



OCTOBER 2026

INGRAM TOM MOORE HIGH & MIDDLE

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

Monday

Tuesday

Wednesday

Thursday

Friday

CHICKEN STRIPS
MASHED POTATOES/ GRAVY
GREEN BEANS
CARROT SLICES
DINNER ROLL
FRUIT
MILK

5

BEEF SPAGHETTI
GARLIC BREAD STICK
CORN
PEAS
FRUIT
MILK

6

SOFT BEEF TACO
SPANISH RICE
REFRIED BEANS
LETTUCE & TOMATO
FRUIT
MILK

7

LASAGNA
W/ GARLIC BREAD
CORN
BROCCOLI
FRUIT
MILK

1

CHEESEBURGER
HAMBURGER
OR
CHILIE HOT DOG
TATER TOTS
BURGER SALAD
FRUIT & MILK

2

ORANGE CHICKEN
STEAMED RICE
EGG ROLL
BROCCOLI
MIXED VEGETABLES
FRUIT
MILK

8

CHEESEBURGER
OR
HAMBURGER
TATER TOTS
BURGER SALAD
FRUIT
MILK

9

Holiday

12

BBQ RIB SANDWICH
OR
CORNDOG
SEASONED FRIES
BAKED BEANS
PICKLES
FRUIT & MILK

13

CHICKEN FAJITA TACO
CORNBREAD
FAJITA BLEND VEGTABLES
REFRIED BEANS
BABY CARROTS
FRUIT
MILK

14

MEATBALL SUB
OR
GRILLED CHEESE
SMILE FRIES
BROCCOLI
CORN
FRUIT

15

CHEESEBURGER
HAMBURGER
OR
CHILIE HOT DOG
TATER TOTS
BURGER SALAD
FRUIT & MILK

16

STEAK FINGERS
MASHED POTATOES/ GRAVY
GREEN BEANS
CARROT SLICES
DINNER ROLL
FRUIT
MILK

19

CHICKEN SPAGHETTI
GARLIC BREAD STICK
CORN
PEAS
FRUIT
MILK

20

BEEF NACHOS
CORNBREAD
PINTO BEANS
LETTUCE & TOMATO
FRUIT
MILK

21

CHEESE STICKS
W/ MARINARA
OR
CRISPITOS
SMILE FRIES
BROCCOLI
FRUIT
MILK

22

CHEESEBURGER
OR
HAMBURGER
TATER TOTS
BURGER SALAD
FRUIT
MILK

23

SALISBURY STEAK
MASHED POTATOES/ GRAVY
GREEN BEANS
CARROT SLICES
DINNER ROLL
FRUIT
MILK

26

CHICKEN BURGER
SEASONED FRIES
BURGER SALAD
BAKED BEANS
FRUIT
MILK

27

FRITO PIE
GARLIC BREAD STICK
PINTO BEANS
CORN
BROCCOLI
FRUIT
MILK

28

CHEESEBURGER
OR
HAMBURGER
SMILE FRIES
BURGER SALAD
FRUIT
MILK

29

NO
SCHOOL

30

AVAILABLE DAILY: PIZZA, CHEF SALAD, UNCRUSTABLE W /CHEESE STICK
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% MILK (DAILY)



PAY FOR MEALS ONLINE
[MySchoolBucks.com](https://www.MyschoolBucks.com)