



March 2024

Hempstead Elementary SCHOOL


Student Meal: Free


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

Weekly Special:

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

Powering potential.

 Denotes item prepared from scratch or speed scratch

 Indicates a Fresh Produce

MON	TUES	WED	THURS	FRI
				Cheese or ¹ Pepperoni Pizza Spinach Salad Apples
⁴ Chicken & Waffles Corn Applesauce	⁵ Frank on WG Bun Beans Plums	⁶ Chicken Nuggets Baked Fries Pear	⁷ Meatball Sub Carrots Orange	⁸ Cheese or Pepperoni Pizza Spinach Salad Cantaloupe
¹¹ Chicken Patty on WG Bun Peas and Carrots Plum	¹² WG Pizza Sticks with Sauce Green Beans Pear	¹³ Boneless Wings Baked Fries Orange	¹⁴ Hamburger on WG Bun Corn Cantaloupe	¹⁵ Cheese or Pepperoni Pizza Carrots Apples
¹⁸ BBQ Chicken on WG Bun Corn Apple	¹⁹ Tacos Beans Pear	²⁰ Chicken Nuggets Baked Fries Plum	²¹ Meatball Sub Carrots Orange	²² Cheese or Pepperoni Pizza Spinach Salad Cantaloupe
²⁵ Frank on WG Bun Fries Plum	²⁶ Meat or Cheese Quesadilla Beans Apple Sliced	²⁷ Boneless Wings Dinner Roll Carrots Orange	²⁸ School Closed	²⁹ School Closed

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