




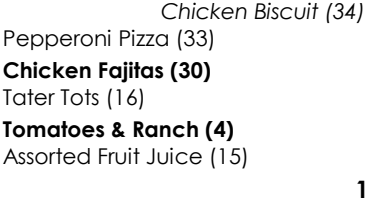

# February '19 Breakfast & Lunch Menu

Offered Daily: 1/2 pint Milk: FF (13), 1% (13), or Chocolate FF(20), Strawberry FF (19) or Vanilla FF (19)

# Iredell Statesville Schools: High School Menu

(~carb counts)

\*\*Menu subject to change due to weather, calendar changes, administrative directive, equipment malfunction, and/or product availability.\*\*

				
<p><i>Mini Pancakes (36)</i> Chic Fillet Sandwich (39) Turkey &amp; Cheese Sandwich (30) Sweet Green Peas (15) Dill Pickles (3) Mandarin Oranges (20)</p> <p style="text-align: right;"><b>4</b></p>	<p><i>Yogurt w/ Grahams (35)</i> Hamburger (27) Pork Chop Sandwich(45) Mashed Potatoes (15) Homestyle Greens (6) Assorted Fruit Juice (15)</p> <p style="text-align: right;"><b>5</b></p>	<p><i>Breakfast on a Stick (49)</i> Popcorn Chicken with Roll (28) <b>Loaded Baked Potato, Rolls (70)</b> Black-eyed Peas (22) Creamy Broccoli Soup, Crackers(44) Fruit Cocktail (14)</p> <p style="text-align: right;"><b>6</b></p>	<p><i>Biscuit &amp; Gravy (39)</i> Beefy Nachos (38) <b>Chicken Alfredo (46)</b> Green Beans (5) Sweet Waffle Fries (27) Fruity Jell-O (30)</p> <p style="text-align: right;"><b>7</b></p>	<p><i>Snowballs (34)</i> Cheese Pizza (33) Fish Sandwich (43) Steamed Cabbage (3) <b>Carrots &amp; Ranch (11)</b> Strawberry Cup (22)</p> <p style="text-align: right;"><b>8</b></p>
<p><i>Sausage Biscuit (25)</i> Mozzarella Sticks w/ Marinara (39) <b>Orange Chicken w/ Rice(59)</b> Glazed Carrots (12) Broccoli w/ Cheese (7) Chilled Sliced Pears(15)</p> <p style="text-align: right;"><b>11</b></p>	<p><i>Super Honey Bun (34)</i> Corndog (30) Fiestada Pizza (40) Refried Beans w/ Chips (29) Potato Smiles (20) Warm Peach Cobbler (34)</p> <p style="text-align: right;"><b>12</b></p>	<p><i>Breakfast Pizza (26)</i> Chicken BBQ Sandwich (36) Grilled Cheese Sandwich (30) Tomato Soup, Crackers (34) Sweet Yellow Corn (16) Raisins (30)</p> <p style="text-align: right;"><b>13</b></p>	<p><i>Glazed Cinnamon Roll (43)</i> Lasagna w/ Breadstick (44) Chicken Tenders, Roll (28) Seasoned Potato Wedges (21) Fresh Garden Salad (3) Baked Cinnamon Apples (30)</p> <p style="text-align: right;"><b>14</b></p>	<p><i>Chicken Biscuit (34)</i> Pizza Pocket (30) Beef Ravioli, Breadstick (49) Pinto Beans (15) <b>Tomatoes &amp; Ranch (4)</b> Assorted Fruit Juice (15)</p> <p style="text-align: right;"><b>15</b></p>
<p><i>French Toast Sticks (38)</i> <b>Spicy Chic Fillet (41)</b> <b>Beefy Soft Taco (31)</b> Lettuce and Tomatoes (3) Sweet Potato Crinkles (17) Fruit Cocktail (14)</p> <p style="text-align: right;"><b>18</b></p>	<p><i>Blueberry Muffin (26)</i> Chicken Nuggets, Roll (28) Ham/Cheese Sandwich (31) Cheesy Potato Soup, Crackers (52) Green Beans (5) Fruity Jell-O (30)</p> <p style="text-align: right;"><b>19</b></p>	<p><i>Donut (30)</i> Mini Corndogs (30) <b>Roasted Chicken, Rolls (30)</b> Mashed Potatoes (15) Homestyle Greens (6) Strawberry Pie (50)</p> <p style="text-align: right;"><b>20</b></p>	<p><i>Dutch Waffle (43)</i> <b>Breakfast for Lunch (73)</b> Super Mascot Burger (35) Sweet Yellow Corn (16) Dill Pickles (3) Assorted Fruit Juice (15)</p> <p style="text-align: right;"><b>21</b></p>	<p><i>Crumb Cake (48)</i> French Bread Pizza (30) Fish Nuggets w/Roll (37) Refried Beans w/ Chips (29) <b>Carrots &amp; Ranch (11)</b> Fresh Fruit</p> <p style="text-align: right;"><b>22</b></p>
<p><i>Sausage Biscuit (25)</i> Cheeseburger (28) Grilled Chicken Sandwich (29) Glazed Carrots (12) Oven Crispy Fries (17) Applesauce Cup (14)</p> <p style="text-align: right;"><b>25</b></p>	<p><i>Super Honey Bun (34)</i> Mac &amp; Cheese, Roll (51) Pork BBQ Sandwich (28) Baked Beans (28) Creamy Coleslaw (7) Chilled Sliced Pears(15)</p> <p style="text-align: right;"><b>26</b></p>	<p style="text-align: center;"><b>Manager's Choice Early Release Day</b></p> <p style="text-align: right;"><b>27</b></p>	<p><i>Glazed Cinnamon Roll (43)</i> Hot Dog w/Toppings (31) <b>Mandarin Chicken, Rice (63)</b> Deli Roasters (20) Broccoli w/ Cheese (7) Banana Pudding (57)</p> <p style="text-align: right;"><b>28</b></p>	

\*\*Whole Grain Poptarts, assorted cereals, grahams, fruit, and juice are daily alternate breakfast selections\*\*