

# OCTOBER 2025

## INGRAM TOM MOORE HIGH & MIDDLE SCHOOLS

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

**Monday**



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

**6**

**Tuesday**



WG Muffin  
And WG Cereal  
Fruit  
100% Fruit Juice  
Milk

**7**

**Wednesday**

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

**1**

**Thursday**

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

**2**

**Friday**

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

**3**

**SCHOOL  
HOLIDAY**

**13**

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

**14**

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

**15**

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

**16**

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

**17**

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

**20**

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

**21**

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

**22**

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

**23**

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

**24**

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

**27**

WG Muffin  
And WG Cereal  
Fruit  
100% Fruit Juice  
Milk

**28**

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

**29**

Breakfast Taco  
Or  
WG Cereal  
Fruit  
100% Fruit Juice  
Milk

**30**

**NO  
SCHOOL**

**31**

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 Grain  
\*MENUS ITEMS ARE SUBJECT TO CHANGE  
\*\*THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER