



# BREAKFAST

## OCTOBER 2023 INGRAM ELEMENTARY SCHOOL

\*MENUS ARE SUBJECT TO CHANGE

Monday

Tuesday

Wednesday

Thursday

Friday

WG CEREAL  
WG MUFFIN  
APPLESAUCE CUP  
APPLE JUICE  
MILK

BREAKFAST KIT  
CRAISINS  
MILK

CINNAMON ROLL  
MANDARIN ORANGES  
ORANGE JUICE  
MILK

OATMEAL  
CINNAMON TOAST  
WARM APPLES  
APPLE JUICE  
MILK

WG CEREAL  
TOAST & JELLY  
CHILLED FRUIT  
ORANGE JUICE  
MILK

**Holiday**

BREAKFAST KIT  
CRAISINS  
MILK

MINI PANCAKES  
MANDARIN ORANGES  
ORANGE JUICE  
MILK

BISCUIT & SAUSAGE  
CHILLED FRUIT  
APPLE JUICE  
MILK

WG CEREAL  
TOAST & JELLY  
CHILLED FRUIT  
ORANGE JUICE  
MILK

WG CEREAL  
WG MUFFIN  
APPLESAUCE CUP  
APPLE JUICE  
MILK

BREAKFAST KIT  
CRAISINS  
MILK

PANCAKE ON A STICK  
MANDARIN ORANGES  
ORANGE JUICE  
MILK

PIG IN A BLANKET  
CHILLED FRUIT  
APPLE JUICE  
MILK

SCRAMBLED EGGS  
TOAST & JELLY  
CHILLED FRUIT  
ORANGE JUICE  
MILK

WG CEREAL  
WG MUFFIN  
APPLESAUCE CUP  
APPLE JUICE  
MILK

BREAKFAST KIT  
CRAISINS  
MILK

DONUTS  
MANDARIN ORANGES  
ORANGE JUICE  
MILK

OATMEAL  
CINNAMON TOAST  
WARM APPLES  
APPLE JUICE  
MILK

WG CEREAL  
TOAST & JELLY  
CHILLED FRUIT  
ORANGE JUICE  
MILK

WG CEREAL  
WG MUFFIN  
APPLESAUCE CUP  
APPLE JUICE  
MILK

BREAKFAST KIT  
CRAISINS  
MILK

AVAILABLE DAILY: 1% WHITE MILK AND FAT FREE CHOCOLATE  
THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER

MY  
SCHOOL  
BUCKS

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