

OCTOBER 2024 NGRAM TOM MOORE HIGH & INGRAM MIDDLE SCHOOL

Breakfast Served
7:15am to 7:45am
Second Breakfast Served
8:20am to 8:45am

Monday	Tuesday	Wednesday	Thursday	Friday
	WG Muffin WG Cereal Chilled Fruit 100% Fruit Juice Milk	WG Biscuit & Sausage w/Gravy ² Or WG Cereal Fruit 100% Fruit Juice Milk	Breakfast Taco Or WG Cereal Fruit 100% Fruit Juice Milk	Yogurt Cup w/Grahams or WG Cereal Chilled Fruit 100% Fruit Juice Milk
WG Pancake on Stick/syrup Or WG Cereal Fruit 100% Fruit Juice Milk	WG Breakfast Pizza Or WG Cereal Chilled Fruit 100% Fruit Juice Milk	WG Biscuit & Sausage w/Gravy? Or WG Cereal Fruit 100% Fruit Juice Milk	WG Breakfast Burrito Or WG Cereal Fruit 100% Fruit Juice Milk	WG Poptart & Goldfish or WG Cereal Chilled Fruit 100% Fruit Juice Milk
SCHOOL HOLIDAY	WG Donut & Sausage Patty Or WG Cereal Chilled Fruit 100% Fruit Juice Milk	WG Biscuit & Sausage w/Gravy 6 Or WG Cereal Fruit 100% Fruit Juice Milk	Eggs, Hashbrown, Toast/jelly 17 Or WG Cereal Fruit 100% Fruit Juice Milk	WG Cinnamon Roll Or WG Cereal Chilled Fruit 100% Fruit Juice Milk
WG French Toast Sticks/syrup21 Or WG Cereal Fruit 100% Fruit Juice Milk	WG Muffin WG Cereal Chilled Fruit 100% Fruit Juice Milk	WG Biscuit & Sausage w/Gravy3 Or WG Cereal Fruit 100% Fruit Juice Milk	Breakfast Taco Or WG Cereal Fruit 100% Fruit Juice Milk	WG Cereal Kit w/Juice & Grahams Chilled Fruit Milk
WG Pancake & Sausage/syru <mark>p28</mark> Or WG Cereal Fruit 100% Fruit Juice Milk	WG Pig in Blanket Or WG Cereal Chilled Fruit 100% Fruit Juice Milk	WG Biscuit & Sausage w/Gravy Or WG Cereal Fruit 100% Fruit Juice Milk	WG Breakfast Burrito 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 and Assorted Fruits Are Offered Daily



^{*}ALL MENUS ARE SUBJECT TO CHANGE

^{**}THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER