

Middle School Lunch Menu

MAY 2017

Hempstead Schools Food Services

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

1 (2M,2G) WHOLE GRAIN BAKED CORN CHICKEN 3/4c SPIRAL FRIES 1/2c FRUIT COCKTAIL	2 (2M,2G) WHOLE GRAIN BAKED MOZZARELLA STICKS 1c MASHED SWEET POTATOES 1 FRESH PLUM	3 (2M,2G) SKINLESS TURKEY FRANKS 3/4c BAKED VEGETARIAN BEANS 1/2c APPLE SAUCE	4 (2M,2G) BRUNCH FOR LUNCH! FRENCH TOAST STICKS W/TURKEY SAUSAGE 3/4c STEAMED BROCOLLI 1 FRESH APPLE	5 (2M,2G) SICILIAN WHOLE GRAIN PEPPERONI PIZZA 1 1/4c TOSSED SALAD 1 FRESH APPLE
8 (2M,2G) WHOLE GRAIN BAKED CHICKEN NUGGETS 3/4c CORN NBLETS 1/2c APPLE SAUCE	9 (2M,2G) SWEET & SOUR CHICKEN 1c BROWN RICE 1c CARROTS 1 FRESH PLUM	10 (2M,2G) SPAGHETTI & MEATBALLS 3/4c PINTO BEANS FRESH APPLE	11 (2M,2G) CHEESE CALZONE/PIE 3/4c MESCULIN SALAD 1 FRESH APPLE	12 (2M,2G) SICILIAN WHOLE GRAIN PEPPERONI PIZZA 1 1/4c TOSSED SALAD 1 FRESH PLUM
15 (2M,2G) WHOLE GRAIN BAKED CHICKEN STICKS 3/4c SPIRAL FRIES 1/2c FRUIT COCKTAIL	16 (2M,2G) WHOLE GRAIN BAKED MOZZARELLA STICKS 1c MASHED SWEET POTATOES 1 FRESH PLUM	17 (2M,2G) JAMAICAN BEEF PATTY 1c BROWN RICE 3/4c KIDNEY BEANS 1/2c PINEAPPLE TIDBITS	18 (2M,2G) CHICKEN PARMESAN HERO 3/4c ROMANNE SALAD 1/2c SLICED PEARS	19 (2M,2G) SICILIAN WHOLE GRAIN PEPPERONI PIZZA 1 1/4c TOSSED SALAD 1 FRESH BANANA
22 (2M,2G) WHOLE GRAIN BAKED CORN CHICKEN 3/4c CORN NBLETS FRESH PLUM	23 (2M,2G) TURKEY BURGER ON WG BUN 1c CARROTS 1/2c FRUIT COCKTAIL	24 (2M,2G) TERRIYAKI CHICKEN 1c BROWN RICE 3/4c PINTO BEANS 1/2c PINEAPPLE CHUNKS	25 (2M,2G) NEW ORLEANS CHICKEN 1c BROWN RICE 3/4c BROCOLLI 1 FRESH ORANGE	26 (2M,2G) SICILIAN WHOLE GRAIN PEPPERONI PIZZA 1 1/4c TOSSED SALAD 1 FRESH PLUM
29 NO SCHOOL	30 (2M,2G) CHEESEBURGER SLIDERS ON WG BUN 1c MASHED SWEET POTATOES 1 FRESH PLUM	31 (2M,2G) GRILLED CHICKEN PATTY ON WG BUN 3/4c BAKED VEGETARIAN BEANS 1 FRESH APPLE		

**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 @*

*Foodservices@
Hempsteadschools.org*

*MENU SUBJECT
TO CHANGE*