



Inwood Academy for Leadership: HS
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">• WGR Corn Loaf• WGR Cereal• Bananas (2)• 1% Low Fat Milk• Skim Milk	<ul style="list-style-type: none">• Whole Wheat Bagel• Cream Cheese• WGR Cereal• Bananas (2)• 1% Low Fat Milk• Milk 1% low-fat	<ul style="list-style-type: none">• Whole Wheat Pancake (2)• Maple Syrup• Turkey Bacon (2)• Apple• 1% Low Fat Milk• Milk 1% low-fat	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">• Assorted WGR Cereals (2)• WGR Apple Cinnamon Loaf• Fruit cup• 1% Low Fat Milk• Skim Milk	<ul style="list-style-type: none">• Whole Wheat French Toast (2)• Maple Syrup• Turkey Bacon• Pears (2)• Milk 1% low-fat• Skim Milk	<ul style="list-style-type: none">• WGR Cereal• WGR Chocolate Chip Mini Loaf• Assorted Yogurt• Fresh Plum• Milk 1% low-fat• Skim Milk	<ul style="list-style-type: none">• Whole Wheat Waffle (2)• Maple Syrup• Turkey Bacon• Fresh Apple• 1% Low Fat Milk• Skim Milk	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">• WGR Banana Loaf• WGR Cereal• Assorted Yogurt• Oranges (2)• Milk 1% low-fat• Skim Milk	<ul style="list-style-type: none">• Whole Wheat Pancake (2)• Maple Syrup• Turkey Bacon• Apple• Milk 1% low-fat• Skim Milk	<ul style="list-style-type: none">• WGR Corn Loaf• WGR Cereal• Bananas (2)• Milk 1% low-fat• Skim Milk	<ul style="list-style-type: none">• Egg Patty• WGR English Muffin• American Cheese Slice• Banana• Milk 1% low-fat• Skim Milk	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">• Assorted WGR Cereals (2)• Wgr Mini Loaf, Asstd• Seasonal Fruit• 1% Low Fat Milk• Skim Milk	<ul style="list-style-type: none">• Whole Wheat Pancake (2)• Maple Syrup• Turkey Bacon• Apple• Milk 1% low-fat• Skim Milk	<ul style="list-style-type: none">• WGR Banana Loaf• WGR Cereal• Oranges (2)• Skim Milk• 1% Low Fat Milk	<ul style="list-style-type: none">• Whole Grain French Toast (2)• Maple Syrup• Turkey Sausage Links (2)• Pears (2)• 1% Low Fat Milk• Skim Milk	<ul style="list-style-type: none">• WGR Chocolate Chip Mini Loaf• WGR Cereal• Bananas (2)• 1% Low Fat Milk• Skim Milk	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">• WGR Cereal• Raisin Bread• Cream Cheese• Oranges (2)• Milk 1% low-fat• Skim Milk	<ul style="list-style-type: none">• Whole Grain Waffle (2)• Maple Syrup• Turkey Sausage Links (2)• Pears (2)• 1% Low Fat Milk• Milk 1% low-fat	<ul style="list-style-type: none">• WGR Corn Loaf• WGR Cereal• Bananas (2)• 1% Low Fat Milk• Skim Milk	<ul style="list-style-type: none">• Egg Patty• WGR English Muffin• American Cheese Slice• Bananas (2)• 1% Low Fat Milk• Milk 1% low-fat	Closed	

This institution is an equal opportunity provider.



Inwood Academy for Leadership: HS
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">• Ham• American Cheese Slice• Whole Grain Hero• Baby Carrots• 100% Natural Orange Juice• Apple• Milk 1% low-fat• Skim Milk	<ul style="list-style-type: none">• Whole Grain Chicken Fingers (3)• Steak Fries• Corn Fiesta• WGR Corn Loaf• Tossed Salad• Salad Dressing, Assorted• Pear• Milk 1% low-fat• Skim Milk	<ul style="list-style-type: none">• Jamaican Beef Patty• Brown Rice and Beans• Corn• Tossed Salad• Salad Dressing, Assorted• Banana• Milk 1% low-fat• Skim Milk	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">• Whole Grain Chicken Fingers (3)• Sweet Potato Fries• Tossed Salad• Salad Dressing, Assorted• WGR Corn Loaf• Pear• Milk 1% low-fat• Skim Milk	<ul style="list-style-type: none">• BBQ Chicken Wings• Brown Rice• Corn Fiesta• WGR Corn Loaf• Pear• 1% Low Fat Milk• Milk 1% low-fat	<ul style="list-style-type: none">• Beef Salami• American Cheese Slice• Whole Grain Hero• Baby Carrots• 100% Natural Apple Juice• Fresh Plum (2)• Milk 1% low-fat• Skim Milk	<ul style="list-style-type: none">• Pernil• Rice with pigeon peas• Sweet Plantain• Tossed Salad• Italian Dressing• Whole Grain Dinner Roll• Banana• Milk 1% low-fat• Skim Milk	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">• Whole Grain Chicken Fingers (3)• Steak Fries• Corn Fiesta• WGR Corn Loaf• Tossed Salad• Salad Dressing, Assorted• Pear• Milk 1% low-fat• Skim Milk	<ul style="list-style-type: none">• Ham• American Cheese Slice• Whole Grain Hero• Baby Carrots• 100% Natural Apple Juice• Pear• 1% Low Fat Milk• Skim Milk	<ul style="list-style-type: none">• Jamaican Beef Patty• Brown Rice and Beans• Corn Fiesta• Tossed Salad• Salad Dressing, Assorted• Banana• Skim Milk• 1% Low Fat Milk	<ul style="list-style-type: none">• WGR Macaroni and Cheddar Cheese• Broccoli• Whole Grain Bread• Tossed Salad• Salad Dressing, Assorted• Fresh Plum• Milk 1% low-fat• Skim Milk	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">• Whole Grain Chicken Tenders (3)• Tater Tots• Mixed Vegetables• Tossed Salad• Salad Dressing, Assorted• WGR Corn Loaf• Seasonal Fruit• Milk 1% low-fat• Skim Milk	<ul style="list-style-type: none">• Pernil• Rice with pigeon peas• Sweet Plantain• Tossed Salad• Italian Dressing• Whole Grain Dinner Roll• Banana• Milk 1% low-fat• Skim Milk	<ul style="list-style-type: none">• Beef Salami• American Cheese Slice• Whole Grain Hero• Baby Carrots• 100% Natural Apple Juice• Fresh Plum (2)• Milk 1% low-fat• Skim Milk	<ul style="list-style-type: none">• Oven Fried Chicken• Steak Fries• Mixed Vegetables• WGR Corn Loaf• Ketchup• Pear• Milk 1% low-fat• Skim Milk	<ul style="list-style-type: none">• BBQ Chicken Wings• Brown Rice• Corn Fiesta• Tossed Salad• Salad Dressing, Assorted• Banana• 1% Low Fat Milk• Milk 1% low-fat	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">• Whole Grain Chicken Fingers (3)• Tater Tots• Mixed Vegetables• Tossed Salad• Salad Dressing, Assorted• WGR Corn Loaf• Seasonal Fruit• 1% Low Fat Milk• Skim Milk	<ul style="list-style-type: none">• Hamburger on a WGR Bun• American Cheese Slice• Oven Baked French Fries• Diced Carrots• Tossed Salad• Salad Dressing, Assorted• Orange• Milk 1% low-fat• Skim Milk	<ul style="list-style-type: none">• Ham• American Cheese Slice• Whole Grain Hero• Baby Carrots• 100% Natural Orange Juice• Apple• Milk 1% low-fat• Skim Milk	<ul style="list-style-type: none">• Jamaican Beef Patty• Brown Rice and Beans• Corn Fiesta• Tossed Salad• Salad Dressing, Assorted• Pear• Milk 1% low-fat• Skim Milk	Closed	