

JANUARY 2025

INGRAM TOM MOORE HIGH & INGRAM MIDDLE SCHOOLS

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

Monday

Tuesday

Wednesday

Thursday

Friday



*HAPPY
NEW
YEAR*

6
NO
SCHOOL

7
WG Pancake on Stick/syrup
Or
WG Cereal
Fruit
100% Apple or Orange Juice
Milk

8
WG Biscuit & Sausage/gravy
Or
WG Cereal
Fruit
100% Apple or Orange Juice
Milk

9
Eggs, Hashbrown, Toast/jelly
Or
WG Cereal
Chilled Fruit
100% Apple or Orange Juice
Milk

10
WG Cinnamon Roll
Or
WG Cereal
Fruit
100% Apple or Orange Juice
Milk

13
WG French Toast Sticks
Or
WG Cereal
Fruit
100% Apple or Orange Juice
Milk

14
WG Muffin
Or
WG Cereal
Fruit
100% Apple or Orange Juice
Milk

15
WG Biscuit & Sausage/gravy
Or
WG Cereal
Fruit
100% Apple or Orange Juice
Milk

16
Breakfast Taco
Or
WG Cereal
Fruit
100% Apple or Orange Juice
Milk

17
WG Cereal Kit
w/Juice & Grahams
Fruit
Milk

20
NO
SCHOOL

21
WG Breakfast Pizza
Or
WG Cereal
Fruit
100% Apple or Orange Juice
Milk

22
WG Biscuit & Sausage/gravy
Or
WG Cereal
Fruit
100% Apple or Orange Juice
Milk

23
Breakfast on Bun
Or
WG Cereal
Fruit
100% Apple or Orange Juice
Milk

24
WG Breakfast Burrito
Or
WG Cereal
Fruit
100% Apple or Orange Juice
Milk

27
WG Pancake on Stick/syrup
Or
WG Cereal
Fruit
100% Apple or Orange Juice
Milk

28
WG Donut & Sausage
Or
WG Cereal
Chilled Fruit
100% Apple or Orange Juice
Milk

29
WG Biscuit & Sausage/gravy
Or
WG Cereal
Fruit
100% Apple or Orange Juice
Milk

30
Eggs, Hashbrown, Toast/jelly
Or
WG Cereal
Chilled Fruit
100% Apple or Orange Juice
Milk

31
WG Pig in Blanket
Or
WG Cereal
Chilled Fruit
100% Apple or Orange 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
*ALL MENUS ARE SUBJECT TO CHANGE
**THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER