



# OCTOBER 2025

## INGRAM TOM MOORE HIGH & INGRAM MIDDLE SCHOOL

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

Monday



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

6

Tuesday



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

7

Wednesday

Chicken Fajita Tacos  
Spanish Rice  
Refried Beans  
Fajita Blend Vegetables  
Fruit  
Milk

1

Thursday

Lasagna w/Garlic Bread  
Steamed Broccoli  
Buttered Corn  
Fruit  
Milk

2

Friday

Cheeseburger  
Or  
Hamburger  
Tater Tots  
Burger Salad  
Fruit  
Milk

3

SCHOOL  
HOLIDAY

13

BBQ Rib on Bun  
Or WG Corn Dog  
Wedge Fries  
Baked Beans  
Pickles  
Fruit  
Milk

14

WG Bean Cheese Burrito  
w/Cheese Sauce  
Spanish Rice  
Pinto Beans  
Cucumber & Tomato Veg Cup  
Fruit  
Milk

15

Meatball Sub Sandwich  
Sweet Potato Fries  
Steamed Broccoli  
Fruit  
Milk

16

Cheeseburger  
Or  
Hamburger  
Tater Tots  
Burger Salad  
Fruit  
Milk

17

Salisbury Steak  
Mashed Potatoes  
Green Beans  
Steamed Carrots  
Hot Dinner Roll  
Fruit  
Milk

20

Chicken Spaghetti  
Garlic Bread Stick  
Steamed Corn  
Green Peas  
Fruit  
Milk

21

Frito Pie  
Cornbread  
Pinto Beans  
Tossed Salad  
Fruit  
Milk

22

Mozzarella Cheese Stix  
w/Marinara Sauce  
or  
WG Corn Dog  
Broccoli Florets  
Crinkle Fries  
Fruit & Milk

23

Cheeseburger, Hamburger  
Or Chili Hot Dog  
Tater Tots  
Burger Salad  
Fruit  
Milk

24

Fish or  
Chicken Strips  
Macaroni & Cheese  
Green Beans  
Sliced Carrots  
Hot Dinner Roll  
Fruit & Milk

27

Spicy Chicken Burger  
Season Fries  
Baked Beans  
Burger Salad  
Fruit  
Milk

28

Chicken Fajita Tacos  
Spanish Rice  
Refried Beans  
Fajita Blend Vegetables  
Fruit  
Milk

29

Cheeseburger  
Or  
Hamburger  
Tater Tots  
Burger Salad  
Fruit  
Milk

30

NO  
SCHOOL

31

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)

