



May 2025

Hempstead Elementary SCHOOL LUNCH MENU

Available Daily

Assorted Wraps
Yogurt Parfait w/
Fruit & Granola
Assorted Individual Salads

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

Powering
potential.™

MON	TUES	WED	THURS	FRI
			¹ Chicken & Dutch Waffles Green Beans Mandarins	² Cheese or Pepperoni Pizza Green Salad Bananas
⁵ WG Boneless Wings Baked Fries Mandarins	⁶ Soft Taco Beans Orange	⁷ Penne with Meat Sauce WG Roll Tossed Salad Apples	⁸ Chicken Teriyaki Over Rice Green Beans Pears	⁹ Cheese or Pepperoni Pizza Spinach Salad Bananas
¹² WG Chicken Nuggets Baked Fries Pear	¹³ Nachos with Meat & Cheese Beans Orange	¹⁴ Cheeseburger on WG Bun Corn Mandarins	¹⁵ WG Pancakes Sausage Baked Fries Sliced Apples	¹⁶ Cheese or Pepperoni Pizza Green Salad Banana
¹⁹ Chicken Parmesan WG Bun Peas & Carrots Apples	²⁰ WG Boneless Wings Baked Fries Bananas	²¹ Mac & Cheese Popcorn Chicken Carrots Pears	²² Cheese or Pepperoni Pizza Tossed Salad Watermelon	²³ School Closed
²⁶ School Closed	²⁷ WG Max Stick with Sauce Green Beans Pears	²⁸ Spaghetti & Meatballs Baby Carrots Apples	²⁹ WG Chicken Nuggets Baked Fries Oranges	³⁰ Cheese or Pepperoni Pizza Green Salad Bananas

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

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STUDENT
NUTRITION

This institution is an equal opportunity provider.