



September 2026

Hempstead HS & MS SCHOOLS LUNCH MENU

Weekly Special
Chef Salad
Spicy Chicken
Salad,
Hamburgers
Cheeseburger,
Chicken
Sandwiches,
Assorted
Wraps,
Chicken
Nuggets,
Nachos w/
Meat, Beans &
Cheese

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 School Closed	² School Closed	³ Loaded Tater Tots Apple	⁴ WG Cheese Pizza Buffalo Pizza Coleslaw Watermelon
⁷ School Closed	⁸ Chicken Tenders Baked Fries Orange	⁹ Spaghetti and Meatballs Green Salad Apple Slices	¹⁰ Cheeseburger Nachos with Pickle Queso Carrots Clementine	¹¹ WG Cheese & Pepperoni Pizza Coleslaw Banana
¹⁴ Baked Ziti Popcorn Chicken Green Beans Plum	¹⁵ Pesto Chicken on Flatbread Tossed Salad Apple	¹⁶ French Toast Sausage Baked Fries Banana	¹⁷ Corndog Baked Fries Pear	¹⁸ WG Cheese Pizza Buffalo Pizza Coleslaw Watermelon
²¹ School Closed	²² Jamaican Beef Patties Corn Apple	²³ Penne Pasta with Meat Sauce Peas & Carrots Banana	²⁴ Hot Honey Chicken Baked Fries Orange	²⁵ WG Cheese & Pepperoni Pizza Green Salad Cantaloupe
²⁸ Turkey Melt with Bacon on Flatbread Peas & Carrots Orange	²⁹ WG Chicken Nuggets Baked Fries Mandarin	³⁰ Jalapeno Burger Corn Apple		

Menus are subject to change.



Sandwiches (all on WG bread): Rotating Boars
Head Turkey & Cheese or Ham (P) & Cheese,
American Cheese, Sun butter & Jelly
Fruit & Yogurt Parfait w/ Granola
Bagel Lunch: WG bagel with 2 cheese sticks

aramark
STUDENT
NUTRITION

This institution is an equal opportunity provider.