



Dinner Program (Shuksan Middle School) Menu & Portion Guide 2022/23 School Year (Carbs & Allergens)

Week One (10/24 - 10/27, 11/7 - 11/10, 11/21 - 11/23, 12/5 - 12/9, 1/2 - 1/6, 1/16 - 1/20)

Menu Item	ALLERGEN	PORTION	CREDIT	CARB
Monday				
Chicken Drumstick (Glazed)		2pcs (184g)	3M	4g
OR				
Chicken Drumstick (Breaded), TYSON	Wheat	1 pc (94g)	2M .75G	6g
Mashed Potatoes	Milk	1 cup	2V	32g
Chicken Gravy	Milk	1/4 cup	n/a	9g
Roll*	Wheat, Sesame	2oz	2G	22g
Tuesday				
Albie's Chicken Empanadas	Wheat, Soy, Milk	1 ea (5oz)	2M 2G	32g
Seasoned Rice		1/2 cup	2G	22g
Wednesday				
Fish Wedge, Breaded WG (Trident)	Fish, Wheat, & Soy	4 ea (4oz)	2M 1G	15g
Roll*	Wheat, Sesame	1oz	1G	11g
Shredded Cabbage (for salad bar)		1 oz (1/2 cup)	.5V	2g
Slaw Dressing	Egg, Soy	1 oz	n/a	7g
TarTar Sauce	Egg	1 oz	n/a	2g
Thursday				
Beef Patty		1 ea.	2M	1g
Whole Grain Bun*	Wheat, Sesame	1 ea.	2G	26g
Cheddar Cheese	Milk	1/2 slice (1/2 ounce)	.5M	1g
Tater Puffs	Soy	1 cup (15 each)	1 Cup Veg	28g
Friday				
No Dinner Program on Friday Night				

Week Two (10/31 - 11/3, 11/14 - 11/17, 11/28 - 12/1, 12/12 - 12/15, 1/9 - 1/13, 1/23 - 1/27)

Menu Item	ALLERGENS	HS	HS	HS
Monday				
Chicken Tenders, Whole Grain	Wheat, Soy	3pcs (116g)	2M 1G	2g
Crinkle Fries (Lambs Weston)		1 cup (5oz)	1 Cup Veg	33g
Tuesday				
French Bread Pizza, peperoni (Tony's)	Dairy, Wheat	1 slice	2M,2G	35g
Wednesday				
Yakisoba Noodles	Wheat, Soy	1 cup (5oz)	2G	42g
*Yakisoba / Marinade (scratch-made)	Wheat, Soy	1/4 cup (2 oz)	n/a	16g
Confetti Blend & Broccoli		2.5 cup (3 oz)	1 Cup Veg	4g
Grilled Chicken *on the side	(*Contains Poultry)	1/2 cup (2oz)	2M	1g
Fortune Cookie	Wheat	1 each (8g)	n/a	7g
Thursday				
Nacho Bar	*VEGETARIAN without Beef			
Tortilla Chips		20 chips (2oz)	2G	40g
Cheddar Cheese	Milk	1/4 cup (1oz)	1M	1g
Seasoned Beef, 85/15 Ground Beef	(*Contains Beef)	3/4 cup (2.6oz)	2M	0.35g
Seasoned Beans		2oz	.25 Cup Veg	15g
Salsa		1/4 cup (2oz)	.25 Cup Veg	4g
Friday, December 16, 2022				
Friday				
No Dinner Program on Friday Night				

All menus include Fruit & Salad Bar and choice of 1% low-fat or non-fat milk

Daily Meal Pattern > 1 Cup Milk, 2oz M/MA, 1 Cup Vege, 1 Cup Fruit, 2 oz Grain

*Beginning in October 2022 - Hamburger Buns, Hot Dog Buns, Hoagie Rolls and Dinner Rolls will all include Sesame Flour