

Middle School Lunch Menu

SEPTEMBER 2017

Hempstead Schools Food Services

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

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4	5 (2M,2G) SWEET & SOUR CHICKEN 1C CARROTS 1 FRESH PLUM	6 (2M,2G) SPAGHETTI & MEATBALLS 3/4c PINTO BEANS FRESH APPLE	7 (2M,2G) CHEESE CALZONE/PIZZA 3/4c MESSUOLINI SALAD 1 FRESH APPLE	8 (2M,2G) SICILIAN WHOLE GRAIN PEPPERONI PIZZA 1 1/4c TOSSED SALAD 1 FRESH PLUM
11 (2M,2G) WHOLE GRAIN BAKED CHICKEN STICKS 3/4c SPIRAL FRIES 1/2c FRUIT COCKTAIL	12 (2M,2G) WHOLE GRAIN BAKED MOZZARELLA STICKS 1c MASHED SWEET POTATOES 1 FRESH PLUM	13 (2M,2G) JAMAICAN BEEF PATTY 1C BROWN RICE 3/4c KIDNEY BEANS 1/2c PINEAPPLE TIDBITS	14 (2M,2G) CHICKEN PARMESAN HERO 3/4c ROMANNE SALAD 1/2c SLICED PEARS	15 (2M,2G) SICILIAN WHOLE GRAIN PEPPERONI PIZZA 1 1/4c TOSSED SALAD 1 FRESH BANANA
18 (2M,2G) WHOLE GRAIN BAKED POPCORN CHICKEN 3/4c CORN NIBLETS FRESH PLUM	19 (2M,2G) TURKEY BURGER ON WG BUN 1c CARROTS 1/2c FRUIT COCKTAIL	20 (2M,2G) SKINLESS TURKEY FRANKS 3/4c BAKED VEGETARIAN BEANS 1/2c APPLE SAUCE	21 NO SCHOOL	22 NO SCHOOL
25 (2M,2G) WHOLE GRAIN BAKED POPCORN CHICKEN 3/4c SPIRAL FRIES 1/2c FRUIT COCKTAIL	26 (2M,2G) CHEESEBURGER SLIDERS ON WG BUN 1c MASHED SWEET POTATOES 1 FRESH PLUM	27 (2M,2G) GRILLED CHICKEN PATTY ON WG BUN 3/4c BAKED VEGETARIAN BEANS 1 FRESH ORANGE	28 (2M,2G) BRUNCH FOR LUNCH! FRENCH TOAST STICKS W/TURKEY SAUSAGE 3/4c STEAMED BROCOLLI 1 FRESH APPLE	29 (2M,2G) SICILIAN WHOLE GRAIN PEPPERONI PIZZA 1 1/4c TOSSED SALAD 1/2c SLICED PEARS

**Whole grain offerings throughout our menu*

**Fresh fruits & vegetables*

**Additional Choices Daily:
Grilled Chicken Salad
Yogurt Parfait*



Daily Milk Choices

*Low Fat White
Fat Free Chocolate*



PLEASE FEEL FREE TO CONTACT US @

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MENU SUBJECT TO CHANGE