

# Wilmington Area Food Service

## Gluten Free Lunch MENU

### March 2019

The menu is also available on the website at  
[www.wasd.school](http://www.wasd.school)

Mon	Tue	Wed	Thu	Fri
				<b>1</b>  GF Pizza Celery Sticks Choice of Fruit Milk
<b>4</b>  GF Hot Dog / GF Bun Carrots Sticks Choice of Fruit Milk	<b>5</b>  Grilled Chicken Gluten Free Bun Mashed Potatoes Choice of Fruit Milk	<b>6</b>  Bf Rib Patty in BBQ #5691 Gluten Free Bun Tossed Romaine Salad Choice of Fruit Milk	<b>7</b>  Taco Meat Hard Corn Taco Shell Carrots Sticks Choice of Fruit Milk	<b>8</b>  GF Pizza Celery Sticks Choice of Fruit Milk
<b>11</b>  GF Hot Dog / GF Bun Carrots Sticks Choice of Fruit Milk	<b>12</b>  Grilled Chicken Gluten Free Bun Mashed Potatoes Choice of Fruit Milk	<b>13</b>  Bf Rib Patty in BBQ #5691 Gluten Free Bun Tossed Romaine Salad Choice of Fruit Milk	<b>14</b>  Taco Meat Hard Corn Taco Shell Carrots Sticks Choice of Fruit Milk	<b>15</b>  GF Pizza Celery Sticks Choice of Fruit Milk
<b>18</b>  GF Hot Dog / GF Bun Carrots Sticks Choice of Fruit Milk	<b>19</b>  Grilled Chicken Gluten Free Bun Mashed Potatoes Choice of Fruit Milk	<b>20</b>  Bf Rib Patty in BBQ #5691 Gluten Free Bun Tossed Romaine Salad Choice of Fruit Milk	<b>21</b>  Taco Meat Hard Corn Taco Shell Carrots Sticks Choice of Fruit Milk	<b>22</b>  GF Pizza Celery Sticks Choice of Fruit Milk
<b>25</b>  GF Hot Dog / GF Bun Carrots Sticks Choice of Fruit Milk	<b>26</b>  Grilled Chicken Gluten Free Bun Mashed Potatoes Choice of Fruit Milk	<b>27</b>  Bf Rib Patty in BBQ #5691 Gluten Free Bun Tossed Romaine Salad Choice of Fruit Milk	<b>28</b>  Taco Meat Hard Corn Taco Shell Carrots Sticks Choice of Fruit Milk	<b>29</b>  GF Pizza Celery Sticks Choice of Fruit Milk

Breakfast Prices: (District Wide)			
Daily:	\$1.10	Weekly:	\$5.50
Reduced:	\$0.30	Weekly:	\$1.50
Lunch Prices:			
<b>Elementary:</b>			
Daily:	\$1.75	Weekly:	\$8.75
Reduced:	\$0.40	Weekly:	\$2.00
<b>Middle School/High School:</b>			
Daily:	\$1.95	Weekly:	\$9.75
Reduced:	\$0.40	Weekly:	\$2.00
<b>Please make checks payable to: Wilmington Area Food Service</b>			
\$Reduced:	\$0.40	Weekly:	\$2.00
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In order to qualify for a reimbursable meal, Your meals must include at least three of the main food items: Meat or meat alternate, Breads, AND MUST HAVE 1/2 CUP FRUIT OR VEGETABLE-Otherwise, regulations require an a-la-carte pricing. In addition to the menued items, the following will be available daily:

#### **DAILY CHOICE OF FRUIT:**

Fresh: When available  
Apple, Cantaloupe, Watermelon, Pears  
Canned: Peaches, Pears, Pineapple  
Mandarin Oranges, Mixed Fruit  
Applesauce

4 oz Cup Veggies Daily

**Beets**  
**Carrot Stick**  
**Broccoli**  
**Garbanzo Beans**