



Hempstead Elementary, HS & MS Breakfast

July 2026

Student Meal: Free
Adult Meal: \$3.07+tax

More Info:

Daily Milk Offerings: 1% White, Fat Free White, Fat Free Chocolate* (all antibiotic & hormone free) *FF Chocolate Milk available to Grades K-5 only
Daily Fruit Offerings (Juice available to Grades K-5 only): Apple slices, orange, seasonal fresh fruit, plus 100% juice offerings (apple, fruit punch, orange, grape)

Daily Breakfast Offerings: Assorted WG cereal bars & bowls, assorted WG muffins, WG bagel w/ cream cheese, Egg & cheese sandwiches with or without Bacon (P) on WG roll.

Please Note: Items with (P) denotes contains pork.

Grades K-12 are offering vs serve and must choose at least three, up to four, of the below mentioned items. One of the items must be some fruit.

Grain (all grain offerings count as two items)

Fruit (must pick 1)

Milk (pick up to one)



This institution is an equal opportunity provider.

		1 WG French Toast Fruit Choice Juice Choice	2 WG Cereal Bars Fruit Choice Juice Choice	3 School Closed
6 WG Donut Fruit Choice Juice Choice	7 WG Cold Cereal Yogurt Fruit Choice Juice Choice	8 WG Cinnamon Roll Fruit Choice Juice Choice	9 WG Pop Tarts Fruit Choice Juice Choice	10 School Closed
13 WG Cereal Bar Milk Fruit Choice Juice Choice	14 WG Pancakes Fruit Choice Juice Choice	15 WG Cold Cereal Yogurt Fruit Choice Juice Choice	16 WG Muffin Fruit Choice Juice Choice	17 School Closed
20 WG French Toast Juice Choice Fruit Choice	21 WG Donut Fruit Choice Juice Choice	22 WG Waffles Fruit Choice Juice Choice	23 WG Cinnamon Rolls Fruit Choice Juice Choice	24 School Closed
27 WG Pancakes Yogurt Fruit Choice Juice Choice	28 WG Cold Cereal Yogurt Fruit Choice Juice Choice	29 WG Cereal Bar Milk Fruit Choice Juice Choice	30 WG Pop Tarts Fruit Choice Juice Choice	31 School Closed