



Inwood Academy for Leadership: Elementary

Breakfast - September 2026

Sunday Aug 30, 2026	Monday Aug 31, 2026	Tuesday Sep 1, 2026	Wednesday Sep 2, 2026	Thursday Sep 3, 2026	Friday Sep 4, 2026	Saturday 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 • Assd 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 • 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 • Assd 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 Apple Cinnamon 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 (2) • 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
		• 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	• Whole Grain Mozzarella Cheese Pizza • Corn Fiesta • Fresh Plum (2) • Tossed Salad • Salad Dressing, Assorted • 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) • Oriental Vegetable Blend • Tater Tots • Whole Grain LS Corn Mini Loaf 1 Grain • Clementine • 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	• Pencil • Rice with pigeon peas • Sweet Plantain • Tossed Salad • Salad Dressing, Assorted • Whole Grain Dinner Roll • Seasonal Fruit • Low Fat 1% Milk • Skim Milk	• Beef Burger Patty • Whole Grain Bun • American Cheese Slice • Oven Baked French Fries • Mixed Vegetables • Tossed Salad • Salad Dressing, Assorted • Seasonal Fruit • Low Fat 1% 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 Tenders (3) • Mixed Vegetables • Oven Baked French Fries • Whole Grain LS Corn Mini Loaf 1 Grain • Apple • Low Fat 1% Milk • Skim Milk	• WGR Mac & Cheddar Cheese • String Beans • Wgr Bread 1oz Grain • Tossed Salad • Salad Dressing, Assorted • Fresh Plum • Low Fat 1% Milk • Skim Milk	• Ham • American Cheese Slice • Whole Grain Hero • Baby Carrots • 100% Assorted Fruit Juice • Clementine (2) • Low Fat 1% Milk • Skim Milk	• Whole Grain Mozzarella Cheese Pizza • Corn Fiesta • Tossed Salad • Salad Dressing, Assorted • Seasonal Fruit • Low Fat 1% Milk • Skim Milk	• Glazed Chicken Drumstick • Brown Rice and Beans • Sweet Plantain • Diced Carrots • Seasonal Fruit • 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) • Mixed Vegetables • Potato Wedge • Whole Grain LS Corn Mini Loaf 1 Grain • Apple • Low Fat 1% Milk • Skim Milk	• WGR Mac & Cheddar Cheese • String Beans • Wgr Bread 1oz Grain • Tossed Salad • Salad Dressing, Assorted • Fresh Plum • Low Fat 1% Milk • Skim Milk	• Beef Salami • American Cheese Slice • Whole Grain Hero • Baby Carrots • 100% Natural Apple Juice • Seasonal Fruit • Low Fat 1% Milk • Skim Milk	• BBQ Chicken Wings • Brown Rice and Beans • Corn Fiesta • Tossed Salad • Salad Dressing, Assorted • Pear • Low Fat 1% Milk • Skim Milk	• Glazed Chicken Drumstick • Brown Rice and Beans • Sweet Plantain • Diced Carrots • Tossed Salad • Salad Dressing, Assorted • Seasonal Fruit • Skim Milk • Low Fat 1% 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 • Apple • Low Fat 1% Milk • Skim Milk	• Beef Burger Patty • Whole Grain Bun • American Cheese Slice • Oven Baked French Fries • Mixed Vegetables • Tossed Salad • Salad Dressing, Assorted • Seasonal Fruit • Low Fat 1% Milk	• Whole Grain Chicken Fingers (3) • Sweet Potato Fries • Mixed Vegetables • Whole Grain LS Corn Mini Loaf 1 Grain • Pear • Low Fat 1% Milk • Skim Milk			