



Hempstead HS & MS Breakfast

October 2026

Student Meal: Free
Adult Meal: \$3.07+tax

More Info:

Daily Milk Offerings: 1% White, Fat Free White, Fat Free Chocolate* (all antibiotic & hormones 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 contain pork.

Grades K-12 are offering vs serve and we must choose at least three, up to four, of the above-mentioned items. One of the items must be some fruit.

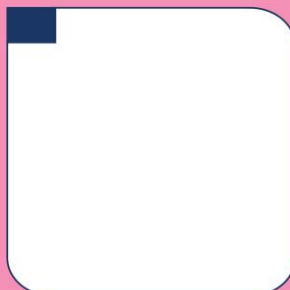
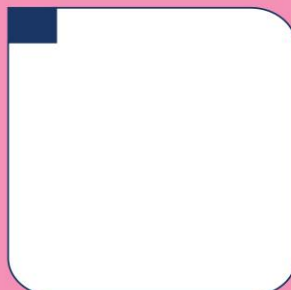
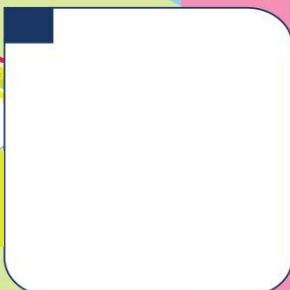
Grain (all grain offerings count as two items)

Fruit (must pick 1)

Milk (pick up to one)



This institution is an equal opportunity provider.



1
WG Cereal Bars
Fruit Choice
Juice Choice

2
WG French Toast
Fruit Choice
Juice Choice

5
WG Donut
Fruit Choice
Juice Choice

6
WG Cold Cereal
Yogurt
Fruit Choice
Juice Choice

7
WG Cinnamon Roll
Fruit Choice
Juice Choice

8
WG Pop Tarts
Fruit Choice
Juice Choice

9
WG Cereal Bar
Milk
Fruit Choice
Juice Choice

12
**School
Closed**

13
WG Pancakes
Fruit Choice
Juice Choice

14
WG Cold Cereal
Yogurt
Fruit Choice
Juice Choice

15
WG Muffin
Fruit Choice
Juice Choice

16
WG French Toast
Fruit Choice
Juice Choice

19
WG French Toast
Juice Choice
Fruit Choice

20
WG Donut
Fruit Choice
Juice Choice

21
WG Waffles
Fruit Choice
Juice Choice

22
WG Cinnamon Rolls
Fruit Choice
Juice Choice

23
WG Cereal Bar
Milk
Fruit Choice
Juice Choice

26
WG Pancakes
Yogurt
Fruit Choice
Juice Choice

27
WG Cold Cereal
Yogurt
Fruit Choice
Juice Choice

28
WG Cereal Bar
Milk
Fruit Choice
Juice Choice

29
WG Pop Tarts
Fruit Choice
Juice Choice

30
WG French Toast
Fruit Choice
Juice Choice