



Hempstead HS & MS Breakfast

June 2025

Student Meal: Free
Adult Meal: \$3.07+tax

More Info:

Daily Milk Offerings: 1% White, Fat Free White, Fat Free Chocolate* (all antibiotic & hormone free) *FF Chocolate Milk available to Grades K-5 only
Daily Fruit Offerings (Juice available to Grades K-5 only): Apple slices, orange, seasonal fresh fruit, plus 100% juice offerings (apple, fruit punch, orange, grape)

Daily Breakfast Offerings: Assorted WG cereal bars & bowls, assorted WG muffins, WG bagel w/ cream cheese, Egg & cheese sandwiches with or without Bacon (P) on WG roll.

Please Note: Items with (P) denotes contains pork.

Grades K-12 are offering vs serve and must choose at least three, up to four, of the below mentioned items. One of the items must be some fruit.

Grain (all grain offerings count as two items)

Fruit (must pick 1)

Milk (pick up to one)



This institution is an equal opportunity provider.

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| 2 WG Cereal Cinnamon Roll Milk Fruit Choice Juice Choice | 3 Boiled Eggs Turkey Bacon WG Bagel Fruit Choice Juice Choice | 4 Pancakes, Sausage Cheese WG Muffin Fruit Choice Juice Choice | 5 Boiled Eggs Turkey Bacon WG Bagel Fruit Choice Juice Choice | 6 WG Cereal WG Muffin Milk Fruit Choice Juice Choice |
| 9 WG Cold Cereal WG Bagel Yogurt Fruit Choice Juice Choice | 10 WG Cereal Bars Pancakes, Sausage Cheese Fruit Choice Juice Choice | 11 WG Cereal WG Muffin Milk Fruit Choice Juice Choice | 12 WG Donut Cereal Bars Fruit Choice Juice Choice | 13 Egg and Cheese on WG Bun Yogurt Fruit Choice Juice Choice |
| 16 Cinnamon Rolls Fruit choice Juice Choice | 17 Boiled Eggs Turkey Bacon WG Bagel Fruit Choice Juice Choice | 18 Pancakes, Sausage Cheese WG Muffin Fruit Choice Juice Choice | 19 School Closed | 20 WG Mini Waffles WG Cereal Bars Fruit Choice Juice Choice |
| 23 WG Donut Cereal Bars Fruit Choice Juice Choice | 24 WG Cold Cereal WG Bagel Yogurt Fruit Choice Juice Choice | 25 WG Cereal WG Muffin Milk Fruit Choice Juice Choice | 26 WG Cereal Bars Pancakes, Sausage Cheese Fruit Choice Juice Choice | 27 Pancakes, Sausage Cheese WG Muffin Fruit Choice Juice Choice |
| 30 School Closed | | | | |