



December 2023

Hempstead Elementary School

Student Meal: Free

Adult Meal: \$5.50+taxes

Lunch Menu

MON

TUES

WED

THURS

FRI

				¹ Cheese & Pepperoni Pizza Carrots Plums
⁴ Meat or Cheese Quesadilla Carrots Pear	⁵ Chicken tacos Baked Beans Apple	⁶ Chicken Patty on WG Bun Green Beans Plum	⁷ WG Pancakes Sausage Baked Fries Orange	⁸ Cheese or Pepperoni Pizza Spinach salad Apple sliced
¹¹ Meatballs Sub on WG Bun Corn Plums	¹² WG Pizza Sicks with sauce Broccoli Pear	¹³ WG Chicken Nuggets Diner roll Apple	¹⁴ Cheeseburger Baked Fries Orange	¹⁵ Cheese and Pepperoni Pizza Spinach salad Peaches
¹⁸ WG Pancakes Sausage Baked Fries Apple Sliced	¹⁹ Nachos with Meat or Cheese Baked Beans Pear	²⁰ WG Chicken Nuggets Baked Fries Corn Apple	²¹ Chicken Patty with Cheese on WG Bun Broccoli Plum	²² Pizza Sicks with sauce Steamed Carrots Orange
²⁵	²⁶	²⁷	²⁸	²⁹
<h1>School Closed</h1>				

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

Powering
potential.™

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



This institution is an equal
opportunity providers