



# SEPTEMBER 2023

## INGRAM ELEMENTARY SCHOOL

\*MENUS ARE SUBJECT TO CHANGE

Monday

Tuesday

Wednesday

Thursday

Friday



**Holiday**

4

POPTART  
GRAHAM CRACKERS  
CRAISINS  
FRUIT JUICE BOX  
MILK

5

PIG IN A BLANKET  
PEACHES  
FRUIT JUICE BOX  
MILK

6

MINI PANCAKES  
ORANGES  
FRUIT JUICE BOX  
MILK

7

BISCUIT & SAUSAGE  
CHILLED FRUIT  
FRUIT JUICE BOX  
MILK

8

WG MUFFIN  
APPLESAUCE CUP  
FRUIT JUICE BOX  
MILK

11

CEREAL BAR  
GRAHAM CRACKERS  
CRAISINS  
FRUIT JUICE BOX  
MILK

12

BREAKFAST PIZZA  
PEACHES  
FRUIT JUICE BOX  
MILK

13

CINNAMON PASTRY  
ORANGES  
FRUIT JUICE BOX  
MILK

14

OMELETS  
CHILLED FRUIT  
FRUIT JUICE BOX  
MILK

15

WG MUFFIN  
APPLESAUCE CUP  
FRUIT JUICE BOX  
MILK

18

POPTART  
GRAHAM CRACKERS  
CRAISINS  
FRUIT JUICE BOX  
MILK

19

PANCAKE ON A STICK  
PEACHES  
FRUIT JUICE BOX  
MILK

20

MINI PANCAKES  
ORANGES  
FRUIT JUICE BOX  
MILK

21

BISCUIT & SAUSAGE  
CHILLED FRUIT  
FRUIT JUICE BOX  
MILK

22

WG MUFFIN  
APPLESAUCE CUP  
FRUIT JUICE BOX  
MILK

25

CEREAL BAR  
GRAHAM CRACKERS  
CRAISINS  
FRUIT JUICE BOX  
MILK

26

PIG IN A BLANKET  
PEACHES  
FRUIT JUICE BOX  
MILK

27

FRENCH TOAST  
ORANGES  
FRUIT JUICE BOX  
MILK

28

OMELETS  
CHILLED FRUIT  
FRUIT JUICE BOX  
MILK

29

AVAILABLE DAILY: 1% WHITE MILK AND FAT FREE CHOCOLATE  
THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER