

Hempstead "B.E.A.T.S." Hunger

Breakfast Energizes All of Tomorrow's Successes

*Eat, drink and THINK
BREAKFAST IN THE CLASSROOM*

BREAKFAST CYCLE MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST BREAK... <i>IT'S ALL INSIDE</i> 4oz GRAPE JUICE 1/2c FRUIT COCKTAIL	YOGURT CUP GRAHAM CRACKERS 4 oz. APPLE JUICE 1/2c GRAPES	WG MUFFIN TOP 4 oz GRAPE JUICE 1/2c PINEAPPLE CHUNKS	ASSORTED CEREAL BARS GRAHAM CRACKERS 4 oz APPLE JUICE 1/2c PEAR SLICES	POP TART KIT 4 OZ. GRAPE JUICE 1/2c CHILLED PEACHES

Daily Milk Choices



Low Fat White

Fat Free Chocolate

Available Daily

2 Rich Whole Grains 

Fresh Fruit, Cheese Sticks, Yogurt



Please feel free to contact us at FoodServices@HempsteadSchools.org

MENU SUBJECT TO CHANGE