</p> <p>Fresh Fruit (5-26) or Fruit Cup (≈18)</p> <p>Juice (≈15)</p> <p>24</p>	<p>Annual LEAVE DAY</p>  <p>No School</p> <p>25</p>	<p>Happy THANKSGIVING</p>  <p>26</p>	<p>27</p>
<p>Warm Cinnamon Bar (42)</p> <p>Yogurt (≈16) with Graham (≈17)</p> <p>Poptart (73)</p> <p>Cereal (≈23) with Graham (≈17)</p> <p>Fresh Fruit (5-26) or Fruit Cup (≈18)</p> <p>Juice (≈15)</p> <p>30</p>	<p>Start your day with Kindness</p> <p>Start your day with a healthy breakfast</p> <p>♥ and a kind word for someone else! ♥</p>	<p>WORLD KINDNESS WEEK</p> <p>NOVEMBER 8-14, 2026</p> 		

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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