

Hempstead Elementary School Lunch Menu May 2022

Meal Price: Breakfast and lunch meals are **FREE** for all students through June 30, 2022.

A la carte items such as snacks & bottled water are NOT part of the program.

Adult Lunch Meal: \$5.02+tax

More Info...

Daily Milk Offerings: 1% White, Fat Free White, Fat Free Chocolate (all antibiotic & hormone free)

Daily Fruit Offerings: Apple slices, orange, seasonal fruit, plus 100% juice (apple, orange, grape, fruit punch)

Daily Vegetable Offerings: Baby carrots, celery sticks

Available Daily: Sunbutter & jelly or cheese sandwich on WG bread, bagel with string cheese

Please Note: (WG) denotes whole grain, (P) denotes item may contain pork, (*) denotes item offered with WG dinner roll(s)

Grades K-12 are offer vs serve and must choose at least 3, up to 5, of the below mentioned items. One of the choices must be a fruit or vegetable.

- Meat/Meat Alternate
- Vegetable
- Whole Grain Item
- Fruit
- Milk

This institution is an equal opportunity provider and employer.

2	Chicken Patty Melt on WG Bun Fresh Orange Wedges Seasoned Green Beans	3	Turkey Frank on a WG Bun Peaches Steamed Broccoli Pre K Kindergarten <u>1/2 Day</u>	4	Popcorn Chicken Bites with assorted dipping Fresh Pear Baked Vegetarian Beans Elementary School <u>1/2 Day</u>	5	Brunch for Lunch! WG French Toast Sticks w/ Chicken Sausage Patties & Syrup Peaches Steamed Green Beans	6	Cheese or Pepperoni (P) Pizza Fresh Orange Roasted Broccoli
9	BBQ Chicken Strips w/bun Fresh Apple Slices Steamed Broccoli	10	Hamburger or Cheeseburger on WG Bun Fruit Cup Baked Smiley Fries 😊	11	Turkey Soft Tacos w/ Cheese & Salsa Fresh Apple Slices Black Beans	12	Brunch for Lunch! Mini Maple Waffles w/ Popcorn Chicken & Syrup Fresh Pear Cucumber Coins	13	Cheese or Pepperoni (P) Pizza Fresh Banana Baby Carrot Sticks
16	Chicken Patty Melt on WG Bun Fresh Orange Wedges Seasoned Green Beans	17	Meatball Parm Hero on a WG Bun Fresh Pear Baby Carrot Sticks	18	Turkey Frank on a WG Bun Peaches Steamed Broccoli	19	Brunch for Lunch! WG French Toast Sticks w/ Chicken Sausage Patties & Syrup Fresh Pear Tater Tots	20	Cheese or Pepperoni (P) Pizza Fresh Orange Baby Carrot Sticks
23	BBQ Chicken Strips w/bun Fresh Apple Slices Steamed Broccoli	24	Hamburger or Cheeseburger on WG Bun Fruit Cup Baked French Fries	25	Popcorn Chicken Bites with assorted dipping Fresh Pear Baked Vegetarian Beans	26	Brunch for Lunch! WG French Toast Sticks w/ Chicken Sausage Patties & Syrup Fresh Pear Tater Tots	27	Cheese or Pepperoni (P) Pizza Fresh Orange Baby Carrot Sticks
30	Schools Closed Memorial Day	31	Baked Chicken legs w/Rice Fresh Pear Baby Carrot Sticks						