



Hempstead Elementary Breakfast

October 2023

Student Meal: Free
Adult Meal: \$3.07+tax

More Info:

Daily Milk Offerings: 1% White, Fat Free White, Fat Free Chocolate* (all antibiotic & hormone free) *FF Chocolate Milk available to Grades K-5 only
Daily Fruit Offerings (Juice available to Grades K-5 only): Apple slices, orange, seasonal fresh fruit, plus 100% juice offerings (apple, fruit punch, orange, grape)

Daily Breakfast Offerings: Assorted WG cereal bars & bowls, assorted WG muffins, WG bagel w/ cream cheese, Egg & cheese sandwiches with or without Bacon (P) on WG roll.

Please Note: Items with (P) denotes contains pork.

Grades K-12 are offering vs serve and must choose at least three, up to four, of the below mentioned items. One of the items must be some fruit.

Grain (all grain offerings count as two items)

Fruit (must pick 1)

Milk (pick up to one)



This institution is an equal opportunity provider.

2

WG Cold Cereal
Milk
Fruit Choice
Juice Choice

3

WG Bagels with
Cream Cheese
Fruit Choice
Juice Choice

4

WG Cold Cereal
Yogurt
Fruit Choice
Juice Choice

5

WG Muffin
Fruit Choice
Juice Choice

6

WG Mini Waffles
Fruit Choice
Juice Choice

9

**School
Closed**

10

WG Bagels with Cream
Cheese
Fruit Choice
Juice Choice

11

WG Cereal
Milk
Fruit Choice
Juice Choice

12

WG Donut
Fruit Choice
Juice Choice

13

WG Mini Pancakes
Fruit Choice
Juice Choice

16

WG Cold Cereal
Yogurt
Fruit Choice
Juice Choice

17

WG Bagels with Cream
Cheese
Fruit Choice
Juice Choice

18

WG Cereal
Milk
Fruit Choice
Juice Choice

19

WG Muffin
Fruit Choice
Juice Choice

20

WG Mini Waffles
Fruit Choice
Juice Choice

23

WG Cereal
Milk
Fruit Choice
Juice Choice

24

WG Bagels with Cream
Cheese
Fruit Choice
Juice Choice

25

WG Cold Cereal
Yogurt
Fruit Choice
Juice Choice

26

WG Donut
Fruit Choice
Juice Choice

27

WG Mini Waffles
Fruit Choice
Juice Choice

30

WG Cold Cereal
Yogurt
Fruit Choice
Juice Choice

31

WG Bagels with Cream
Cheese
Fruit Choice
Juice Choice