

# **WMS Gluten Free Menu**

## **April 2019**

### Monday, Apr 1st

GF Pizza  
Lettuce Salad  
OR  
Roast Chicken Sandwich on a GF Bun  
Mixed Vegetables

### Tuesday, Apr 2nd

GF Chicken Nuggets  
Mashed Potatoes (NO GRAVY)  
GF Dinner Roll  
OR  
BBQ Turkey on a GF Bun  
Jazz'd Red Beans

### Wednesday, Apr 3rd

Crispy Beef Taco  
Lettuce & Cheese Cup  
Corn  
OR Steamed Cauliflower  
GF Dinner Roll

### Thursday, Apr 4th

GF Chicken Nuggets w/Sweet & Sour Sauce  
Brown Rice  
Oriental Blend Vegetables  
OR  
GF Waffles  
Sausage Links  
Sweet Potato Tots

### Friday, Apr 5th

Ham Sandwich on GF Bread  
Green Beans  
OR California Blend Vegetables

### Monday, Apr 8th

GF Pizza  
Lettuce Salad  
OR  
Chicken Philly Sandwich on a GF Hoagie  
Coleslaw

### Tuesday, Apr 9th

Roast Beef Sandwich on GF Bread  
Mashed Potatoes (NO GRAVY)  
OR  
Turkey Bacon Melt on GF Bread  
Glazed Carrots

### Wednesday, Apr 10th

Hot Dog on a GF Bun  
Baked Beans  
Beef & Cheese Nachos  
Corn  
GF Dinner Roll

### Thursday, Apr 11th

Cheeseburger on a GF Bun  
Italian Blend Vegetables  
OR  
Korean BBQ Pork  
Brown Rice  
Steamed Broccoli

### Friday, Apr 12th

Roasted Chicken Legs  
Jazz'd Waffle Fries  
OR  
Grilled Cheese Sandwich on GF Bread  
Peas

### Monday, Apr 15th

GF Pizza  
Lettuce Salad  
OR  
Stuffed Green Pepper  
GF Dinner Roll

### Tuesday, Apr 16th

Beef Enchilada Casserole  
- Made with corn tortillas  
Black Beans  
GF Dinner Roll

## **WMS Gluten Free Menu**

### **April 2019**

#### Wednesday, Apr 17th

Hot Dog on a GF Bun  
Steamed Carrots

#### Friday, Apr 26th

Baked Potato with Ham and Cheese  
GF Dinner Roll

#### Thursday, Apr 18th

Sloppy Joe on a GF Bun  
Tater Tots  
OR Green Beans

#### Friday, Apr 19th

NO SCHOOL

#### Monday, Apr 22nd

GF Pizza  
Lettuce Salad  
OR  
Roast Chicken Sandwich on a GF Bun  
Celery & Carrot Sticks

#### Tuesday, Apr 23rd

GF Waffles  
Egg Patty  
Sausage Patty  
Sweet Potato Puffs

#### Wednesday, Apr 24th

GF Chicken Nuggets  
GF Dinner Roll  
Tater Tots  
OR  
Sweet & Sour Beef  
Brown Rice  
Steamed Broccoli

#### Thursday, Apr 25th

Beef & Cheese Tot'chos  
GF Dinner Roll  
OR  
Italian Melt on a GF Hoagie  
Cowboy Beans