

WMS Gluten Free Menu

May 2019

Monday, Apr 29th

GF Pizza
Lettuce Salad
OR
GF Waffles
Sausage Links
Sweet Potato Puffs

Tuesday, Apr 30th

Crispy Chicken Tacos
Corn

Wednesday, May 1st

Hamburger on a GF Bun
Mashed Potatoes (NO GRAVY)
OR
Hot Ham and Cheese on GF Bread
Steamed Cauliflower

Thursday, May 2nd

GF Chicken Nuggets
GF Dinner Roll
Tater Tots
OR
Roast Beef Sandwich on a GF Hoagie
Italian Blend Vegetables

Friday, May 3rd

GF Macaroni & Cheese
GF Breadstick
Peas
OR
Hot Dog on a GF Bun
Baked Beans

Monday, May 6th

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

Tuesday, May 7th

Pulled Pork Sandwich on a GF Bun
Cole Slaw
OR Green Beans

Wednesday, May 8th

Crispy Beef Tacos
Lettuce & Cheese Cup
Black Beans
GF Dinner Roll
OR
Roast Turkey (NO GRAVY)
Steamed Broccoli
GF Dinner Roll

Thursday, May 9th

Grilled Hamburger on a GF Bun
OR
Grilled Hot Dog on a GF Bun
Crinkle Cut French Fries

Friday, May 10th

Sack Lunch on a GF Hoagie

Monday, May 13th

GF Pizza
Lettuce Salad
OR
Roast Beef Sandwich on a GF Hoagie
Steamed Carrots

Tuesday, May 14th

Crispy Chicken Tacos (NO FAJITA SEASONING)
Lettuce & Cheese
Refried Beans

Wednesday, May 15th

Hot Ham & Cheese on GF Bread
Crinkle Cut French Fries

WMS Gluten Free Menu

May 2019

Thursday, May 16th

GF Chicken Nuggets
Mashed Potatoes (NO GRAVY)
GF Dinner Roll

Friday, May 17th

Pulled Pork with KC Classic BBQ
Brown Rice
Steamed Broccoli

Monday, May 20th

GF Pizza
Lettuce Salad

Tuesday, May 21st

Chicken Salad Sandwich on GF Bread
Steamed Carrots

Wednesday, May 22nd

Beef & Cheese Nachos
Black Beans
GF Dinner Roll

Thursday, May 23rd

Chicken Drumsticks
Crinkle Cut French Fries
GF Dinner Roll

Friday, May 24th

LAST DAY OF SCHOOL
Sack Lunch on GF Bread