



Hempstead HS & MS 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.

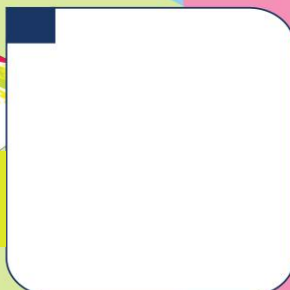
Grain (all grain offerings count as two items)

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
WG Pancakes
Milk
Fruit Choice
Juice Choice

4
WG Mini Waffles
WG Cereal Bars
Fruit Choice
Juice Choice

7
School Closed

8
Pancakes, Sausage
Cheese
WG Muffin
Fruit Choice
Juice Choice

9
Cinnamon Rolls
Fruit Choice
Juice Choice

10
WG Croissant with
Sausage
WG Apple Strudel
Milk
Fruit Choice
Juice Choice

11
WG Cereal
WG Muffin
Milk
Fruit Choice
Juice Choice

14
WG Biscuit
Turkey Bacon
WG Bagel
Fruit Choice
Juice Choice

15
WG Cereal
WG Muffin
Milk
Fruit Choice
Juice Choice

16
Pancakes
WG Muffin
Fruit Choice
Juice Choice

17
Egg Sandwich on
WG Bun
Cinnamon Roll
Milk
Fruit Choice

18
Dutch Waffles
Sausage
Fruit Choice
Juice Choice

21
School Closed

22
French Toast Stick
Sausage
WG Muffin
Fruit Choice
Juice Choice

23
Dutch Waffles
Sausage
Fruit Choice
Juice Choice

24
WG Biscuit
Turkey Bacon
WG Bagel
Fruit Choice
Juice Choice

25
WG Cereal
WG Apple Strudel
Milk
Fruit Choice
Juice Choice

28
WG Croissant &
Sausage Sandwich
Dutch Waffles
Milk
Fruit Choice

29
Dutch Waffles
Sausage
Fruit Choice
Juice Choice

30
WG Egg & Sausage
Sandwich
Dutch Waffles
Milk
Fruit Choice

