



October 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.™

5	MON	TUES	WED	THURS	FRI
				¹ WG Chicken Nuggets Grilled Cheese Baked Fries Banana	² WG Cheese & Pepperoni Pizza Tossed Salad Watermelon
	⁵ Sausage & French Toast Turkey Sandwich Baked Fries Mandarin	⁷ BBQ Chicken Rice Green Beans Bagel Lunch Orange	Spaghetti and Meat Sauce Tossed Salad Ham & Cheese Sandwich Apple	⁸ Cheeseburger Corn Bagel Lunch Plum	⁹ WG Cheese & Pepperoni Pizza Tossed Salad Pear
	¹² School Closed	¹⁴ Nachos with Meat & Cheese Ham Sandwich Tossed Salad Plum	¹⁴ Penne with Meat Sauce Turkey Sandwich Carrots Orange	¹⁵ Boneless Chicken Grilled Cheese Baked Fries Pear	¹⁶ WG Cheese & Pepperoni Pizza Tossed Salad Watermelon
	¹⁹ Chicken Drumsticks Baked Fries Bagel Lunch Orange	WG Pizza Stick with Sauce Turkey Sandwich Green Beans Apple	²¹ Chicken Teriyaki Rice Turkey Sandwich Green Beans Mandarin	²² Corndog Turkey & Cheese Sandwich Green Beans Cantaloupe	²³ WG Cheese & Pepperoni Pizza Tossed Salad Pear
	²⁶ Chicken Parmesan on WG Bun Bagel Lunch Carrots Apple	²⁷ Nachos with Meat & Cheese Ham Sandwich Tossed Salad Plum	²⁸ WG Pancakes Sausage Baked Fries Cheese Sandwich Apple Sliced	²⁹ Hot Dog Mexican Corn Ham & Cheese Sandwich Banana	³⁰ WG Cheese & Pepperoni Pizza Tossed Salad Watermelon

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.