

**BREAKFAST****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
HOLIDAYWG French Toast Sticks
Or
WG Cereal
Fruit
100% Fruit Juice
MilkSCHOOL
HOLIDAYWG Pancake on Stick
Or
WG Cereal
Fruit
100% Fruit Juice
MilkSCHOOL
HOLIDAYWG Muffin
And WG Cereal
Fruit
100% Fruit Juice
MilkOatmeal & Cinnamon Toast
Or
WG Cereal
Fruit
100% Fruit Juice
MilkWG Donut & Sausage
Or
WG Cereal
Fruit
100% Fruit Juice
MilkWG Biscuit & Sausage
Or
WG Cereal
Fruit
100% Fruit Juice
MilkWG Biscuit & Sausage
Or
WG Cereal
Fruit
100% Fruit Juice
MilkWG Biscuit & Sausage
Or
WG Cereal
Fruit
100% Fruit Juice
MilkWG Biscuit & Sausage
Or
WG Cereal
Fruit
100% Fruit Juice
Milk1
SCHOOL
HOLIDAY8
Eggs, Hashbrown, Toast/jelly
Or
WG Cereal
Fruit
100% Fruit Juice
Milk15
Egg Omelet, Hashbrown with
Toast/jelly
Or
WG Cereal
Fruit
100% Fruit Juice
Milk22
Breakfast Taco
Or
WG Cereal
Fruit
100% Fruit Juice
Milk29
Egg Omelet, Hashbrown with
Toast/jelly
Or
WG Cereal
Fruit
100% Fruit Juice
Milk

1

8

15

22

29

2

9

16

23

30

WG Cinnamon Roll
Or
WG Cereal
Fruit
100% Fruit Juice
MilkWG Breakfast Burrito
Or
WG Cereal
Fruit
100% Fruit Juice
MilkBreakfast Pizza
Or
WG Cereal
Fruit
100% Fruit Juice
MilkWG 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



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