



June 2025

Hempstead HS & MS School LUNCH MENU

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

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.

Powering
potential.

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