

MAY 2026

INGRAM TOM MOORE HIGH SCHOOL & MIDDLE SCHOOL

Breakfast Served 7:15am to 7:45am
 Second Breakfast Served
 8:30am to 8:45am



Monday

Tuesday

Wednesday

Thursday

Friday

WG French Toast Sticks **4**
 Or
 WG Cereal
 Fruit
 100% Fruit Juice
 Milk

Oatmeal **5**
 Or WG Cereal
 WG Cinnamon Toast
 Fruit
 100% Fruit Juice
 Milk

WG Biscuit & Sausage **6**
 Or
 WG Cereal
 Fruit
 100% Fruit Juice
 Milk

Eggs, Hashbrown, Toast/jelly **7**
 Or
 WG Cereal
 Fruit
 100% Fruit Juice
 Milk

Yogurt Cup w/Grahams **1**
 Or
 WG Cereal
 Fruit
 100% Fruit Juice
 Milk

COOK'S CHOICE **8**

WG Pancakes **11**
 Or
 WG Cereal
 Fruit
 100% Fruit Juice
 Milk

WG Muffin **12**
 Or
 WG Cereal
 Fruit
 100% Fruit Juice
 Milk

WG Biscuit & Sausage **13**
 Or
 WG Cereal
 Fruit
 100% Fruit Juice
 Milk

COOK'S CHOICE **14**

COOK'S CHOICE **15**

COOK'S CHOICE **18**

EARLY RELEASE DAY **19**

 COOK'S CHOICE

EARLY RELEASE DAT **20**

 COOK'S CHOICE

EARLY RELEASE DAY **21**

 COOK'S CHOICE

22

25

26

27

28

29

Remember To Start Each Day With A Healthy Breakfast
 Fat Free Chocolate Milk, 1% White Milk, 100% Fruit Juice and Asst Fruits Are Offered Daily
 Assorted Cereal Bowl Paks Offered Daily and All Bread Items Are Whole Grain
 *ALL MENUS ARE SUBJECT TO CHANGE
 **THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER

