



Hempstead HS & MS Breakfast

May 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.

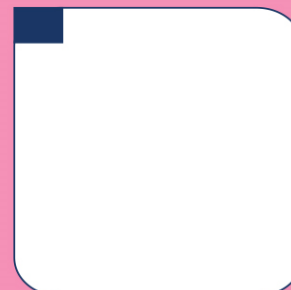
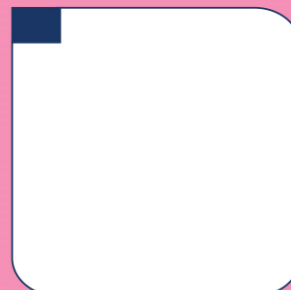
Grain (all grain offerings count as two items)

Fruit (must pick 1)

Milk (pick up to one)



This institution is an equal opportunity provider.



1
Boiled Eggs
Turkey Bacon
WG Bagel
Fruit Choice
Juice Choice

2
WG Cereal
WG Muffin
Milk
Fruit Choice
Juice Choice

5
WG Cold Cereal
WG Bagel
Yogurt
Fruit Choice
Juice Choice

6
WG Cereal Bars
Pancakes, Sausage
Cheese
Fruit Choice
Juice Choice

7
WG Cereal
WG Muffin
Milk
Fruit Choice
Juice Choice

8
WG Donut
Cereal Bars
Fruit Choice
Juice Choice

9
Egg and Cheese on WG
Bun
Yogurt
Fruit Choice
Juice Choice

12
Cinnamon Rolls
Fruit Choice
Juice Choice

13
Boiled Eggs
Turkey Bacon
WG Bagel
Fruit Choice
Juice Choice

14
Pancakes, Sausage
Cheese
WG Muffin
Fruit Choice
Juice Choice

15
WG Cereal Bars
Pancakes, Sausage
Cheese
Fruit Choice
Juice Choice

16
WG Mini Waffles
WG Cereal Bars
Fruit Choice
Juice Choice

19
WG Donut
Cereal Bars
Fruit Choice
Juice Choice

20
WG Cold Cereal
WG Bagel
Yogurt
Fruit Choice
Juice Choice

21
WG Cereal
WG Muffin
Milk
Fruit Choice
Juice Choice

22
Pancakes, Sausage
Cheese
WG Muffin
Fruit Choice
Juice Choice

23
**School
Closed**

26
**School
Closed**

27
WG Cereal
Cinnamon Roll
Milk
Fruit Choice
Juice Choice

28
Boiled Eggs
Turkey Bacon
WG Bagel
Fruit Choice
Juice Choice

29
WG Donut
Cereal Bars
Fruit Choice
Juice Choice

30
WG Mini Waffles
WG Cereal Bars
Fruit Choice
Juice Choice