

EMS MENUWORKS[®] PROGRAM

5-WEEK CYCLE MENU – JULY 2012 New Mapp REGULATIONS

LUNCH & SNACK MENUS GRADES K-12

LUNCH WEEK #1 – GRADES 9-12							
	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
WEEK 1 - LUNCH GRADES 9-12	CHILI & RICE 9-12 <ul style="list-style-type: none"> 1 ¼ c EMS Vegetarian Chili 9-12 (2oz M/A + 1c Veg) 1c Brown Rice (2oz GR/BReq) 1c EMS Fresh Melon Salad 9-12 (1c FR) 1c (8oz) Non Fat or 1% Milk (1 Mi) <p>This meal contains: ½ C BEANS</p>	CHICKEN SALAD PITA 9-12 <ul style="list-style-type: none"> 1 EMS Chicken Salad Pita Sandwich, Reduced Fat (1 oz GR/BReq + 2oz M/A) Sweet Potato (2oz) Frozen, (1c VEG) 1c Fruit (1c FR) 1c Grapefruit (1c FR) 1c Whole Grain Goldfish Crackers (1oz GR/BReq) 1c (8oz) Non Fat or 1% Milk (1 Mi) <p>This meal contains: 1c RED/ORANGE VEGETABLE</p>	TOASTED HAM & CHEESE SANDWICH 9-12 <ul style="list-style-type: none"> 1 EMS Toasted Ham & Cheese Sandwich on Whole Wheat (2oz M/A + 2oz VEG) 1c (8oz) Non Fat or 1% Milk (1 Mi) 1c (8oz) Non Fat or 1% Milk (1 Mi) <p>This meal contains: 1/2 c BEANS ½ c Red VEG</p>	TURKEY BURGER 9-12 <ul style="list-style-type: none"> 1 EMS Turkey Burger on Whole Wheat Bun (2 oz GR/BReq + 2 ¼ oz M/A + ¼ c Veg) 1c French Fries (2oz) Frozen, (1c VEG) 2 Tbsp Ketchup (0) 1c Fruit (1c FR) 1c (8oz) Non Fat or 1% Milk (1 Mi) <p>This meal contains: 1 C STARCHY VEGETABLE</p>	BAGEL & YOGURT 9-12 <ul style="list-style-type: none"> 3oz 100% Whole Wheat Bagel (3oz GR/BReq) 1 ½ Tbsp Cream Cheese (0) 1c Yogurt (1c M/A) 1c Diced Fruit (1c FR) 1c Canned Beans (1c FR) ½ c Red Bell Pepper Strips (1/2 c Veg) ½ c Celery Sticks (1/2 c Veg) 2 Tbsp Light Ranch Dressing, Bottled (0) 1c (8oz) Non Fat or 1% Milk (1Mi) <p>This meal contains: ½ C RED/ORANGE VEG</p>	HAWAIIAN PIZZA 9-12 <ul style="list-style-type: none"> 1/5 EMS Hawaiian Pizza on Whole Wheat Crust (2 oz GR/BReq + 1 ¼ oz M/A + 1c FR) ½ c (4oz) Non-Fat Yogurt (1c M/A) 2c EMS Sliced Salsa Regular (5/4 oz M/A + 1 c Veg) 1c (8oz) Non Fat or 1% Milk (1 Mi) 1c EMS Apple Slices with Caramel Dip 9-12 (1c FR) <p>This meal contains: 1 C DARK GREEN VEG</p>	SHEPHERD'S PIE 9-12 <ul style="list-style-type: none"> 1 ¼ c EMS Shepherd's Pie (2oz M/A + 1c Veg) 3oz 100% Whole Wheat Roll (3oz GR/BReq) 1 tsp Margarine (0) 1c (8oz) Non Fat or 1% Milk (1Mi) 1c EMS Fresh Fruit with Whipped Topping 9-12 (1c FR) <p>This meal contains: ½ c Starchy Veg</p> <p>WEEKLY TOTALS: BR/GR: 16oz eq (14-17) M/A: 15oz (14-17) WEEKLY AVG: CAL: 784 (750-850) NA: 1208 mg (less than 1420mg) SAT FAT: 7.83% (less than 10%)</p>
							