



Inwood Academy for Leadership: MS  
Breakfast - October 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			Oct 1, 2025	Oct 2, 2025	Oct 3, 2025	Oct 4, 2025
			<ul style="list-style-type: none"><li>• WGR Corn Loaf</li><li>• WGR Cereal</li><li>• Bananas (2)</li><li>• 1% Low Fat Milk</li><li>• Skim Milk</li></ul>	<ul style="list-style-type: none"><li>• Whole Wheat Pancake (2)</li><li>• Maple Syrup</li><li>• Turkey Bacon</li><li>• Fresh Apple</li><li>• 1% Low Fat Milk</li><li>• Milk 1% low-fat</li></ul>	<ul style="list-style-type: none"><li>• Whole Wheat Bagel</li><li>• Cream Cheese</li><li>• WGR Cereal</li><li>• Bananas (2)</li><li>• 1% Low Fat Milk</li><li>• Milk 1% low-fat</li></ul>	Closed
Oct 5, 2025	Oct 6, 2025	Oct 7, 2025	Oct 8, 2025	Oct 9, 2025	Oct 10, 2025	Oct 11, 2025
Closed	<ul style="list-style-type: none"><li>• Assorted WGR Cereals (2)</li><li>• Raisin Bread</li><li>• Cream Cheese</li><li>• 1% Low Fat Milk</li><li>• Skim Milk</li></ul>	<ul style="list-style-type: none"><li>• Whole Wheat French Toast (2)</li><li>• Maple Syrup</li><li>• Turkey Sausage Links (2)</li><li>• Pears (2)</li><li>• Milk 1% low-fat</li><li>• Skim Milk</li></ul>	<ul style="list-style-type: none"><li>• WGR Blueberry Mini Loaf</li><li>• Assorted Yogurt</li><li>• Oranges (2)</li><li>• Milk 1% low-fat</li><li>• Skim Milk</li></ul>	<ul style="list-style-type: none"><li>• Whole Wheat Pancake (2)</li><li>• Maple Syrup</li><li>• Turkey Bacon</li><li>• Fresh Apple</li><li>• 1% Low Fat Milk</li><li>• Skim Milk</li></ul>	Closed	Closed
Oct 12, 2025	Oct 13, 2025	Oct 14, 2025	Oct 15, 2025	Oct 16, 2025	Oct 17, 2025	Oct 18, 2025
Closed	Closed	<ul style="list-style-type: none"><li>• WGR Banana Loaf</li><li>• Assorted Yogurt</li><li>• Oranges (2)</li><li>• Milk 1% low-fat</li><li>• Skim Milk</li></ul>	<ul style="list-style-type: none"><li>• Whole Wheat Pancake (2)</li><li>• Maple Syrup</li><li>• Turkey Bacon</li><li>• Apple</li><li>• Milk 1% low-fat</li><li>• Skim Milk</li></ul>	<ul style="list-style-type: none"><li>• Whole Wheat Waffle (2)</li><li>• Maple Syrup</li><li>• Turkey Sausage Link</li><li>• Fruit cup</li><li>• Pears (2)</li><li>• Milk 1% low-fat</li><li>• Skim Milk</li></ul>	<ul style="list-style-type: none"><li>• WGR Corn Loaf</li><li>• WGR Cereal</li><li>• Bananas (2)</li><li>• 1% Low Fat Milk</li><li>• Skim Milk</li></ul>	Closed
Oct 19, 2025	Oct 20, 2025	Oct 21, 2025	Oct 22, 2025	Oct 23, 2025	Oct 24, 2025	Oct 25, 2025
Closed	<ul style="list-style-type: none"><li>• WGR Chocolate Chip Mini Loaf</li><li>• Fat Free Yogurt</li><li>• Oranges (2)</li><li>• 1% Low Fat Milk</li><li>• Skim Milk</li></ul>	<ul style="list-style-type: none"><li>• Whole Wheat Pancake (2)</li><li>• Maple Syrup</li><li>• Turkey Bacon</li><li>• Fresh Apple</li><li>• Milk 1% low-fat</li><li>• Skim Milk</li></ul>	<ul style="list-style-type: none"><li>• WGR Banana Loaf</li><li>• WGR Cereal</li><li>• Oranges (2)</li><li>• Skim Milk</li><li>• 1% Low Fat Milk</li></ul>	<ul style="list-style-type: none"><li>• Whole Wheat Waffle (2)</li><li>• Maple Syrup</li><li>• Turkey Sausage Patty</li><li>• Fruit cup</li><li>• Pears (2)</li><li>• Milk 1% low-fat</li><li>• Skim Milk</li></ul>	<ul style="list-style-type: none"><li>• WGR Chocolate Chip Mini Loaf</li><li>• WGR Cereal</li><li>• Bananas (2)</li><li>• 1% Low Fat Milk</li><li>• Skim Milk</li></ul>	Closed
Oct 26, 2025	Oct 27, 2025	Oct 28, 2025	Oct 29, 2025	Oct 30, 2025	Oct 31, 2025	
Closed	<ul style="list-style-type: none"><li>• WGR Cereal</li><li>• Raisin Bread</li><li>• Cream Cheese</li><li>• Oranges (2)</li><li>• LF Cottage Cheese</li><li>• Skim Milk</li></ul>	<ul style="list-style-type: none"><li>• Egg Patty</li><li>• Whole Wheat English Muffin</li><li>• American Cheese Slice</li><li>• Seasonal Fruit</li><li>• Milk 1% low-fat</li><li>• Skim Milk</li></ul>	<ul style="list-style-type: none"><li>• WGR Corn Loaf</li><li>• WGR Cereal</li><li>• Bananas (2)</li><li>• 1% Low Fat Milk</li><li>• Skim Milk</li></ul>	<ul style="list-style-type: none"><li>• Whole Wheat Pancake (2)</li><li>• Maple Syrup</li><li>• Turkey Bacon</li><li>• Fresh Apple</li><li>• 1% Low Fat Milk</li><li>• Milk 1% low-fat</li></ul>	Closed	

This institution is an equal opportunity provider.



Inwood Academy for Leadership: MS  
Lunch - October 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			Oct 1, 2025	Oct 2, 2025	Oct 3, 2025	Oct 4, 2025
			<ul style="list-style-type: none"><li>• Ham</li><li>• American Cheese Slice</li><li>• Whole Grain Hero</li><li>• Baby Carrots</li><li>• 100% Natural Orange Juice</li><li>• Apple</li><li>• Milk 1% low-fat</li><li>• Skim Milk</li></ul>	<ul style="list-style-type: none"><li>• Oven Fried Chicken</li><li>• Steak Fries</li><li>• Corn</li><li>• Tossed Salad</li><li>• Salad Dressing, Assorted</li><li>• Fresh Plum (2)</li><li>• WGR Corn Loaf</li><li>• Milk 1% low-fat</li><li>• Skim Milk</li></ul>	<ul style="list-style-type: none"><li>• Jamaican Beef Patty</li><li>• Brown Rice and Beans</li><li>• Corn Fiesta</li><li>• Tossed Salad</li><li>• Italian Dressing</li><li>• Banana</li><li>• Milk 1% low-fat</li><li>• Skim Milk</li></ul>	Closed
Oct 5, 2025	Oct 6, 2025	Oct 7, 2025	Oct 8, 2025	Oct 9, 2025	Oct 10, 2025	Oct 11, 2025
Closed	<ul style="list-style-type: none"><li>• Whole Grain Chicken Fingers (3)</li><li>• Sweet Potato Fries</li><li>• Tossed Salad</li><li>• Salad Dressing, Assorted</li><li>• Pear</li><li>• Skim Milk</li><li>• 1% Low Fat Milk</li><li>• Wgr Mini Loaf, Asstd</li></ul>	<ul style="list-style-type: none"><li>• WGR Mac &amp; Cheddar Cheese</li><li>• Green Beans</li><li>• Tossed Salad</li><li>• Salad Dressing, Assorted</li><li>• Whole Grain Bread</li><li>• Clementine (2)</li><li>• 1% Low Fat Milk</li><li>• Milk 1% low-fat</li></ul>	<ul style="list-style-type: none"><li>• Beef Salami</li><li>• American Cheese Slice</li><li>• Whole Grain Hero</li><li>• Baby Carrots</li><li>• 100% Natural Apple Juice</li><li>• Fresh Plum (2)</li><li>• Milk 1% low-fat</li><li>• Skim Milk</li></ul>	<ul style="list-style-type: none"><li>• Pernil</li><li>• Rice with pigeon peas</li><li>• Sweet Plantain</li><li>• Whole Grain Dinner Roll</li><li>• Tossed Salad</li><li>• Salad Dressing, Assorted</li><li>• Apple</li><li>• Milk 1% low-fat</li><li>• Skim Milk</li></ul>	Closed	Closed
Oct 12, 2025	Oct 13, 2025	Oct 14, 2025	Oct 15, 2025	Oct 16, 2025	Oct 17, 2025	Oct 18, 2025
Closed	Closed	<ul style="list-style-type: none"><li>• Whole Grain Mozzarella Cheese Pizza</li><li>• Mixed Vegetables</li><li>• Tossed Salad</li><li>• Salad Dressing, Assorted</li><li>• Pear</li><li>• Milk 1% low-fat</li><li>• 1% Low Fat Milk</li></ul>	<ul style="list-style-type: none"><li>• Ham</li><li>• American Cheese Slice</li><li>• Whole Grain Hero</li><li>• Baby Carrots</li><li>• 100% Natural Orange Juice</li><li>• WGR Sun Chip</li><li>• Milk 1% low-fat</li><li>• Skim Milk</li></ul>	<ul style="list-style-type: none"><li>• Jamaican Beef Patty</li><li>• Brown Rice and Beans</li><li>• Corn</li><li>• Tossed Salad</li><li>• Salad Dressing, Assorted</li><li>• Orange</li><li>• Skim Milk</li><li>• 1% Low Fat Milk</li></ul>	<ul style="list-style-type: none"><li>• Beef Soft Shell Taco (2)</li><li>• Shredded Cheese</li><li>• Bean Salad</li><li>• Tossed Salad</li><li>• Salad Dressing, Assorted</li><li>• Fresh Plum</li><li>• Skim Milk</li><li>• 1% Low Fat Milk</li></ul>	Closed
Oct 19, 2025	Oct 20, 2025	Oct 21, 2025	Oct 22, 2025	Oct 23, 2025	Oct 24, 2025	Oct 25, 2025
Closed	<ul style="list-style-type: none"><li>• Whole Grain Chicken Tenders (3)</li><li>• Tater Tots</li><li>• Oriental Vegetable Blend</li><li>• Tossed Salad</li><li>• Salad Dressing, Assorted</li><li>• WGR Corn Loaf</li><li>• Seasonal Fruit</li><li>• 1% Low Fat Milk</li><li>• Skim Milk</li></ul>	<ul style="list-style-type: none"><li>• Pernil</li><li>• Rice with pigeon peas</li><li>• Sweet Plantain</li><li>• Tossed Salad</li><li>• Italian Dressing</li><li>• Whole Grain Dinner Roll</li><li>• Clementine</li><li>• Milk 1% low-fat</li><li>• Skim Milk</li></ul>	<ul style="list-style-type: none"><li>• Beef Salami</li><li>• American Cheese Slice</li><li>• Whole Grain Hero</li><li>• Baby Carrots</li><li>• 100% Natural Apple Juice</li><li>• Seasonal Fruit</li><li>• Milk 1% low-fat</li><li>• Skim Milk</li></ul>	<ul style="list-style-type: none"><li>• WGR Macaroni and Cheddar Cheese</li><li>• Green Beans</li><li>• Whole Grain Bread</li><li>• Tossed Salad</li><li>• Salad Dressing, Assorted</li><li>• Apple</li><li>• Milk 1% low-fat</li><li>• Skim Milk</li></ul>	<ul style="list-style-type: none"><li>• BBQ Chicken Wings</li><li>• Brown Rice</li><li>• Oriental Vegetable Blend</li><li>• Tossed Salad</li><li>• Salad Dressing, Assorted</li><li>• Banana</li><li>• 1% Low Fat Milk</li><li>• Milk 1% low-fat</li></ul>	Closed
Oct 26, 2025	Oct 27, 2025	Oct 28, 2025	Oct 29, 2025	Oct 30, 2025	Oct 31, 2025	
Closed	<ul style="list-style-type: none"><li>• Whole Grain Chicken Nuggets (5)</li><li>• Tater Tots</li><li>• Oriental Vegetable Blend</li><li>• Tossed Salad</li><li>• Salad Dressing, Assorted</li><li>• WGR Corn Loaf</li><li>• Seasonal Fruit</li><li>• 1% Low Fat Milk</li><li>• Skim Milk</li></ul>	<ul style="list-style-type: none"><li>• Beef Burger Patty</li><li>• WGR Hamburger Bun</li><li>• American Cheese Slice</li><li>• Steak Fries</li><li>• Mixed Vegetables</li><li>• Orange</li><li>• 1% Low Fat Milk</li><li>• Skim Milk</li></ul>	<ul style="list-style-type: none"><li>• Ham</li><li>• American Cheese Slice</li><li>• Whole Grain Hero</li><li>• Baby Carrots</li><li>• 100% Natural Orange Juice</li><li>• Apple</li><li>• Milk 1% low-fat</li><li>• Skim Milk</li></ul>	<ul style="list-style-type: none"><li>• Jamaican Beef Patty</li><li>• Brown Rice and Beans</li><li>• Corn Fiesta</li><li>• Tossed Salad</li><li>• Salad Dressing, Assorted</li><li>• Fresh Plum (2)</li><li>• Milk 1% low-fat</li><li>• Skim Milk</li></ul>	Closed	