



October 2026

Hempstead HS & MS SCHOOLS LUNCH MENU

Weekly Special

Chef Salad
Spicy Chicken Salad,
Hamburgers,
Cheeseburgers,
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
			Bruschetta ¹ Chicken Focaccia Tossed Salad Apple	WG Cheese ² Pizza Buffalo Pizza Coleslaw Watermelon
French Toast ⁵ Sausage Baked Fries Orange	BBQ Chicken ⁶ Rice Mixed Vegetables Apple	Spaghetti with ⁸ Meat Sauce Roll Corn Plum	Turkey & Bacon ⁸ with Flatbread Baked Fries Pear	WG Cheese & ⁹ Pepperoni Pizza Coleslaw Banana
School ¹² Closed	Crunchy ¹³ Ginger Burger Baked Fries Apple Sliced	Baked Ziti ¹⁴ Popcorn Chicken Corn Orange	Sweet Chili ¹⁵ Boneless Wings Baked Fries Apple	WG Cheese ¹⁶ Pizza Buffalo Pizza Coleslaw Watermelon
Meatball Sub ¹⁹ Peas and Carrots Banana	Chicken ²⁰ Drumsticks Baked Potato Orange	Penne Pasta ²¹ With Meat Sauce Peas & Carrots Plum	Turkey & Bacon ²² with Flatbread Mexican Corn Pear	WG Cheese & ²³ Pepperoni Pizza Coleslaw Apple
Dutch Waffles ²⁶ Sausage Fries Pear	Mac & Cheese ²⁷ Popcorn Chicken Carrots Orange	Frank ²⁸ Baked Fries Banana	Chicken & ²⁹ Waffles Corn Mandarin	WG Cheese ³⁰ Pizza Buffalo Pizza Coleslaw 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.