

# OCTOBER 2023

## INGRAM TOM MOORE HIGH SCHOOL

BREAKFAST IN CLASSROOM  
8:45am to 9:07am

**Monday**

WG Cereal Bar  
w/Grahams  
Apple  
Orange Juice  
Milk

**2**
**Tuesday**

Cereal Kit  
w/Juice and Grahams  
Craisins  
Milk

**3**
**Wednesday**

Mini Cinnamons  
Fruit  
Apple Juice  
Milk

**4**
**Thursday**

French Toast Sticks IW  
Fruit  
Apple Juice  
Milk

**5**
**Friday**

WG Banana Bread  
Craisins  
Orange Juice  
Milk

**6**

SCHOOL  
HOLIDAY

**9**

Cereal Kit  
w/Juice and Grahams  
Craisins  
Milk

**10**

WG Muffin  
Fruit  
Apple Juice  
Milk

**11**

WG Poptart  
w/Goldfish Crackers  
Fruit  
Apple Juice  
Milk

**12**

WG Donut  
Craisins  
Orange Juice  
Milk

**13**

WG Cereal Bar  
w/Grahams  
Apple  
Orange Juice  
Milk

**16**

Cereal Kit  
w/Juice and Grahams  
Craisins  
Milk

**17**

Cinnamon Filled Bar  
Fruit  
Apple Juice  
Milk

**18**

WG Mini Pancakes IW  
Fruit  
Apple Juice  
Milk

**19**

WG Banana Bread  
Craisins  
Orange Juice  
Milk

**20**

WG Cereal Bar  
w/Grahams  
Apple  
Orange Juice  
Milk

**23**

Cereal Kit  
w/Juice and Grahams  
Craisins  
Milk

**24**

WG Muffin  
Fruit  
Apple Juice  
Milk

**25**

French Toast Sticks IW  
Fruit  
Apple Juice  
Milk

**26**

WG Donuts  
Craisins  
Orange Juice  
Milk

**27**

WG Cereal Bar  
w/Grahams  
Apple  
Orange Juice  
Milk

**30**

Cereal Kit  
w/Juice and Grahams  
Craisins  
Milk

**31**

Remember To Start Each Day With A Healthy Breakfast  
Fat Free Chocolate Milk, 1% White Milk, 100% Fruit Juice and Asst Fruits Offered Daily  
\*All Menus Subject To Change  
\*\*THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER