

November 2026

Hempstead Elementary SCHOOL

LUNCH MENU

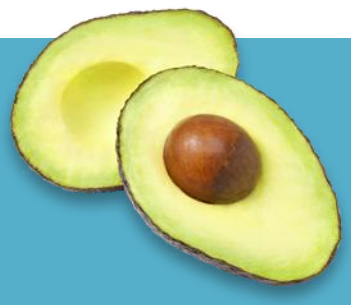
Assorted Wraps
Yogurt Parfait w/ Fruit & Granola
Assorted Individual Salads

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

Powering potential.

MON	TUES	WED	THURS	FRI
2 Corn Dog Green Beans Ham & Cheese Sandwich Pear	3 **Bag Lunch**	4 Spaghetti and Meat Sauce Tossed Salad Ham & Cheese Sandwich Apple	5 BBQ Chicken Drumsticks Baked Fries Bagel Lunch Cantaloupe	6 WG Cheese & Pepperoni Pizza Tossed Salad Pear
9 Sausage & French Toast Turkey Sandwich Baked Fries Mandarin	10 Nachos with Meat & Cheese Ham Sandwich Tossed Salad Orange	11 **School Closed**	12 Mac & Cheese Popcorn Chicken Ham & Cheese Sandwich Carrots Apple	13 WG Cheese & Pepperoni Pizza Tossed Salad Watermelon
16 Cheeseburger Corn Ham & Cheese Sandwich Pear	17 Penne with Meat Sauce Turkey Sandwich Carrots Apple	18 **Bag Lunch**	19 **WG Chicken Nuggets** **Grilled Cheese** **Baked Fries** **Banana**	20 WG Cheese & Pepperoni Pizza Tossed Salad Orange
23 Chicken Parmesan on WG Bun Bagel Lunch Carrots Apple	24 Hot Dog Baked Fries Ham Sandwich Tossed Salad Pear	25 **Bag Lunch**	26 **School Closed**	27 **School Closed**
30 **Boneless Wings** **Grilled Cheese** **Baked Fries** **Banana**				

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.