

November 2026

Iredell Statesville Schools:

Middle and High Breakfast Menu

Offered Daily: 1/2 pint Milk:

(~carb counts)

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

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

Egg and Cheese Biscuit (28) Warm Cinnamon Bar (42) Smoothie with Tiger Bites Grahams (54) Poptart (73) Cereal (≈23) with Graham (≈17) Fresh Fruit (5-26) or Fruit Cup (≈18) Juice (≈15)	Honey Bun (35) Fruit Parfait with Granola (≈53) Poptart (73) Cereal (≈23) with Graham (≈17) Fresh Fruit (5-26) or Fruit Cup (≈18) Juice (≈15)	Chicken Biscuit (31) Confetti Pancake (35) Smoothie with Tiger Bites Grahams (54) Poptart (73) Cereal (≈23) with Graham (≈17) Fresh Fruit (5-26) or Fruit Cup (≈18) Juice (≈15)	Sausage Biscuit (25) Fruit Parfait with Granola (≈53) Poptart (73) Cereal (≈23) with Graham (≈17) Fresh Fruit (5-26) or Fruit Cup (≈18) Juice (≈15)	Breakfast Pizza (22) Smoothie with Tiger Bites Grahams (54) Poptart (73) Cereal (≈23) with Graham (≈17) Fresh Fruit (5-26) or Fruit Cup (≈18) Juice (≈15)
2	3	4	5	6
Chicken Biscuit (31) Smoothie with Tiger Bites Grahams (54) Poptart (73) Cereal (≈23) with Graham (≈17) Fresh Fruit (5-26) or Fruit Cup (≈18) Juice (≈15)	Donut Holes in a Cup (42) Fruit Parfait with Granola (≈53) Poptart (73) Cereal (≈23) with Graham (≈17) Fresh Fruit (5-26) or Fruit Cup (≈18) Juice (≈15)		Egg and Cheese Biscuit (28) Chocolate Chip French Toast (37) Fruit Parfait with Granola (≈53) Poptart (73) Cereal (≈23) with Graham (≈17) Fresh Fruit (5-26) or Fruit Cup (≈18) Juice (≈15)	Pancake and Sausage Bites (20) Smoothie with Tiger Bites Grahams (54) Poptart (73) Cereal (≈23) with Graham (≈17) Fresh Fruit (5-26) or Fruit Cup (≈18) Juice (≈15)
9	10	11	12	13
Egg and Cheese Biscuit (28) Cherry Strudel (38) Smoothie with Tiger Bites Grahams (54) Poptart (73) Cereal (≈23) with Graham (≈17) Fresh Fruit (5-26) or Fruit Cup (≈18) Juice (≈15)	Sweet Swirl Roll (38) Fruit Parfait with Granola (≈53) Poptart (73) Cereal (≈23) with Graham (≈17) Fresh Fruit (5-26) or Fruit Cup (≈18) Juice (≈15)	Chicken Biscuit (31) Dunkin Sticks (48) Smoothie with Tiger Bites Grahams (54) Poptart (73) Cereal (≈23) with Graham (≈17) Fresh Fruit (5-26) or Fruit Cup (≈18) Juice (≈15)	Sausage Biscuit (25) Fruit Parfait with Granola (≈53) Poptart (73) Cereal (≈23) with Graham (≈17) Fresh Fruit (5-26) or Fruit Cup (≈18) Juice (≈15)	Breakfast Pizza (22) Smoothie with Tiger Bites Grahams (54) Poptart (73) Cereal (≈23) with Graham (≈17) Fresh Fruit (5-26) or Fruit Cup (≈18) Juice (≈15)
16	17	18	19	20
Sausage Biscuit (25) Banana Bread (44) Smoothie with Tiger Bites Grahams (54) Poptart (73) Cereal (≈23) with Graham (≈17) Fresh Fruit (5-26) or Fruit Cup (≈18) Juice (≈15)	Maple Waffle (35) Fruit Parfait with Granola (≈53) Poptart (73) Cereal (≈23) with Graham (≈17) Fresh Fruit (5-26) or Fruit Cup (≈18) Juice (≈15)			
23	24	25	26	27
Egg and Cheese Biscuit (28) Warm Cinnamon Bar (42) Smoothie with Tiger Bites Grahams (54) Poptart (73) Cereal (≈23) with Graham (≈17) Fresh Fruit (5-26) or Fruit Cup (≈18) Juice (≈15)	<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>			
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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