



May 2025

Hempstead HS & MS School LUNCH MENU

	MON	TUES	WED	THURS	FRI
				¹ Penne Pasta with Meat Sauce Steamed Carrots Oranges	² WG Cheese or Buffalo Chicken Pizza Coleslaw Watermelon
	⁵ BBQ Chicken Baked Potato Mandarins	⁶ Soft Tacos Beans Pears	⁷ Chicken Tenders Baked Fries Apples	⁸ Jamaican Patty Mojo Chicken Bowl Corn Apple Sliced	⁹ WG Cheese or Pepperoni Pizza Tossed Salad Oranges
	¹² Chicken Nuggets Baked Fries Apples	¹³ Beef Philly Steak on WG Bun Corn on the Cob Oranges	¹⁴ Chicken Parmesan Broccoli Cantaloupe	¹⁵ Dutch Waffle Sausage Baked Fries Pears	¹⁶ WG Cheese or BBQ Chicken Pizza Coleslaw Bananas
	¹⁹ Loaded Frank Beans Pears	²⁰ General Tso Chicken Rice Steamed Carrots Oranges	²¹ Macaroni & Cheese Spicy Popcorn Chicken Green Beans Plums	²² WG Cheese or Buffalo Chicken Pizza Coleslaw Bananas	²³ School Closed
	²⁶ School Closed	²⁷ Penne Pasta with Meat Sauce Steamed Carrots Oranges	²⁸ Jamaican Patty Turkey & Apple Melt Kale Salad Pears	²⁹ Baked Chicken Red Potatoes Mandarins	³⁰ WG Cheese or Pepperoni Pizza Tossed 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



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