



# SEPTEMBER 2025

## INGRAM TOM MOORE HIGH & MIDDLE SCHOOLS

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

**Monday**
**SCHOOL  
HOLIDAY**
**Tuesday**
**Wednesday**
**Thursday**
**Friday**
**1**

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

**2**

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

**3**

WG Breakfast Burrito  
Or  
WG Cereal  
Fruit  
100% Fruit Juice  
Milk

**4**

WG Poptart  
w/Grahams  
or  
WG Cereal  
Fruit  
100% Fruit Juice  
Milk

**5**
**8**

WG Pancakes  
Or  
WG Cereal  
Chilled Fruit  
100% Fruit Juice  
Milk

**9**

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

**10**

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

**11**

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

**12**

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

**15**

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

**16**

WG Muffin  
And WG Cereal  
Fruit  
100% Fruit Juice  
Milk

**17**

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

**18**

Breakfast Taco  
Or  
WG Cereal  
Fruit  
100% Fruit Juice  
Milk

**19**

WG Cereal Kit  
w/Juice & Grahams  
Fruit  
Milk

**22**

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

**23**

WG Breakfast Pizza  
Or  
WG Cereal  
Fruit  
100% Fruit Juice  
Milk

**24**

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

**25**

WG Breakfast Burrito  
Or  
WG Cereal  
Fruit  
100% Fruit Juice  
Milk

**26**
**NO  
SCHOOL**
**29**

WG Pancakes  
Or  
WG Cereal  
Chilled Fruit  
100% Fruit Juice  
Milk

**30**

WG Donut & Sausage Patty  
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 Assorted Fruits Are Offered Daily  
Assorted Cereal Bowl Paks offered Daily and All Bread Items Are Whole Grain

\*MENU ITEMS ARE SUBJECT TO CHANGE

\*\*THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER