



SEPTEMBER 2026

INGRAM TOM MOORE HIGH & MIDDLE

BREAKFAST SERVED: 7:00am to 8:30am
SECOND BREAKFAST: 8:30am to 9:00am

Monday

Tuesday

Wednesday

Thursday

Friday

1
PIG IN A BLANKET
W/ HASHBROWN
OR
WG CEREAL
FRUIT
100% FRUIT JUICE
MILK

2
BISCUIT & SAUSAGE
OR
WG CEREAL
FRUIT
100% FRUIT JUICE
MILK

3
BREAKFAST BURRITO
OR
WG CEREAL
FRUIT
100% FRUIT JUICE
MILK

4
POPTART
W/ CEREAL
FRUIT
100% FRUIT JUICE
MILK

7
Holiday

8
DONUT & TURKEY BACON
OR
WG CEREAL
FRUIT
100% FRUIT JUICE
MILK

9
BISCUIT & SAUSAGE
OR
WG CEREAL
FRUIT
100% FRUIT JUICE
MILK

10
EGGS, HASHBROWN
W/ TOAST & JELLY
OR
WG CEREAL
FRUIT
100% FRUIT JUICE
MILK

11
HONEY BUN
W/ CEREAL
FRUIT
100% FRUIT JUICE
MILK

14
PANCAKES
W/ SAUSAGE
OR
WG CEREAL
FRUIT
100% FRUIT JUICE
MILK

15
PIG IN A BLANKET
W/ HASHBROWN
OR
WG CEREAL
FRUIT
100% FRUIT JUICE
MILK

16
BISCUIT & SAUSAGE
OR
WG CEREAL
FRUIT
100% FRUIT JUICE
MILK

17
BREAKFAST TACO
OR
WG CEREAL
FRUIT
100% FRUIT JUICE
MILK

18
**NO
SCHOOL**

21
FRENCH TOAST STICKS
W/ SAUSAGE
OR
WG CEREAL
FRUIT
100% FRUIT JUICE
MILK

22
BLUEBERRY MUFFIN
W/ CEREAL
FRUIT
100% FRUIT JUICE
MILK

23
BISCUIT & SAUSAGE
OR
WG CEREAL
FRUIT
100% FRUIT JUICE
MILK

24
BREAKFAST CROISSANT
OR
WG CEREAL
FRUIT
100% FRUIT JUICE
MILK

25
NUTRIGRAIN BAR
W/ CEREAL
FRUIT
100% FRUIT JUICE
MILK

28
PANCAKE ON A STICK
OR
WG CEREAL
FRUIT
100% FRUIT JUICE
MILK

29
CINNAMON ROLL
W/ TURKEY BACON
OR
WG CEREAL
FRUIT
100% FRUIT JUICE
MILK

30
BISCUIT & SAUSAGE
OR
WG CEREAL
FRUIT
100% FRUIT JUICE
MILK

REMEMBER TO START EACH DAY WITH A HEALTHY BREAKFAST!
FAT FREE CHOCOLATE MILK, 1% WHITE MILK, 100% FRUIT JUICE & ASSORTED FRUITS ARE OFFERED DAILY
ASSORTED CEREAL BOWL PACKS OFFERED DAILY AND ALL BREAD ITEMS ARE WHOLE GRAIN

*MENU ITEMS ARE SUBJECT TO CHANGE

**THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER

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BUCKS

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