Inwood Academy for Leadership: HS

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 Cereal (1) 1 oz Grain • WGR Chocolate Chip Mini Loaf • Asstd 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	• Assorted WGR Cereals (2) • WGR Apple Cinnamon Loaf 1 oz Grain • Fruit cup, Mix 1/2cup fruit • 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
Nov 8, 2026	Nov 9, 2026	Nov 10, 2026	Nov 11, 2026	Nov 12, 2026	Nov 13, 2026	Nov 14, 2026
Closed	• WGR Chocolate Chip Mini Loaf • Wgr Cereal (1) 1 oz Grain • Oranges (2) • Low Fat 1% Milk • Skim Milk	• Whole Wheat Pancake Echo Lake (2) • Maple Syrup • Turkey Bacon • Apple • Low Fat 1% Milk • Skim Milk	Closed	• 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 • Asstd Yogurt - 1oz MMA • 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	• Assorted WGR Cereals (2) • Wgr Mini Loaf Assortment - 2 oz Grain • Seasonal Fruit • Low Fat 1% Milk • Skim Milk	• Whole Wheat Pancake Echo Lake (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 (2, 3oz) - 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
Nov 22, 2026	Nov 23, 2026	Nov 24, 2026	Nov 25, 2026	Nov 26, 2026	Nov 27, 2026	Nov 28, 2026
Closed	• Wgr Cereal (1) 1 oz Grain • Raisin Bread Grain (Non-wgr) 1 oz Grain • 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	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	• Assorted WGR Cereals (2) • WGR Apple Cinnamon Loaf 1 oz Grain • Fruit cup, Mix 1/2cup fruit • Low Fat 1% Milk • Skim Milk					

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Inwood Academy for Leadership: HS

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	• Beef Salami • American Cheese Slice • Whole Grain Hero • Baby Carrots • 100% Apple Juice - 1/2Cup Fruit • Fresh Plum (2) • 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	• Whole Grain Chicken Fingers (3) • Sweet Potato Fries • Mixed Vegetables • Tossed Salad • Salad Dressing, Assorted • Pear • Whole Grain LS Corn Mini Loaf 1 Grain • Low Fat 1% Milk	• Pernil • Rice with pigeon peas • Sweet Plantain • Tossed Salad • Salad Dressing, Assorted • Whole Grain Dinner Roll • Banana • Low Fat 1% Milk • Skim 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
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) • Steak Fries • Whole Grain LS Corn Mini Loaf 1 Grain • Tossed Salad • Italian Dressing • Pear • Low Fat 1% Milk • Skim Milk	• WGR Chicken Parmesan • Whole Grain Party Pasta • Diced Carrots • Tossed Salad • Salad Dressing, Assorted • Whole Grain Dinner Roll • Mandarin, Tangerine • Low Fat 1% Milk • Skim Milk	Closed	• Jamaican Beef Patty • Brown Rice and Beans 2MMA/ 1oz Grain • 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
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 Tenders (3) • Tater Tots • Mixed Vegetables • Tossed Salad • Salad Dressing, Assorted • Whole Grain LS Corn Mini Loaf 1 Grain • Seasonal Fruit	• Glazed Chicken Drumstick (2) • Br Rice and Beans 2MMA/ 2oz Grain • Sweet Plantain Slices • Diced Carrots • Whole Grain Dinner Roll • Tossed Salad • Banana • Low Fat 1% Milk	• Beef Salami • American Cheese Slice • Whole Grain Hero • Baby Carrots • 100% Apple Juice - 1/2Cup Fruit • Fresh Plum (2) • 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	• Jamaican Beef Patty • Brown Rice and Beans 2MMA/ 1oz Grain • Corn Fiesta • Tossed Salad • Salad Dressing, Assorted • Orange • Skim Milk • Low Fat 1% 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 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	• Pernil • Rice with pigeon peas • Sweet Plantain • Tossed Salad • Salad Dressing, Assorted • 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 Fingers (3) • Oven Baked French Fries • Mixed Vegetables • Tossed Salad • Salad Dressing, Assorted • Pear • Whole Grain LS Corn Mini Loaf 1 Grain • Low Fat 1% Milk					

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