



# SEPTEMBER 2023

## INGRAM TOM MOORE & MIDDLE SCHOOL

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

Monday

Tuesday

Wednesday

Thursday

Friday

**SCHOOL  
HOLIDAY**

French Toast Sticks/syrup  
Sausage Patty  
Or  
Cereal  
Apple  
Juice  
Milk

Pancake on Stick/syrup  
Or  
Cereal  
Apple  
Juice  
Milk

WG Pancakes/syrup  
Sausage Patty  
Or  
Cereal  
Apple  
Juice  
Milk

WG Donut & Sausage  
Or  
Cereal  
Craisins  
Juice  
Milk

WG Muffin  
Cereal  
Craisins  
Juice  
Milk

WG Banana Bread  
Or  
Cereal  
Craisins  
Juice  
Milk

WG Donut & Sausage  
Or  
Cereal  
Craisins  
Juice  
Milk

WG Biscuit & Sausage  
Or  
Cereal  
Fresh Fruit  
Juice  
Milk

WG Biscuit & Sausage  
Or  
Cereal  
Fresh Fruit  
Juice  
Milk

WG Biscuit & Sausage  
Or  
Cereal  
Fresh Fruit  
Juice  
Milk

WG Biscuit & Sausage  
Or  
Cereal  
Fresh Fruit  
Juice  
Milk

Eggs, Hashbrown,  
Toast/jelly  
Or  
Cereal  
Fruit  
Juice  
Milk

Breakfast Taco  
Or  
Cereal  
Fruit  
Juice  
Milk

Breakfast Pizza  
Or  
Cereal  
Fruit  
Juice  
Milk

Eggs, Hashbrown,  
Toast/jelly  
Or  
Cereal  
Fruit  
Juice  
Milk

WG Poptart  
Cereal  
Fruit  
Juice  
Milk

Cereal Kit  
w/Juice & Grahams  
Fruit  
Juice  
Milk

WG Cinnamon Roll  
Or  
Cereal  
Fruit  
Juice  
Milk

WG Poptart  
Cereal  
Fruit  
Juice  
Milk

Cereal Kit  
w/Juice & Grahams  
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 Offered Daily  
\*All Menus Subject To Change  
\*\*THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER



**PAY FOR MEALS ONLINE**  
MySchoolBucks.com