

# OCTOBER 2025

## INGRAM TOM MOORE HIGH SCHOOL

BREAKFAST IN CLASSROOM  
7:50am to 8:44am

**Monday**
**Tuesday**
**Wednesday**
**Thursday**
**Friday**

WG Cereal Bar  
w/Grahams  
Apple  
100% Orange Juice  
Milk

**6**

WG Cereal Kit  
w/Juice & Grahams  
Craisins  
Milk

**7**

WG Muffin  
Fruit  
100% Apple Juice  
Milk

**1**

WG Mini Pancakes  
Fruit  
100% Fruit Juice  
Milk

**2**

WG Donuts  
Fruit  
100% Juice  
Milk

**3**

SCHOOL  
HOLIDAY

**13**

WG Cereal Kit  
w/Juice & Grahams  
Craisins  
Milk

**14**

WG Muffin  
Fruit  
100% Apple Juice  
Milk

**15**

WG French Toast Sticks  
Fruit  
100% Fruit Juice  
Milk

**16**

WG Donuts  
Fruit  
100% Juice  
Milk

**17**

WG Cereal Bar  
w/Grahams  
Apple  
100% Orange Juice  
Milk

**20**

WG Cereal Kit  
w/Juice & Grahams  
Craisins  
Milk

**21**

WG Cinnamon Rolls  
Fruit  
100% Apple Juice  
Milk

**22**

WG Poptart  
w/Goldfish Crackers  
Fruit  
100% Fruit Juice  
Milk

**23**

WG Banana Bread  
Fruit  
100% Juice  
Milk

**24**

WG Cereal Bar  
w/Grahams  
Apple  
100% Orange Juice  
Milk

**27**

WG Cereal Kit  
w/Juice & Grahams  
Craisins  
Milk

**28**

WG Muffin  
Fruit  
100% Apple Juice  
Milk

**29**

WG Donuts  
Fruit  
100% Fruit Juice  
Milk

**30**

NO  
SCHOOL

**31**


Remember To Start Each Day With A Healthy Breakfast

Fat Free Chocolate Milk, 1% White Milk, 100% Fruit Juice and Asst Fruits Offered Daily

\*All Menus Are Subject To Change

\*\*THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER