



September 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

Powering
potential.™

MON	TUES	WED	THURS	FRI
	¹ School Closed	² School Closed	³ Chicken Parmesan on WG Bun Bagel Lunch Carrots Apple	⁴ WG Cheese & Pepperoni Pizza Tossed Salad Pear
⁷ School Closed	⁸ Chicken Tenders Grilled Cheese Baked Fries Orange	⁹ Pasta with Meat Sauce Ham & Cheese Sandwich Coleslaw Apple	¹⁰ Sausage & French Toast Turkey Sandwich Baked Fries Mandarin	¹¹ WG Cheese & Pepperoni Pizza Tossed Salad Watermelon
¹⁴ Corn Dog Green Beans Ham & Cheese Sandwich Pear	¹⁵ Nachos with Meat & Cheese Ham Sandwich Tossed Salad Orange	¹⁶ Turkey Melted on Flatbread Bagel Lunch Corn Banana	¹⁷ Chicken Nuggets Baked Fries Grilled Cheese Apple	¹⁸ WG Cheese & Pepperoni Pizza Baby Carrots Plum
²¹ School Closed	²² WG Pizza Stick with Sauce Turkey Sandwich Green Beans Orange	²³ Mac & Cheese Popcorn Chicken Ham & Cheese Sandwich Carrots Apple	²⁴ Cheeseburger Turkey & Cheese Sandwich Baked Fries Pear	²⁵ WG Cheese & Pepperoni Pizza Tossed Salad Watermelon
²⁸ BBQ Boneless Wings Grilled Cheese Baked Fries Banana	²⁹ Hot Dog Corn Ham & Cheese Sandwich Pear	³⁰ Spaghetti & Meatball, Roll Bagel Lunch Peas & Carrots Orange		

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

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STUDENT
NUTRITION

This institution is an equal opportunity provider.