



July 2026

Hempstead Elementary SCHOOL LUNCH MENU

Weekly Special:

Assorted Wraps
Yogurt Parfait w/
Fruit & Granola
Assorted Individual Salads

All Lunches Must Include
Choice of:
Fruits and/or
Vegetable
And May Include:
1% Low-Fat Milk

MON	TUES	WED	THURS	FRI
		¹ Cold Lunch	² Hot Lunch	³ School Closed
⁶ Cold Lunch	⁷ Hot Lunch	⁸ Cold Lunch	⁹ Hot Lunch	¹⁰ School Closed
¹³ Cold Lunch	¹⁴ Hot Lunch	¹⁵ Cold Lunch	¹⁶ Hot Lunch	¹⁷ School Closed
²⁰ Cold Lunch	²¹ Hot Lunch	²² Cold Lunch	²³ Hot Lunch	²⁴ School Closed
²⁷ Cold Lunch	²⁸ Hot Lunch	²⁹ Cold Lunch	³⁰ Hot Lunch	³¹ School Closed

Menus are subject to change.

Sandwiches (all on WG bread):



This institution is an equal opportunity provider.