

SEPTEMBER 2025



INGRAM TOM MOORE HIGH & MIDDLE SCHOOL

Menus Are Subject To Change
**THIS INSTITUTION IS AN EQUAL
OPPORTUNITY PROVIDER

Monday

SCHOOL
HOLIDAY

Tuesday

Spicy Chicken Burger
Seasoned Fries
Burger Salad
Baked Beans
Fruit
Milk

Wednesday

Soft Beef Tacos
Spanish Rice
Refried Beans
Lettuce & Tomato
Fruit
Milk

Thursday

Fish
Or Chicken Strips
Macaroni & Cheese
Broccoli
Carrot Slices
Hot Dinner Roll
Fruit & Milk

Friday

Cheeseburger
Or
Hamburger
TaterTots
Burger Salad
Fruit
Milk

Breaded Beef Steak Fingers
Mashed Potatoes/gravy
Green Beans
Carrot Slices
Hot Dinner Roll
Fruit
Milk

Spaghetti w/Meat Sauce
Garlic Bread Stick
Buttered Corn
Green Peas
Fruit
Milk

Beefy Nachos
Cornbread
Pinto Beans
Tossed Salad
Fruit
Milk

Tangerine Chicken
Steamed Rice
Egg Roll
Broccoli Florets
Steamed Oriental Vegetables
Fruit & Milk

Cheeseburger
Or
Hamburger
TaterTots
Burger Salad
Fruit
Milk

Chicken Nuggets
Mashed Potatoes/gravy
Green Beans
Carrot Slices
Hot Dinner Roll
Fruit
Milk

Pulled Pork Sandwich
Or
Corn Dog
Wedge Fries
Baked Beans
Pickles
Fruit & Milk

Enchilada Casserole
Cornbread
Pinto Beans
Tossed Salad
Fruit
Milk

Meatball Sub Sandwich
Crinkle Fries
Broccoli Florets
Fruit
Milk

Cheeseburger
Or
Hamburger
TaterTots
Burger Salad
Fruit
Milk

Salisbury Steak
Mashed Potatoes
Green Beans
Carrot Slices
Hot Dinner Roll
Fruit
Milk

Chicken Spaghetti
Garlic Bread Stick
Buttered Corn
Steamed Broccoli
Fruit
Milk

Frito Pie
Cornbread
Pinto Beans
Fresh Veggie Cup
Fruit
Milk

Cheeseburger
Or
Hamburger
TaterTots
Burger Salad
Fruit
Milk

NO
SCHOOL

Fish Sticks
Or Chicken Strips
Macaroni & Cheese
Green Beans
Steamed Carrots
Hot Dinner Roll
Fruit & Milk

Spicy Chicken Burger
Seasoned Fries
Burger Salad
Baked Beans
Fruit
Milk

Available Daily: Pizza, Chef Salad, Peanut Butter & Jelly Sandwich
Ham & Turkey Sub Sandwich (Monday, Wednesday and Friday)
Turkey Bacon Wrap (Tuesday and Thursday)
Fresh, Canned, or Frozen Fruit (daily), 100% Fruit Juice (Wednesday & Friday), Fat Free Chocolate, 1% White Milk (daily)