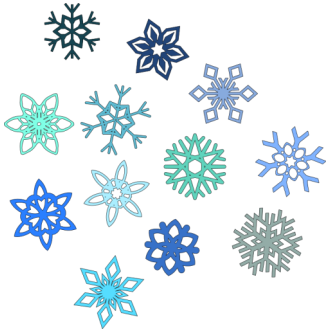


Shuksan Dinner Menu



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

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.

January 2018

Mon	Tue	Wed	Thu
1 NO DINNER New Year's Day	2 WG Grilled Cheese Sandwich* 31g with Tomato Soup 32g and WG Goldfish Crackers 14g	3 Chicken Burger* on WG Bun 40g with Fries/Wedges 41g	4 WG Pizza, Cheese or Pepperoni* 47g , with Caesar Salad 5g
8 Beef Gyro** on WG Flatbread 29g with Yogurt Sauce 1g and Cucumber Salad 5g	9 WG Corn dogs* 60g with WG SunChips 18g	10 WG Cheesy Lasagna Roll-ups* 60g with Caesar Salad 5g	11 WG Cheese-Filled Breadsticks* 45g with Marinara Sauce 7g and Caesar Salad 5g
15 NO DINNER MLK Day	16 WG Chicken Yakisoba** 52g With Spring Rolls 18g and fortune cookie 5g	17 Cheeseburger* on WG Bun 26g with Fries/Wedges 41g	18 WG Pizza, Cheese or Pepperoni* 47g , with Caesar Salad 5g
22 BBQ Rib Sandwich* on WG Hoagie Roll 50g with SunChips 18g	23 WG Cheese Quesadilla* 42g with WG Mexi Rice** 18g	24 NO DINNER Early Release	25 NO DINNER Early Release
29 Cheeseburger* on WG Bun 26g with WG SunChips 18g	30 All Beef Hot Dogs* on WG Bun 54g with Fries/Wedges 41g	31 WG Chicken Nuggets* 13g with WG Garlic Toasts 24g and Tater Tots 32g	Feb 1 WG Pizza, Cheese or Pepperoni* 47g , with Caesar Salad 5g

WG= Whole Grain Rich

*Indicates product with CN Label or Product Formulation Statement; **Indicates Homemade Item with Recipe

This institution is an equal opportunity provider.