



October 2025

Hampton Bays Elementary School Lunch Menu

Available Daily:

- Turkey & Cheese on Kaiser Roll
- Ham & Cheese on Kaiser Roll (P)
- Cheese Sandwich
- WG Bagel with Butter or Cream Cheese
- Cheese Pizza
- LF Yogurt Parfait
- Salad Choice
- Sun Butter & Jelly
- Apples, Oranges, Fruit Cups
- Baby Carrots, Celery Sticks, Rotating Hot Vegetables
- Fat Free Chocolate Milk, Fat Free White Milk, or 1% White Milk
- 4 oz 100% Apple, Orange, or Tropical Juice

Gluten Free Options:

- Pasta
- Chicken Tenders
- Plain Bagel
- Honey Cheerios Cereal
- Cheerios Cereal
- Rice Chex Cereal
- Cinnamon Chex Cereal

Options available upon request

*We also have hot dog and hamburger rolls that are gluten free!

All Lunches Must Include Choice of:
Fruits and/or
Vegetable
Choice of:

Fat Free Chocolate Milk, Fat Free White Milk, or 1% White Milk

Items with a (P) may contain pork

*Menus are subject to change without notice

Powering
potential.

MON	TUES	WED	THURS	FRI
		1 Brunch for Lunch WG Waffles Egg Patty Tater Tots Grape Tomato Cup Orange Wedges Blueberry Cup	2 School Closed Yom Kippur	3 WG Cheese Pizza Romaine Side Salad Chickpea Salad Orange Wedges Apple Slices
6 Pizza Crunchers with Marinara Sauce Dinner Roll Seasoned Green Beans Grape Tomato Cup Melon Cup Diced Pears	7 Chicken Tenders Garlic Knot w/Ranch Pizza Sauce Seasoned Broccoli Red Pepper Strips Orange Wedges Blueberry Cup	8 Brunch for Lunch WG Pancakes Turkey Sausage Baby Carrots Tater Tots Applesauce Cup Grape Cup	9 Bacon Cheeseburger French Fries Black Beans Whole Pear Peach Cup	10 WG Cheese Pizza WG Pepperoni Pizza (P) Cucumber Coins Romaine Side Salad Orange Slices Strawberry Cup
13 School Closed Columbus Day	14 Nacho Cheese Walking Taco Black Beans Red Pepper Strips Apple Slices Mandarin Orange	15 Brunch for Lunch WG Waffles Egg Patty Tater Tots Seasoned Green Beans Applesauce Cup Grape Cup	16 WG Popcorn Chicken Potato Bowl Cucumber Coins Grape Tomato Cup Melon Cup Mixed Fruit Cup	17 WG Cheese Pizza Side Salad Baby Carrots Orange Slices Strawberry Cup
20 Mini Chicken Corn Dogs Mac & Cheese Celery Sticks Seasoned Broccoli Pear Orange Wedges	21 Beef Nachos Seasoned Refried Beans Red Pepper Strips Melon Cup Strawberry Cup	22 Brunch for Lunch WG French Toast Chicken Sausage Baby Carrots Tater Tots Applesauce Cup Grape Cup	23 Bacon Cheeseburger Spiral Fries Grape Tomatoes Peach Cup Whole Pear	24 WG Cheese Pizza WG Pepperoni Pizza (P) Celery Sticks Garden Salad Applesauce Cup Blueberries
27 Chicken Patty Sliders Broccoli Sweet Potato Fries Pear Strawberry Cup	28 2 Soft Beef Tacos Black Beans Sweet Kernel Corn Apple Slices Mandarin Orange	29 Brunch for Lunch WG Pancakes Scrambled Eggs Baby Carrots Tater Tots Applesauce Cup Grape Cup	30 Popcorn Chicken WG Biscuit Carrots Green Beans Diced Pears Strawberry Cup	31 WG Cheese Pizza Romaine Side Salad Cucumber Coins Orange Wedges Apple Slices

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All Students Now Receive
First Lunch Meal Free!

Additional Lunch Meal: \$3.75

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STUDENT
NUTRITION

This institution is an equal opportunity provider.