



Inwood Academy for Leadership: MS

Breakfast - September 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Aug 30, 2026	Aug 31, 2026	Sep 1, 2026	Sep 2, 2026	Sep 3, 2026	Sep 4, 2026	Sep 5, 2026
		• Whole Wheat Pancake (2) • Maple Syrup • Turkey Bacon • Apple • Low Fat 1% Milk • Skim Milk	• Whole Wheat French Toast (2) • Maple Syrup • Turkey Sausage Link • Clementine • Low Fat 1% Milk • Skim Milk	• WW Waffle Echo Lake • Maple Syrup • Turkey Bacon (2) • Fresh Plum • Low Fat 1% Milk • Skim Milk	• Whole Wheat Pancake (2) • Maple Syrup • Turkey Bacon • Apple (2) • Low Fat 1% Milk • Skim Milk	Closed
Sep 6, 2026	Sep 7, 2026	Sep 8, 2026	Sep 9, 2026	Sep 10, 2026	Sep 11, 2026	Sep 12, 2026
Closed	Closed	• Wgr Mini Loaf Assortment - 1 oz Grain • Wgr Cereal (1) 1 oz Grain • Ass'd Yogurt - 1oz MMA • Seasonal Fruit • Low Fat 1% Milk • Skim Milk	• Whole Wheat Pancake (2) • Maple Syrup • Turkey Bacon (2) • Pear • Low Fat 1% Milk • Skim Milk	• Whole Wheat Waffle (2) • Maple Syrup • Fruit cup • Turkey Bacon (2) • Low Fat 1% Milk • Skim Milk	• Wgr Mini Loaf Assortment - 1 oz Grain • Wgr Cereal (1) 1 oz Grain • Fresh Plum • Low Fat 1% Milk • Skim Milk	Closed
Sep 13, 2026	Sep 14, 2026	Sep 15, 2026	Sep 16, 2026	Sep 17, 2026	Sep 18, 2026	Sep 19, 2026
Closed	• Wgr Mini Loaf Assortment - 1 oz Grain • Wgr Cereal (1) 1 oz Grain • Strawberry Applesauce • Apple • Low Fat 1% Milk • Skim Milk	• Whole Wheat French Toast (2) • Maple Syrup • Turkey Sausage Link • Apple (2) • Low Fat 1% Milk • Skim Milk	• Wgr Cereal (1) 1 oz Grain • Whole Grain LS Corn Mini Loaf • 1 Grain • Apple (2) • Low Fat 1% Milk • Skim Milk	• Wgr Pancake 1oz Grain • Maple Syrup • Turkey Bacon (2) • Pear • Low Fat 1% Milk • Skim Milk	• Raisin Bread • WGR Cereal (2) • Applesauce • Cream Cheese • Low Fat 1% Milk • Skim Milk	Closed
Sep 20, 2026	Sep 21, 2026	Sep 22, 2026	Sep 23, 2026	Sep 24, 2026	Sep 25, 2026	Sep 26, 2026
Closed	• Wgr Mini Loaf Assortment - 1 oz Grain • Wgr Cereal (1) 1 oz Grain • Fruit cup • Apple (2) • Low Fat 1% Milk • Skim Milk	• Wgr Pancake 1oz Grain • Maple Syrup • Turkey Bacon (2) • Pear • Low Fat 1% Milk • Skim Milk	• WGR Chocolate Chip Mini Loaf • Wgr Cereal (1) 1 oz Grain • Ass'd Yogurt - 1oz MMA • Seasonal Fruit • Low Fat 1% Milk • Skim Milk	• Egg Patty • WGR English Muffin • American Cheese Slice • Banana • Low Fat 1% Milk • Skim Milk	• WGR LS Corn Loaf • Wgr Cereal (1) 1 oz Grain • Strawberry Applesauce • Seasonal Fruit • Low Fat 1% Milk • Skim Milk	Closed
Sep 27, 2026	Sep 28, 2026	Sep 29, 2026	Sep 30, 2026	Oct 1, 2026	Oct 2, 2026	Oct 3, 2026
Closed	• Wgr Mini Loaf Assortment - 1 oz Grain • Wgr Cereal (1) 1 oz Grain • Apple (2) • Low Fat 1% Milk • Skim Milk	• Whole Wheat Pancake (2) • Maple Syrup • Turkey Bacon • Apple • Low Fat 1% Milk • Skim Milk	• Wgr Mini Loaf Assortment - 1 oz Grain • Wgr Cereal (1) 1 oz Grain • Seasonal Fruit • Low Fat 1% Milk • Skim Milk			



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Lunch - September 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
Aug 30, 2026	Aug 31, 2026	Sep 1, 2026	Sep 2, 2026	Sep 3, 2026	Sep 4, 2026	Sep 5, 2026	
Closed		• Whole Grain Chicken Tenders (3) • Tater Tots • Mixed Vegetables • Tossed Salad • Salad Dressing, Assorted • Whole Grain LS Corn Mini Loaf 1 Grain • Seasonal Fruit	• Whole Grain Chicken Tenders (3) • Oven Baked French Fries • Mixed Vegetables • Tossed Salad • Salad Dressing, Assorted • Whole Grain LS Corn Mini Loaf 1 Grain • Seasonal Fruit	• Whole Grain Chicken Tenders (3) • Steak Fries • Mixed Vegetables • Tossed Salad • Salad Dressing, Assorted • Whole Grain LS Corn Mini Loaf 1 Grain • Seasonal Fruit	• Jamaican Beef Patty • Brown Rice and Beans • Corn Fiesta • Tossed Salad • Salad Dressing, Assorted • Bananas (2) • Skim Milk • Low Fat 1% Milk	Closed	
	Sep 6, 2026	Sep 7, 2026	Sep 8, 2026	Sep 9, 2026	Sep 10, 2026	Sep 11, 2026	Sep 12, 2026
	Closed	Closed	• Whole Grain Chicken Fingers (3) • Steak Fries • WGR LS Corn Loaf • Mixed Vegetables • Tossed Salad • Salad Dressing, Assorted • Pear • Low Fat 1% Milk • Skim Milk	• Ham • American Cheese Slice • Whole Grain Hero • Baby Carrots • 100% Natural Apple Juice • Banana • Low Fat 1% Milk • Skim Milk	• Pernil • Rice with pigeon peas • Sweet Plantain • Tossed Salad • Italian Dressing • Whole Grain Dinner Roll • Banana • Low Fat 1% Milk • Skim Milk	• Beef Burger Patty • Whole Grain Bun • American Cheese Slice • Steak Fries • Mixed Vegetables • Pear • Low Fat 1% Milk • Skim Milk	Closed
Sep 13, 2026	Sep 14, 2026	Sep 15, 2026	Sep 16, 2026	Sep 17, 2026	Sep 18, 2026	Sep 19, 2026	
Closed	• Whole Grain Chicken Fingers (3) • Sweet Potato Fries • Tossed Salad • Salad Dressing, Assorted • Pear • Low Fat 1% Milk • Skim Milk	• Whole Grain Mozzarella Cheese Pizza • Corn Fiesta • Tossed Salad • Salad Dressing, Assorted • Clementine • Low Fat 1% Milk • Skim Milk	• Beef Salami • American Cheese Slice • Whole Grain Hero • Baby Carrots • 100% Natural Apple Juice • Fresh Plum (2) • Low Fat 1% Milk • Skim Milk	• WGR Mac & Cheddar Cheese • Broccoli • Wgr Bread 1oz Grain • Tossed Salad • Italian Dressing • Pear • Low Fat 1% Milk • Skim Milk	• BBQ Wings • Brown Rice and Beans • Corn Fiesta • Tossed Salad • Salad Dressing, Assorted • Fresh Plum (2) • Low Fat 1% Milk • Skim Milk	Closed	
Sep 20, 2026	Sep 21, 2026	Sep 22, 2026	Sep 23, 2026	Sep 24, 2026	Sep 25, 2026	Sep 26, 2026	
Closed	• Whole Grain Chicken Fingers (3) • Steak Fries • Whole Grain LS Corn Mini Loaf 1 Grain • Tossed Salad • Italian Dressing • Pear • Low Fat 1% Milk • Skim Milk	• Pernil • Brown Rice and Beans • Sweet Plantain • Tossed Salad • Salad Dressing, Assorted • Pear • Low Fat 1% Milk • Skim Milk	• Ham • American Cheese Slice • Whole Grain Hero • Baby Carrots • 100% Natural Orange Juice • Apple • Low Fat 1% Milk • Skim Milk	• WGR Mac & Cheddar Cheese • String Beans • Wgr Bread 1oz Grain • Tossed Salad • Italian Dressing • Pear • Low Fat 1% Milk • Skim Milk	• Jamaican Beef Patty • Brown Rice and Beans • Corn • Tossed Salad • Salad Dressing, Assorted • Banana • Low Fat 1% Milk • Skim Milk	Closed	
Sep 27, 2026	Sep 28, 2026	Sep 29, 2026	Sep 30, 2026	Oct 1, 2026	Oct 2, 2026	Oct 3, 2026	
Closed	• Ham • American Cheese Slice • Whole Grain Hero • Baby Carrots • 100% Natural Apple Juice • Banana • Low Fat 1% Milk • Skim Milk	• Whole Grain Chicken Nuggets (5) • Tater Tots • Oriental Vegetable Blend • Tossed Salad • Salad Dressing, Assorted • Whole Grain LS Corn Mini Loaf 1 Grain • Seasonal Fruit	• Beef Soft Shell Taco (2) • Shredded Cheese • Bean Salad • Tossed Salad • Salad Dressing, Assorted • Fresh Plum • Skim Milk • Low Fat 1% Milk				