

Shuksan Dinner Menu



Shuksan Middle School Cafeteria
Monday through Thursday Aug 28th through June 6th, 5 to 6 p.m.

November 2017

Mon	Tue	Wed	Thu
		1 Nachos** with WG Corn Chips 40g , Taco Meat 2g and Cheese Sauce 3g with WG Mexi Rice 18g	2 NO DINNER Early Release
6 All Beef Hot Dogs* on WG Bun 54g with WG SunChips 18g	7 Spicy Chicken Burger* on WG Bun 27g with Fries/Wedges 41g	8 WG Pizza, Cheese or Pepperoni* 47g , with Caesar Salad 9g	9 NO DINNER Early Release
13 Cheeseburger* on WG Bun 26g with WG SunChips 18g	14 WG Chicken Nuggets* 13g with WG Garlic Toasts 24g and Tater Tots 32g	15 Chicken Fajitas** \$[with WG Brown Rice 36g and Black Beans 11g	16 WG Cheese-Filled Breadsticks* 45g with Marinara Sauce 7g and Caesar Salad 9g
20 WG Corn dogs* 60g with WG SunChips 18g	21 WG Pizza, Cheese or Pepperoni* 47g , with Caesar Salad 9g	22 NO DINNER Early Release	23 NO DINNER No School
27 Spicy Chicken Burger* on WG Bun 27g with Fries/Wedges 41g	28 WG Grilled Cheese Sandwich* 31g with Tomato Soup 32g and WG Goldfish Crackers 14g	29 Baja Fish* Tacos with WG Tortilla 44g and Cilantro Lime Coleslaw TBA	30 WG Cheese-Filled Breadsticks* 45g with Marinara Sauce 7g and Caesar Salad 9g

WG= Whole Grain Rich

*Indicates product with CN Label or Product Formulation Statement; **Indicates Homemade Item with Recipe
1% Milk served to all children over the age of 2; Whole milk served to all children 1-2 years of age

All children under 18 can come in for a free hot meal. It does not matter what school you attend. Meals come with milk, fruit, and veggies. Adults may purchase a meal for \$4 (cash or check).

MEALS MUST BE EATEN ON SITE.

This institution is an equal opportunity provider.