



SEPTEMBER 2025

INGRAM TOM MOORE HIGH SCHOOL

BREAKFAST IN CLASSROOM
7:50am to 8:44am

Monday

SCHOOL
HOLIDAY

Tuesday

WG Cereal Kit
w/Juice & Grahams
Craisins
Milk

Wednesday

WG Mini Cinn Rolls
Fruit
100% Apple Juice
Milk

Thursday

WG Mini Pancakes
Fruit
100% Fruit Juice
Milk

Friday

WG Donuts
Fruit
100% Juice
Milk

WG Cereal Bar
w/Grahams
Apple
100% Orange Juice
Milk

WG Cereal Kit
w/Juice & Grahams
Craisins
Milk

WG Banana Muffin
Fruit
100% Apple Juice
Milk

WG French Toast Sticks
Fruit
100% Fruit Juice
Milk

WG Donut Holes
Fruit
100% Juice
Milk

WG Cereal Bar
w/Grahams
Apple
100% Orange Juice
Milk

WG Cereal Kit
w/Juice & Grahams
Craisins
Milk

WG Cinn Filled Bar
Fruit
100% Apple Juice
Milk

WG Poptart
w/Goldfish Crackers
Fruit
100% Fruit Juice
Milk

WG Banana Bread
Fruit
100% Juice
Milk

WG Cereal Bar
w/Grahams
Apple
100% Orange Juice
Milk

WG Cereal Kit
w/Juice & Grahams
Craisins
Milk

WG Cinnamon Roll
Fruit
100% Apple Juice
Milk

WG French Toast Stks
Fruit
100% Fruit Juice
Milk

NO
SCHOOL

WG Cereal Bar
w/Grahams
Apple
100% Orange Juice
Milk

WG Cereal Kit
w/Juice & Grahams
Craisins
Milk



Remember To Start Each Day With A Healthy Breakfast
Fat Free Chocolate Milk, 1% White Milk, 100% Fruit Juice and Asst Fruits Offered Daily
*All Menus Are Subject To Change
**THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER