



Inwood Academy for Leadership: HS

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
		No Meal	• Whole Grain LS Corn Mini Loaf 1 Grain • Wgr Cereal (1) 1 oz Grain • Bananas (2) • Low Fat 1% Milk • Skim Milk	• Wgr Cereal (1) 1 oz Grain • Wgr Mini Loaf Assortment - 1 oz Grain • Bananas (2) • Low Fat 1% Milk • Skim Milk	• Wgr Cereal (1) 1 oz Grain • Wgr Mini Loaf Assortment - 1 oz Grain • Bananas (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 Cereal (1) 1 oz Grain • WGR Chocolate Chip Mini Loaf • Ass'd Yogurt - 1oz MMA • Fresh Plum • Low Fat 1% Milk • Skim Milk	• Whole Wheat French Toast (2) • Maple Syrup • Turkey Bacon • Pear • Low Fat 1% Milk • Skim Milk	• Whole Wheat Waffle (2) • Maple Syrup • Turkey Bacon • Fresh Apple • Low Fat 1% Milk • Skim Milk	• Whole Wheat Bagel • Cream Cheese • Wgr Cereal (1) 1 oz Grain • Bananas (2) • 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 Chocolate Chip Mini Loaf • Wgr Cereal (1) 1 oz Grain • Oranges (2) • Low Fat 1% Milk • Skim Milk	• WGR LS Corn Loaf • Wgr Cereal (1) 1 oz Grain • Apple (2) • Low Fat 1% Milk • Skim Milk	• WGR Banana Loaf • Wgr Cereal (1) 1 oz Grain • Ass'd Yogurt - 1oz MMA • Oranges (2) • Low Fat 1% Milk • Skim Milk	• Egg Patty • WGR English Muffin • American Cheese Slice • Banana • Low Fat 1% Milk • Skim Milk	• Whole Grain LS Corn Mini Loaf 1 Grain • Wgr Cereal (1) 1 oz Grain • Bananas (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	• Assorted WGR Cereals (2) • Wgr Mini Loaf Assortment - 1 oz Grain • Seasonal Fruit • Low Fat 1% Milk • Skim Milk	• Whole Wheat Pancake (2) • Maple Syrup • Turkey Bacon • Apple • Low Fat 1% Milk • Skim Milk	• WGR Banana Loaf • WGR Cereal • Oranges (2) • Skim Milk • Low Fat 1% Milk	• WW French Toast Echo Lake - 1.5 Grain • Maple Syrup • Turkey Sausage Links (2) • Pear • Low Fat 1% Milk • Skim Milk	• WGR Chocolate Chip Mini Loaf • Wgr Cereal (1) 1 oz Grain • Bananas (2) • 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 Cereal (1) 1 oz Grain • Raisin Bread • Cream Cheese • Oranges (2) • Low Fat 1% Milk • Skim Milk	• Whole Grain Waffle (2) • Maple Syrup • Turkey Bacon • Pear • Low Fat 1% Milk • Skim Milk	• Whole Grain LS Corn Mini Loaf 1 Grain • Wgr Cereal (1) 1 oz Grain • Bananas (2) • 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
		• Ham • American Cheese Slice • Whole Grain Hero • Potato Chips • 100% Natural Orange Juice • Apple • Low Fat 1% Milk • Skim Milk	• Ham • American Cheese Slice • Whole Grain Hero • Potato Chips • 100% Natural Apple Juice • Apple • Low Fat 1% Milk • Skim Milk	• Beef Salami • American Cheese Slice • Whole Grain Hero • Potato Chips • 100% Natural Apple Juice • Apple • Low Fat 1% Milk • Skim Milk	• Ham • American Cheese Slice • Whole Grain Hero • Potato Chips • 100% Natural Apple Juice • Apple • 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	• Whole Grain Chicken Fingers (3) • Steak Fries • Whole Grain LS Corn Mini Loaf • 1 Grain • Mixed Vegetables • Tossed Salad • Italian Dressing • Banana • Low Fat 1% Milk	• Beef Salami • American Cheese Slice • Whole Grain Hero • Baby Carrots • 100% Natural Apple Juice • Fresh Plum (2) • Low Fat 1% Milk • Skim Milk	• Pernil • Rice with pigeon peas • Sweet Plantain • Tossed Salad • Salad Dressing, Assorted • Whole Grain Dinner Roll • Banana • Low Fat 1% Milk • Skim Milk	• Burger W/ WGR Bun: • American Cheese Slice • Oven Baked French Fries • Mixed Vegetables • Tossed Salad • Salad Dressing, Assorted • Banana • 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) • Steak Fries • Whole Grain LS Corn Mini Loaf • 1 Grain • Tossed Salad • Italian Dressing • Pear • Low Fat 1% Milk • Skim Milk	• BBQ Chicken Wings • Brown Rice and Beans • Corn Fiesta • Tossed Salad • Salad Dressing, Assorted • Banana • Skim Milk • Low Fat 1% Milk	• Ham • American Cheese Slice • Whole Grain Hero • Baby Carrots • 100% Natural Apple Juice • Pear • Low Fat 1% Milk • Skim Milk	• Jamaican Beef Patty • Brown Rice and Beans • Corn Fiesta • Tossed Salad • Salad Dressing, Assorted • Banana • Skim Milk • Low Fat 1% Milk	• WGR Macaroni and Cheddar Cheese • Broccoli • Wgr Bread 1oz Grain • Tossed Salad • Salad Dressing, Assorted • Fresh Plum • 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 Tenders (3) • Tater Tots • Mixed Vegetables • Tossed Salad • Salad Dressing, Assorted • Whole Grain LS Corn Mini Loaf • 1 Grain • Seasonal Fruit	• Pernil • Rice with pigeon peas • Sweet Plantain • Tossed Salad • Italian Dressing • Whole Grain Dinner Roll • Banana • 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	• BBQ Chicken Wings • Rice • Corn Fiesta • Tossed Salad • Salad Dressing, Assorted • Banana • Skim Milk • Low Fat 1% Milk	• WGR Macaroni and Cheddar Cheese • String Beans • Wgr Bread 1oz Grain • Tossed Salad • Salad Dressing, Assorted • Fresh Plum • 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 Orange Juice • Apple • Low Fat 1% Milk • Skim Milk	• Jamaican Beef Patty • Rice with pigeon peas • Corn Fiesta • Tossed Salad • Salad Dressing, Assorted • Banana • Skim Milk • Low Fat 1% Milk	• Whole Grain Chicken Fingers (3) • Potato Wedge • Mixed Vegetables • Tossed Salad • Salad Dressing, Assorted • Whole Grain LS Corn Mini Loaf • 1 Grain • Seasonal Fruit • Low Fat 1% Milk			