Inwood Academy for Leadership: MS

Breakfast - November 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Nov 1, 2026	Nov 2, 2026	Nov 3, 2026	Nov 4, 2026	Nov 5, 2026	Nov 6, 2026	Nov 7, 2026
Closed	• Wgr Mini Loaf Assortment - 2 oz Grain • WGR Cereal • Apple (2) • Low Fat 1% Milk • Skim Milk	• Whole Wheat Pancake Echo Lake (2) • Maple Syrup • Turkey Bacon (2) • Pear • Low Fat 1% Milk • Skim Milk	• Wgr Mini Loaf Assortment - 2 oz Grain • Wgr Cereal (1) 1 oz Grain • Asstd Yogurt - 1oz MMA • Seasonal Fruit • Low Fat 1% Milk • Skim Milk	• Whole Wheat Waffle (2) • Maple Syrup • Fruit cup, Mix 1/2cup fruit • Turkey Bacon (2) • Low Fat 1% Milk • Skim Milk	• Wgr Mini Loaf Assortment - 2 oz Grain • Wgr Cereal (1) 1 oz Grain • Fresh Plum • Low Fat 1% Milk • Skim Milk	Closed
Nov 8, 2026	Nov 9, 2026	Nov 10, 2026	Nov 11, 2026	Nov 12, 2026	Nov 13, 2026	Nov 14, 2026
Closed	• Wgr Mini Loaf Assortment - 2 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 • Pear (Large,2) • Low Fat 1% Milk • Skim Milk	Closed	• Wgr Pancake 1oz Grain • Maple Syrup • Turkey Bacon (2) • Pear • Low Fat 1% Milk • Skim Milk	• Raisin Bread Grain (Non-wgr) 1 oz Grain • WGR Cereal (2) • Fresh Tangerines (2) • Cream Cheese • Low Fat 1% Milk • Skim Milk	Closed
Nov 15, 2026	Nov 16, 2026	Nov 17, 2026	Nov 18, 2026	Nov 19, 2026	Nov 20, 2026	Nov 21, 2026
Closed	• Wgr Mini Loaf Assortment - 2 oz Grain • Wgr Cereal (1) 1 oz Grain • Fruit cup, Mix 1/2cup fruit • 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 • Asstd 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 • Seasonal Fruit • Low Fat 1% Milk • Skim Milk	Closed
Nov 22, 2026	Nov 23, 2026	Nov 24, 2026	Nov 25, 2026	Nov 26, 2026	Nov 27, 2026	Nov 28, 2026
Closed	• Wgr Mini Loaf Assortment - 2 oz Grain • Wgr Cereal (1) 1 oz Grain • Apple (2) • Low Fat 1% Milk • Skim Milk	• Whole Wheat Pancake Echo Lake (2) • Maple Syrup • Turkey Bacon • Fresh Tangerines (2) • Low Fat 1% Milk • Skim Milk	Closed	Closed	Closed	Closed
Nov 29, 2026	Nov 30, 2026	Dec 1, 2026	Dec 2, 2026	Dec 3, 2026	Dec 4, 2026	Dec 5, 2026
Closed	• Wgr Mini Loaf Assortment - 2 oz Grain • WGR Cereal • Apple (2) • Low Fat 1% Milk • Skim Milk					

This institution is an equal opportunity provider.

Inwood Academy for Leadership: MS

Lunch - November 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Nov 1, 2026	Nov 2, 2026	Nov 3, 2026	Nov 4, 2026	Nov 5, 2026	Nov 6, 2026	Nov 7, 2026
Closed	• Ham • American Cheese Slice • Whole Grain Hero • Baby Carrots • 100% Apple Juice - 1/2Cup Fruit • Banana • Low Fat 1% Milk • Skim Milk	• Beef Soft Shell Taco (2) • Shredded Cheese • Bean Salad • Tossed Salad • Salad Dressing, Assorted • Pear • Skim Milk • Low Fat 1% Milk	• 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 Burger Patty • Whole Grain Bun • American Cheese Slice • Steak Fries • Mixed Vegetables • Pear • Low Fat 1% Milk • Skim Milk	Closed
Nov 8, 2026	Nov 9, 2026	Nov 10, 2026	Nov 11, 2026	Nov 12, 2026	Nov 13, 2026	Nov 14, 2026
Closed	• Whole Grain Chicken Fingers (3) • Sweet Potato Fries • Tossed Salad • Salad Dressing, Assorted • Pear • Low Fat 1% Milk • Skim Milk	• Nordane Cheese Pizza • Corn Fiesta • Tossed Salad • Salad Dressing, Assorted • Clementine • Low Fat 1% Milk • Skim Milk	Closed	• 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 2MMA/ 1oz Grain • Corn Fiesta • Tossed Salad • Salad Dressing, Assorted • Fresh Plum (2) • Low Fat 1% Milk • Skim Milk	Closed
Nov 15, 2026	Nov 16, 2026	Nov 17, 2026	Nov 18, 2026	Nov 19, 2026	Nov 20, 2026	Nov 21, 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	• Glazed Chicken Drumstick (2) • Rice with pigeon peas • Sweet Plantain • Tossed Salad • Whole Grain Dinner Roll • Salad Dressing, Assorted • Fresh Plum (2) • 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 • Clementine (2) • Low Fat 1% Milk • Skim Milk	• Jamaican Beef Patty • Brown Rice and Beans 2MMA/ 1oz Grain • Corn • Tossed Salad • Salad Dressing, Assorted • Banana • Low Fat 1% Milk • Skim Milk	Closed
Nov 22, 2026	Nov 23, 2026	Nov 24, 2026	Nov 25, 2026	Nov 26, 2026	Nov 27, 2026	Nov 28, 2026
Closed	• 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	• Pernil • Rice with pigeon peas • Sweet Plantain • Tossed Salad • Italian Dressing • Whole Grain Dinner Roll • Banana • Low Fat 1% Milk • Skim Milk	Closed	Closed	Closed	Closed
Nov 29, 2026	Nov 30, 2026	Dec 1, 2026	Dec 2, 2026	Dec 3, 2026	Dec 4, 2026	Dec 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					

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