



Inwood Academy for Leadership: MS  
Breakfast - November 2025

| Sunday       | Monday   | Tuesday   | Wednesday   | Thursday  | Friday  | Saturday     |
|--------------|--|---|---|---|---|--------------|
|              |  |   |   |   |   | Nov 1, 2025  |
|              |  |   |   |   |   | Closed       |
| Nov 2, 2025  | Nov 3, 2025  | Nov 4, 2025   | Nov 5, 2025   | Nov 6, 2025   | Nov 7, 2025   | Nov 8, 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>                              | <ul style="list-style-type: none"><li>Wgr Mini Loaf, Asstd</li><li>WGR Cereal</li><li>Bananas (2)</li><li>1% Low Fat Milk</li><li>Skim Milk</li></ul> | Closed       |
| Nov 9, 2025  | Nov 10, 2025   | Nov 11, 2025  | Nov 12, 2025  | Nov 13, 2025  | Nov 14, 2025  | Nov 15, 2025 |
| Closed       | <ul style="list-style-type: none"><li>WGR Chocolate Chip Mini Loaf</li><li>WGR Cereal</li><li>Oranges (2)</li><li>1% Low Fat Milk</li><li>Skim Milk</li></ul>                                | Closed  | <ul style="list-style-type: none"><li>WGR Banana Loaf</li><li>Fat Free 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 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       |
| Nov 16, 2025 | Nov 17, 2025   | Nov 18, 2025  | Nov 19, 2025  | Nov 20, 2025  | Nov 21, 2025  | Nov 22, 2025 |
| Closed       | <ul style="list-style-type: none"><li>WGR Chocolate Chip Mini Loaf</li><li>WGR Cereal</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 Grain French Toast (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> | Closed  | Closed       |
| Nov 23, 2025 | Nov 24, 2025   | Nov 25, 2025  | Nov 26, 2025  | Nov 27, 2025  | Nov 28, 2025  | Nov 29, 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><li>Milk 1% low-fat</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>   | Closed  | Closed  | Closed  | Closed       |
| Nov 30, 2025 |  |   |   |   |   |              |
| Closed       |  |   |   |   |   |              |

This institution is an equal opportunity provider.



Inwood Academy for Leadership: MS  
Lunch - November 2025

| Sunday       | Monday   | Tuesday  | Wednesday   | Thursday  | Friday   | Saturday     |
|--------------|--|--|---|---|--|--------------|
|              |  |  |   |   |  | Nov 1, 2025  |
|              |  |  |   |   |  | Closed       |
| Nov 2, 2025  | Nov 3, 2025  | Nov 4, 2025  | Nov 5, 2025   | Nov 6, 2025   | Nov 7, 2025  | Nov 8, 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> | <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>• Milk 1% low-fat</li><li>• Skim Milk</li></ul>        | Closed       |
| Nov 9, 2025  | Nov 10, 2025   | Nov 11, 2025   | Nov 12, 2025  | Nov 13, 2025  | Nov 14, 2025   | Nov 15, 2025 |
| Closed       | <ul style="list-style-type: none"><li>• Whole Grain Chicken Fingers (3)</li><li>• Steak Fries</li><li>• WGR Corn Loaf</li><li>• Tossed Salad</li><li>• Italian Dressing</li><li>• Pear</li><li>• Milk 1% low-fat</li><li>• Skim Milk</li></ul>   | Closed   | <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       |
| Nov 16, 2025 | Nov 17, 2025   | Nov 18, 2025   | Nov 19, 2025  | Nov 20, 2025  | Nov 21, 2025   | Nov 22, 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>• BBQ Wings</li><li>• Brown Rice</li><li>• Corn Fiesta</li><li>• Tossed Salad</li><li>• Salad Dressing, Assorted</li><li>• Banana</li><li>• Milk 1% low-fat</li><li>• Skim Milk</li></ul>   | Closed   | Closed       |
| Nov 23, 2025 | Nov 24, 2025   | Nov 25, 2025   | Nov 26, 2025  | Nov 27, 2025  | Nov 28, 2025   | Nov 29, 2025 |
| Closed       | <ul style="list-style-type: none"><li>• Whole Grain Chicken Nuggets (5)</li><li>• Potato Wedge</li><li>• Mixed Vegetables</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>• Chicken Breast Filet</li><li>• Gravy</li><li>• Mashed Potatoes</li><li>• String Beans</li><li>• Whole Grain Dinner Roll</li><li>• Tossed Salad</li><li>• Salad Dressing, Assorted</li><li>• Orange</li><li>• Milk 1% low-fat</li><li>• Skim Milk</li></ul> | Closed  | Closed  | Closed   | Closed       |
| Nov 30, 2025 |  |  |   |   |  |              |
| Closed       |  |  |   |   |  |              |