

JANUARY 2026

INGRAM TOM MOORE HIGH & MIDDLE SCHOOL

Breakfast Served 7:15am to 7:45
Second Breakfast Served:
8:30am to 8:45am

Monday
Tuesday
Wednesday
Thursday
Friday

SCHOOL
HOLIDAY

SCHOOL
HOLIDAY

WG Biscuit & Sausage
Or
WG Cereal
Fruit
100% Fruit Juice
Milk

SCHOOL
HOLIDAY

SCHOOL
HOLIDAY

WG French Toast Sticks
Or
WG Cereal
Fruit
100% Fruit Juice
Milk

WG Muffin
And WG Cereal
Fruit
100% Fruit Juice
Milk

WG Biscuit & Sausage
Or
WG Cereal
Fruit
100% Fruit Juice
Milk

Eggs, Hashbrown, Toast/jelly
Or
WG Cereal
Fruit
100% Fruit Juice
Milk

WG Cinnamon Roll
Or
WG Cereal
Fruit
100% Fruit Juice
Milk

SCHOOL
HOLIDAY

Oatmeal & Cinnamon Toast
Or
WG Cereal
Fruit
100% Fruit Juice
Milk

WG Biscuit & Sausage
Or
WG Cereal
Fruit
100% Fruit Juice
Milk

Breakfast Taco
Or
WG Cereal
Fruit
100% Fruit Juice
Milk

Breakfast Pizza
Or
WG Cereal
Fruit
100% Fruit Juice
Milk

WG Pancake on Stick
Or
WG Cereal
Fruit
100% Fruit Juice
Milk

WG Donut & Sausage
Or
WG Cereal
Fruit
100% Fruit Juice
Milk

WG Biscuit & Sausage
Or
WG Cereal
Fruit
100% Fruit Juice
Milk

Egg Omelet, Hashbrown with
Toast/jelly
Or
WG Cereal
Fruit
100% Fruit Juice
Milk

WG Cinnamon Roll
Or
WG Cereal
Fruit
100% Fruit Juice
Milk

Remember To Start Each Day With A Healthy Breakfast
Fat Free Chocolate Milk, 1% White Milk, 100% Fruit Juice and Asst Fruits Offered Daily
Assorted Cereal Bowl Paks Offered Daily and All Bread Items Are Whole Grains
*ALL MENUS ARE SUBJECT TO CHANGE
**THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER