



Inwood Academy for Leadership: HS
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">Assorted WGR Cereals (2)WGR Apple Cinnamon LoafFruit cup1% Low Fat MilkSkim Milk	<ul style="list-style-type: none">Whole Wheat French Toast (2)Maple SyrupTurkey BaconPears (2)Milk 1% low-fatSkim Milk	<ul style="list-style-type: none">WGR CerealWGR Chocolate Chip Mini LoafAssorted YogurtFresh PlumMilk 1% low-fatSkim Milk	<ul style="list-style-type: none">Whole Wheat Waffle (2)Maple SyrupTurkey BaconFresh Apple1% Low Fat MilkSkim Milk	<ul style="list-style-type: none">Whole Wheat BagelCream CheeseWGR CerealBananas (2)Milk 1% low-fatSkim Milk	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">WGR Chocolate Chip Mini LoafWGR CerealOranges (2)1% Low Fat MilkSkim Milk	Closed	<ul style="list-style-type: none">WGR Banana LoafWGR CerealAssorted YogurtOranges (2)Milk 1% low-fatSkim Milk	<ul style="list-style-type: none">WGR Corn LoafWGR CerealBananas (2)Milk 1% low-fatSkim Milk	<ul style="list-style-type: none">Egg PattyWGR English MuffinAmerican Cheese SliceBananaMilk 1% low-fatSkim Milk	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">Assorted WGR Cereals (2)Wgr Mini Loaf, AsstdSeasonal Fruit1% Low Fat MilkSkim Milk	<ul style="list-style-type: none">Whole Wheat Pancake (2)Maple SyrupTurkey BaconAppleMilk 1% low-fatSkim Milk	<ul style="list-style-type: none">WGR Banana LoafWGR CerealOranges (2)Skim Milk1% Low Fat Milk	<ul style="list-style-type: none">Whole Grain French Toast (2)Maple SyrupTurkey Sausage Links (2)Pears (2)1% Low Fat MilkSkim Milk	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">WGR CerealRaisin BreadCream CheeseOranges (2)Milk 1% low-fatSkim Milk	<ul style="list-style-type: none">Whole Grain Waffle (2)Maple SyrupTurkey BaconPears (2)1% Low Fat MilkMilk 1% low-fat	Closed	Closed	Closed	Closed
Nov 30, 2025						
Closed						

This institution is an equal opportunity provider.



Inwood Academy for Leadership: HS
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">• 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	<ul style="list-style-type: none">• Burger W/ WGR Bun:• American Cheese Slice• Oven Baked French Fries• Mixed Vegetables• Tossed Salad• Salad Dressing, Assorted• Banana• Milk 1% low-fat• Skim Milk	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">• Whole Grain Chicken Fingers (3)• Steak Fries• WGR Corn Loaf• Tossed Salad• Italian Dressing• Pear• Milk 1% low-fat• Skim Milk	Closed	<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
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">• 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">• BBQ Wings• Brown Rice• Corn Fiesta• Tossed Salad• Salad Dressing, Assorted• Banana• Milk 1% low-fat• Skim Milk	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">• Whole Grain Chicken Fingers (3)• Potato Wedge• Mixed Vegetables• Tossed Salad• Salad Dressing, Assorted• WGR Corn Loaf• Seasonal Fruit• 1% Low Fat Milk• Skim Milk	<ul style="list-style-type: none">• Chicken Breast Filet• Gravy• Mashed Potatoes• String Beans• Whole Grain Dinner Roll• Tossed Salad• Salad Dressing, Assorted• Orange• Milk 1% low-fat• Skim Milk	Closed	Closed	Closed	Closed
Nov 30, 2025						
Closed						