

November 2026

Hempstead HS & MS SCHOOLS

LUNCH MENU

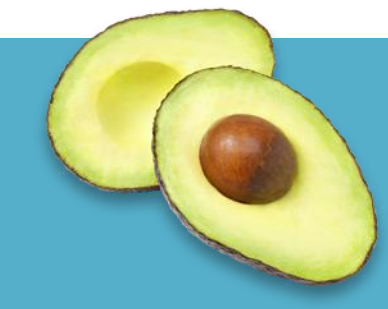
Weekly Special:
Chef Salad
Spicy Chicken Salad,
Hamburgers
Cheeseburger,
Chicken Sandwiches,
Assorted Wraps,
Chicken Nuggets, Nachos w/ Meat, Beans & Cheese

All Lunches Must Include Choice of: Fruits and/or Vegetable And May Include: 1% Low-Fat Milk

Powering potential.

MON	TUES	WED	THURS	FRI
2 Corndog Baked Fries Pear	3 **School Closed**	4 **Spaghetti and Meatballs** **Green Salad** **Apple Sliced**	5 **Hot Honey Chicken** **Baked Fries** **Orange**	6 WG Cheese Pizza Buffalo Pizza Coleslaw Cantaloupe
9 Bacon Cheeseburger Baked Fries Apple	10 BBQ Chicken Baked Potato Mixed Vegetables Orange	11 **School Closed**	12 Penne Pasta With Meat Sauce Peas & Carrots Plum	13 WG Cheese & Pepperoni Pizza Coleslaw Banana
16 French Toast Sausage Baked Fries Banana	17 **Pepperoni Calzone** **Tossed Salad** **Apple**	18 Chicken Drumsticks Baked Potato Orange	19 Chili Frank Corn Pear	20 WG Cheese Pizza Buffalo Pizza Coleslaw Cantaloupe
23 WG Chicken Nuggets Baked Fries Mandarin	24 **Bag Lunch**	25 **Bag Lunch**	26 **School Closed**	27 **School Closed**
30 Bazed Ziti Popcorn Chicken Corn Orange				

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

aramark STUDENT NUTRITION

This institution is an equal opportunity provider.