

NOVEMBER 2025

INGRAM TOM MOORE HIGH & MIDDLE SCHOOLS

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

Monday


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

3
Tuesday


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

4
Wednesday


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

5
Thursday


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

6
Friday


Yogurt Cup w/Grahams
Or
WG Cereal
Fruit
100% Fruit Juice
Milk

7

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

10

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

11

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

12

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

13

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

14

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

17

WG Muffin
And WG Cereal
Fruit
100% Fruit Juice
Milk

18

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

19

Breakfast Taco
Or
WG Cereal
Fruit
100% Fruit Juice
Milk

20

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

21

THANKSGIVING
HOLIDAY

24

THANKSGIVING
HOLIDAY

25

THANKSGIVING
HOLIDAY

26

THANKSGIVING
HOLIDAY

27

THANKSGIVING
HOLIDAY

28

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 Grains
*MENUS ARE SUBJECT TO CHANGE

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