Hempstead HS & MS Breakfast

November 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)

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This institution is an equal opportunity provider.

2 Egg and Sausage Sandwich Fruit Choice Juice Choice	**3** Assorted Muffins Fruit Choice Juice Choice	**4** WG French Toast Fruit Choice Juice Choice	**5** WG Cereal Bars Fruit Choice Juice Choice	**6** WG French Toast Fruit Choice Juice Choice
9 WG Donut Fruit Choice Juice Choice	**10** WG Cold Cereal Yogurt Fruit Choice Juice Choice	**11** **School Closed**	**12** WG Pop Tarts Fruit Choice Juice Choice	**13** WG Cereal Bar Milk Fruit Choice Juice Choice
16 WG Cereal Bar Milk Fruit Choice Juice Choice	**17** WG Pancakes Fruit Choice Juice Choice	**18** WG Cold Cereal Yogurt Fruit Choice Juice Choice	**19** WG Muffin Fruit Choice Juice Choice	**20** WG French Toast Fruit Choice Juice Choice
23 WG French Toast Juice Choice Fruit Choice	**24** WG Donut Fruit Choice Juice Choice	**25** WG Waffles Fruit Choice Juice Choice	**26** **School Closed**	**27** **School Closed**
30 WG Pancakes Yogurt Fruit Choice Juice Choice				