



Hempstead Elementary Breakfast

September 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.

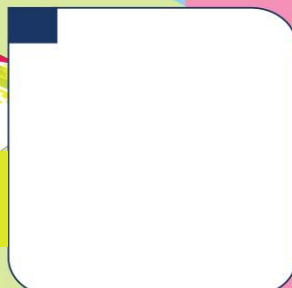
Grain (all grain offerings count as two items)

Fruit (must pick 1)

Milk (pick up to one)



This institution is an equal opportunity provider.



1
School Closed

2
School Closed

3
WG Cereal Bars
Fruit Choice
Juice Choice

4
WG Cinnamon Roll
Fruit Choice
Juice Choice

7
School Closed

8
WG Cold Cereal
Yogurt
Fruit Choice
Juice Choice

9
WG Cinnamon Roll
Fruit Choice
Juice Choice

10
WG Pop Tarts
Fruit Choice
Juice Choice

11
WG Muffin
Fruit Choice
Juice Choice

14
WG Cereal Bar
Milk
Fruit Choice
Juice Choice

15
WG Pancakes
Fruit Choice
Juice Choice

16
WG Cold Cereal
Yogurt
Fruit Choice
Juice Choice

17
WG Muffin
Fruit Choice
Juice Choice

18
WG Donuts
Fruit Choice
Juice Choice

21
School Closed

22
WG Donut
Fruit Choice
Juice Choice

23
WG Waffles
Fruit Choice
Juice Choice

24
WG Cinnamon Rolls
Fruit Choice
Juice Choice

25
WG Cold Cereal
Yogurt
Fruit Choice
Juice Choice

28
WG Pop Tarts
Fruit Choice
Juice Choice

29
WG Cereal Bars
Fruit Choice
Juice Choice

30
WG Muffins
Fruit Choice
Juice Choice

