

OCTOBER 2023

INGRAM TOM MOORE & MIDDLE SCHOOL

Breakfast Served
7:15am to 7:45am
Second Breakfast Served
8:20am to 8:45am

Monday

French Toast Sticks/syrup **2**
Sausage Patty
Or
Cereal
Apple
Juice
Milk

SCHOOL HOLIDAY **9**

WG Mini Pancakes IW/syrup **16**
Or
Cereal
Apple
Juice
Milk

French Toast Sticks/syrup **23**
Sausage Patty
Apple
Juice
Milk

WG Pancake on Stick/syrup **30**
Or
Cereal
Apple
Juice
Milk

Tuesday

WG Muffin **3**
Or
Cereal
Craisins
Juice
Milk

WG Donut & Sausage **10**
Or
Cereal
Craisins
Juice
Milk

Oatmeal **17**
Or
Cereal
WG Cinnamon Toast
Craisins
Juice
Milk

WG Muffin **24**
Cereal
Craisins
Juice
Milk

WG Banana Bread **31**
Or
Cereal
Craisins
Juice
Milk

Wednesday

WG Biscuit & Sausage **4**
Or
Cereal
Fruit
Juice
Milk

WG Biscuit & Sausage **11**
Or
Cereal
Fruit
Juice
Milk

WG Biscuit & Sausage **18**
Or
Cereal
Fruit
Juice
Milk

WG Biscuit & Sausage **25**
Or
Cereal
Fruit
Juice
Milk

Thursday

Breakfast Burrito **5**
Or
Cereal
Fruit
Juice
Milk

Pig in a Blanket **12**
Or
Cereal
Fruit
Juice
Milk

Eggs, Hashbrown,
Toast/jelly **19**
Or
Cereal
Fruit
Juice
Milk

Breakfast Taco **26**
Or
Cereal
Fruit
Juice
Milk

Friday

WG Cinnamon Roll **6**
Or
Cereal
Fruit
Juice
Milk

WG Poptart **13**
Cereal
Fruit
Juice
Milk

WG Cereal Kit
w/Juice & Grahams **20**
Fruit
Juice
Milk

WG Cinnamon Roll **27**
Or
Cereal
Fruit
Juice
Milk

Remember To Start Each Day With A Healthy Breakfast
Fat Free Chocolate Milk, 1% White Milk, 100% Fruit Juice and Assorted Fruits Offered Daily
*All Menus Subject To Change
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