



OCTOBER 2023

INGRAM TOM MOORE & MIDDLE SCHOOL

Menus Subject To Change
**THIS INSTITUTION IS AN EQUAL
OPPORTUNITY PROVIDER

Monday

Chicken Nuggets
Potatoes/Gravy
Green Beans
Carrot Slices
Hot Dinner Roll
Fruit
Milk

2

Tuesday

Spaghetti w/Meat Sauce
Garlic Bread Stick
Buttered Corn
Green Peas
Fruit
Milk

3

Wednesday

Beefy Nachos
Cornbread
Pinto Beans
Tossed Salad
Fruit
Milk

4

Thursday

Teriyaki Chicken
Steamed Rice
Egg Roll
Broccoli Florets
Oriental Vegetables
Fruit & Fortune Cookie
Milk

5

Friday

Cheeseburger
Or
Hamburger
Burger Salad
Tater Tots
Fruit
Milk

6

**SCHOOL
HOLIDAY**

9

Pulled Pork Sandwich
Or
Corn Dog
Wedge Fries
Baked Beans
Pickles
Fruit & Milk

10

Enchilada Casserole
Cornbread
Pinto Beans
Tossed Salad w/ranch
Fruit
Milk

11

Meatball Sub Sandwich
Crinkle Fries
Steamed Broccoli
Carrot Slices
Fruit
Milk

12

Cheeseburger
Or
Hamburger
Burger Salad
Tater Tots
Fruit
Milk

13

Salisbury Steak
Or Breaded Beef Patty
Mashed Potatoes
Green Beans
Carrot Slices
Hot Dinner Roll
Fruit & Milk

16

Chicken Spaghetti
Garlic Bread Stick
Buttered Corn
Green Peas
Fruit
Milk

17

Frito Pie
Cornbread
Pinto Beans
Fresh Veggie Dippers w/ranch
Fruit
Milk

18

Mozzarella Cheese Stix
Or
Corn Dog
Sweet Potato Fries
Broccoli Florets
Fruit
Milk

19

Cheeseburger, Hamburger
Or Chili Dog
Burger Salad
Tater Tots
Fruit
Milk

20

Chicken Strips
Or
Fish Sticks
Macaroni & Cheese
Green Beans
Carrots
Fruit & Milk

23

Spicy Chicken Burger
Seasoned Fries
Burger Salad
Baked Beans
Fruit
Milk

24

Soft or Crispy Tacos
Cornbread
Refried Beans
Lettuce & Tomato
Fruit
Milk

25

Popcorn Chicken
Potatoes/gravy
Mixed Vegetables
Steamed Broccoli
Hot Dinner Roll
Fruit
Milk

26

Cheeseburger
Or
Hamburger
Burger Salad
Tater Tots
Fruit
Milk

27

Chicken Nuggets
Mashed Potatoes/gravy
Green Beans
Carrot Slices
Hot Dinner Roll
Fruit
Milk

30

Spaghetti w/Meat Sauce
Garlic Bread Stick
Buttered Corn
Green Peas
Fruit
Milk

31

Available Daily: Pizza, Chef Salad, Peanut Butter & Jelly Sandwich
Ham & Turkey Sub (Monday, Wednesday and Friday)
Turkey & Bacon Wrap (Tuesday and Thursday)
Fresh and Canned Fruit (daily), 100% Fruit Juice (Wednesday & Friday), Fat Free Chocolate Milk, 1% White Milk (daily)



PAY FOR MEALS ONLINE
MySchoolBucks.com