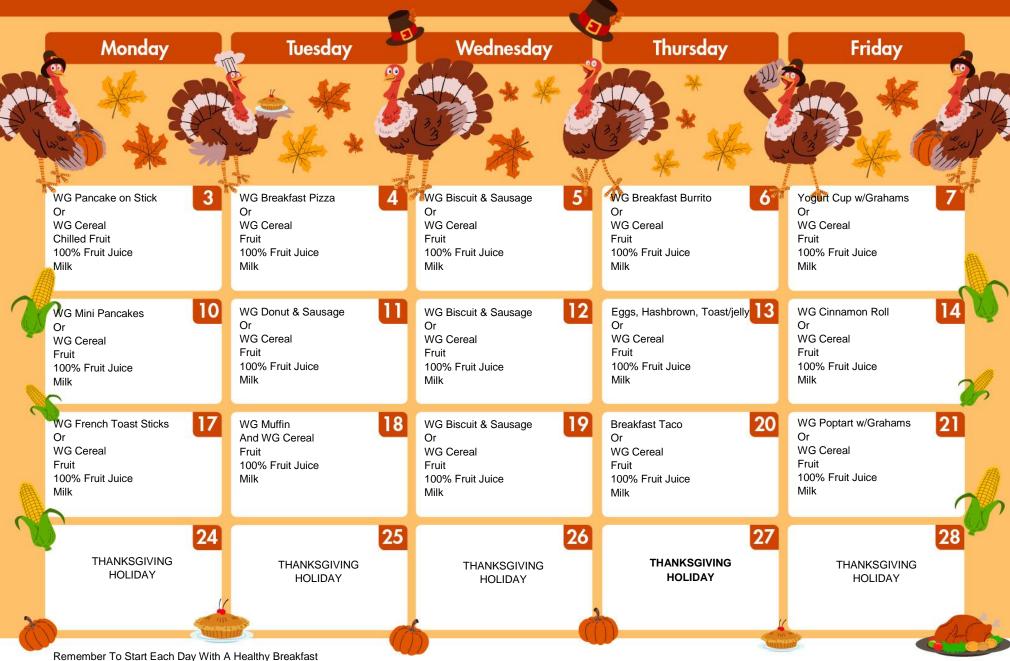
## **NOVEMBER 2025**

**INGRAM TOM MOORE HIGH & MIDDLE SCHOOLS** 

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



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 Grains

\*MENUS ARE SUBJECT TO CHANGE

\*\*THIS INSITUTION IS AN EQUAL OPPORTUNITY PROVIDER

