



# June 2025

## Hempstead HS & MS School LUNCH MENU

**Weekly Chef Salad**  
**Spicy Chicken Salad,**  
**Hamburgers**  
**Cheeseburger,**  
**Chicken Sandwiches,**  
**Assorted Wraps,**  
**Chicken Nuggets,**  
**Nachos w/ Meat,**  
**Beans & Cheese**

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

**Powering potential.**

MON	TUES	WED	THURS	FRI
<sup>2</sup> Chicken Drumsticks Baked Fries Apple	<sup>3</sup> Meatballs Sub Green Beans Orange	<sup>4</sup> Jamaican Patty Corn Pear	<sup>5</sup> Penne Pasta w/Meat Sauce Steamed Carrots Banana	<sup>6</sup> WG Cheese or <b>Buffalo Chicken</b> Pizza Coleslaw Watermelon
<sup>9</sup> Chicken Tenders Baked Fries Apple	<sup>10</sup> <b>Macaroni &amp; Cheese Popcorn Chicken</b> Green Beans Plums	<sup>11</sup> <b>Turkey &amp; Apple Melt</b> Baked Fries Cantaloupe	<sup>12</sup> Baked Chicken Red Potato Watermelon	<sup>13</sup> WG Cheese or Pepperoni Pizza Tossed Salad Orange
<sup>16</sup> Jamaican Patty Corn Pear	<sup>17</sup> Chicken Teriyaki Rice Broccoli Apple	<sup>18</sup> <b>Beef Frank WG Roll</b> Vegetarian Beans Orange	<sup>19</sup> <b>School Closed</b>	<sup>20</sup> WG Cheese or <b>Buffalo Chicken</b> Pizza Coleslaw Watermelon
<sup>23</sup> Dutch Waffle Sausage Baked Fries Orange	<sup>24</sup> WG Cheese or Pepperoni Pizza Tossed Salad Watermelon	<sup>25</sup> Chicken Nuggets Baked Fries Apple	<sup>26</sup> <b>Turkey &amp; Apple Melt</b> Baby Carrots Cantaloupe	<sup>27</sup> Half a day
<sup>30</sup> <b>School Closed</b>				

Menus are subject to change.



Sandwiches (all on WG bread): Rotating Boars  
 Head Turkey & Cheese or Ham (P) & Cheese,  
 American Cheese, Sun butter & Jelly  
 Fruit & Yogurt Parfait w/ Granola  
 Bagel Lunch: WG bagel with 2 cheese sticks



This institution is an equal opportunity provider.