



OCTOBER 2026

INGRAM TOM MOORE HIGH & MIDDLE

BREAKFAST SERVED: 7:00am to 8:30am
SECOND BREAKFAST: 8:30am to 8:45am

Monday

Tuesday

Wednesday

Thursday

Friday

FRENCH TOAST STICKS
W/ SAUSAGE LINKS
OR
WG CEREAL
FRUIT
100% FRUIT JUICE
MILK

5

BREAKFAST PASTRY
W/ CEREAL
FRUIT
100% FRUIT JUICE
MILK

6

BISCUIT & SAUSAGE
OR
WG CEREAL
FRUIT
100% FRUIT JUICE
MILK

7

EGGS, HASHBROWN
W/ TOAST & JELLY
OR
WG CEREAL
FRUIT
100% FRUIT JUICE
MILK

1

OMELET & TOAST
OR
WG CEREAL
FRUIT
100% FRUIT JUICE
MILK

8

YOGURT & GRANOLA
W/ CEREAL
FRUIT
100% FRUIT JUICE
MILK

2

APPLE FRUDEL
W/ CEREAL
FRUIT
100% FRUIT JUICE
MILK

9

Holiday

12

BREAKFAST TACO
OR
WG CEREAL
FRUIT
100% FRUIT JUICE
MILK

13

BISCUIT & SAUSAGE
OR
WG CEREAL
FRUIT
100% FRUIT JUICE
MILK

14

EGGS, HASHBROWN
W/ TOAST & JELLY
OR
WG CEREAL
FRUIT
100% FRUIT JUICE
MILK

15

YOGURT & GRANOLA
W/ CEREAL
FRUIT
100% FRUIT JUICE
MILK

16

PANCAKES
W/ SAUSAGE LINKS
OR
WG CEREAL
FRUIT
100% FRUIT JUICE
MILK

19

OATMEAL OR CEREAL
W/ CINNAMON TOAST
FRUIT
100% FRUIT JUICE
MILK

20

BISCUIT & SAUSAGE
OR
WG CEREAL
FRUIT
100% FRUIT JUICE
MILK

21

OMELET & TOAST
OR
WG CEREAL
FRUIT
100% FRUIT JUICE
MILK

22

CINNAMON ROLL
W/ CEREAL
FRUIT
100% FRUIT JUICE
MILK

23

BREAKFAST BAGEL
W/ HASHBROWN
OR
WG CEREAL
FRUIT
100% FRUIT JUICE
MILK

26

MUFFIN
W/ CEREAL
FRUIT
100% FRUIT JUICE
MILK

27

BISCUIT & SAUSAGE
OR
WG CEREAL
FRUIT
100% FRUIT JUICE
MILK

28

EGGS, HASHBROWN
W/ TOAST & JELLY
OR
WG CEREAL
FRUIT
100% FRUIT JUICE
MILK

29

NO
SCHOOL

30

REMEMBER TO START EACH DAY WITH A HEALTHY BREAKFAST!

FAT FREE CHOCOLATE MILK, 1% WHITE MILK, 100% FRUIT JUICE & ASSORTED FRUITS ARE OFFERED DAILY

ASSORTED CEREAL BOWL PACKS OFFERED DAILY AND ALL BREAD ITEMS ARE WHOLE GRAIN

*MENU ITEMS ARE SUBJECT TO CHANGE



PAY FOR MEALS ONLINE
MySchoolBucks.com