



January 2024

Hempstead Elementary SCHOOL

Student Meal: Free

Adult Meal: \$5.50+tax **Lunch Menu**


Weekly Special:


Menu Item Name

Menu Item Name

All Lunches Must Include Choice of: Fruits and/or Vegetable And May Include: 11% Low-Fat Milk

Powering potential.

 Denotes item prepared from scratch or speed scratch

 Indicates a Fresh Produce

	MON	TUES	WED	THURS	FRI
	¹ School Closed	² School Closed	³ WG Cheeseburger on WG Bun Corn Apple	⁴ WG Meatballs Sandwich Carrots Plum	⁵ WG Cheese and Pepperoni Pizza Spinach Salad Orange
	⁸ WG Chicken Nuggets Baked Fries Apple	⁹ WG Pizza Sticks with sauce Green Beans Pear	¹⁰ Meat or Cheese Quesadilla Broccoli Plums	¹¹ Frank on WG Bun Baked Beans Orange	¹² WG Cheese and Pepperoni Carrots Apple Sliced
	¹⁵ School Closed	¹⁶ WG Chicken Patty with Cheese on WG Bun Green Beans Plum	¹⁷ WG Pancakes Sausage Baked Fries Apple	¹⁸ Hamburger on WG Bun Corn Pear	¹⁹ WG Cheese or Pepperoni Spinach Salad Orange
	²² WG Meatball Sub Green Beans Apple Sliced	²³ Tacos Baked Beans Pear	²⁴ WG Mozzarella Stick with sauce Corn Plum	²⁵ WG Chicken Nuggets Baked Fries Orange	²⁶ WG Cheese or Pepperoni Carrots Apple
	²⁹ WG Pancakes Sausage Fries Pear	³⁰ WG Cheeseburger Corn Plum	³¹ WG Chicken Patty Fries 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

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STUDENT NUTRITION

This institution is an equal opportunity providers