



September 2023

Hempstead Elementary School

Student Meal: Free **LUNCH MENU**
Adult Meal: \$5.50+tax

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

Daily Fruit & Vegetable Offerings:
apple slices, oranges, seasonal fruit, plus 100% juice [K-5 only] (apple, orange, grape, fruit punch), baby carrots, celery sticks

Daily Milk Offerings:
Fat free white, 1% white, fat free chocolate [K-5 only] (all antibiotic & hormone free)

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

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| MON | TUES | WED | THURS | FRI |
|--|--|---|---|---|
| | | | | 1 |
| 4 School Closed | 5 Turkey Frank on WG Bun Corn Apple | 6 Meatball on WG Bun Beans Watermelon | 7 WG Chicken Nuggets Baked Fries Orange | 8 Cheese and Pepperoni Pizza Carrots Pear |
| 11 Meat or Cheese Quesadilla Broccoli Orange | 12 Chicken Patty on WG Bun Steamed Carrots Cantaloupe | 13 Cheeseburger on WG Bun Corn Apple sliced | 14 WG Chicken Nuggets Baked Fries Corn Plum | 15 Cheese and Pepperoni Pizza Spinach salad Watermelon |
| 18 WG Pizza Stick with Tomato Sauce Beans Apple | 19 WG Corndog Corn Orange | 20 WG Boneless Wings Dinner Roll Mandarin | 21 WG Waffles Sausage Sweet Potato Plum | 22 Cheese and Pepperoni Pizza Coleslaw Cantaloupe |
| 25 School Closed | 26 WG Grilled Cheese Baked Beans Apple | 27 Cheeseburger On WG Bun Baked Fries Orange | 28 WG Waffles Sausage Sweet Potato Pear | 29 Cheese or Pepperoni Pizza Tossed Salad Honeydew |

Menus are subject to change.



Available Daily:
Sandwiches (all on WG bread): Rotating Boars Head Turkey & Cheese or Ham (P) & Cheese, American Cheese, Sunbutter & 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