



July 2026

Hempstead HS & MS SCHOOLS LUNCH MENU

**Weekly
Special:**

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

**Powering
potential.™**

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

Menus are subject to change.



aramark
STUDENT
NUTRITION

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