

District	Menu Name	Week of	Meal Session	Grade Range	Menu Status
Rockcastle	Week 1	8/7/2016 - 8/13/2016	Breakfast	Grades K - 5	Not Submitted

### Weekly Component Statistics

	Fruit/Veg.	Grains	M/MA-Grain	Total Grains	M/MA-Extra	Milk
Regulation	6 cups			8.5 oz servings - 12 oz servings		6 cups
Menu Actuals	10 cups	12 oz servings	3 oz servings	12 oz servings - <b>22 oz servings</b>		6 cups
Regulation Min Met	Yes			Yes		Yes
Regulation Max Met	---	---	---	<b>No</b>	---	---

### Weekly Nutrient Statistics

	Avg. Calories	Avg. % Sat. Fat	Sodium Avg.
Regulation	350 - 500 kcal	< 10%	≤ 540 mg
Menu Actuals	421 kcal	5.23%	517 mg
Regulation Met	Yes	Yes	Yes

\* As per the USDA policy memo regarding the flexibility with the meat/meat alternates and grains requirement, there will be no penalty for exceeding the maximum.

### Weekly Subgroups of Vegetables Served

	Dark Green	Red/Orange	Beans/Peas	Starchy	Other Vegetable	Additional Veg. to Reach Total
Menu Actuals						
Regulation Met?				Yes		

### Weekly Whole Grains, Milk Served

Regulation	Menu Actuals	Regulation Met?
100% of Grains Servings must be Whole Grain- Rich	100%	Yes
A variety of milk types are served	Served	Yes
Cannot serve Low-fat (1%), flavored	Not Served	Yes
Cannot serve Reduced fat (2% fat) or whole, unflavored and flavored	Not Served	Yes

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## Summary for Monday, August 08, 2016

Daily Minimum Meal Component and Daily Nutrient Statistics - Breakfast

	Fruit / Veg.	Grains	Milk	M/MA-Grain	M/MA-Extra	Calories	% Sat. Fat	Sodium
Regulation Minimum	1 cup	1 oz	1 cup					
Menu Actuals	1.5 cups	2 oz	1 cup	1 oz	Data Missing	427 kcal	2.51%	602 mg
Regulation Met?	Yes	Yes	Yes					

## Detail for Monday, August 08, 2016

Total Feeding Figure: 170

Meal Component	Recipe or Combo	Menu Item (Actual Portion Size)	Recipe # or Product Name and Code	Source	Planned # of Servings	Creditable Portion Size	Unit of Measure	Calories (1 srv.)	Sat. Fat (1 srv.)	Sodium (1 srv.)
Recipe - Entree	Honey Nut Cheerios	Honey Nut Cheerios (28 g)		Vendor	10			110	0	160
Whole Grain-Rich Grains	~ Honey Nut Cheerios	Honey Nut Cheerios (28 g)	General Mills 509396	Vendor	10	1	oz eq.			
Recipe - Entree	Cocoa Puffs	Cocoa Puffs (30 g)		Vendor	50			110	0	160
Whole Grain-Rich Grains	~ Cocoa Puffs	Cocoa Puffs (30 g)	General Mills 270401	Vendor	50	1	oz eq.			
Recipe - Entree	Chicken Sliders	Chicken Sliders (2 Sliders)		Vendor	95			270	1.5	580
Meat/Meat Alternate - Grain	~ Chicken Sliders	Chicken Patty (2) (81 g)	Tyson 645080 CN Label	Vendor	95	2	oz eq.			
Whole Grain-Rich Grains	~ Chicken Sliders	Buns (2) (76 g)	GFS 676171	Vendor	95	2	oz eq.			
Recipe - Entree	Yogurt/Granola	Yogurt/Granola (2 oz)		Vendor	15			220	0.5	125
Meat/Meat Alternate - Grain	~ Yogurt/Granola	Yogurt (4 oz)	Trix 551760	Vendor	15	1	oz eq.			
Whole Grain-Rich Grains	~ Yogurt/Granola	Granola (1 oz)	Fieldstone 649742	Vendor	15	1	oz eq.			
Whole Grain-Rich Grains		Toast (28 g)	Sara Lee 3239	Vendor	60	1	oz eq.	70	0	120
Fruits		Pineapple Chunks (1/2 C)	GFS 189952	Vendor	40	0.5	cup	40	0	0

**Detail for Monday, August 08, 2016**

**Total Feeding Figure: 170**

Meal Component	Recipe or Combo	Menu Item (Actual Portion Size)	Recipe # or Product Name and Code	Source	Planned # of Servings	Creditable Portion Size	Unit of Measure	Calories (1 srv.)	Sat. Fat (1 srv.)	Sodium (1 srv.)
Fruits		Oranges (1 med)	Hill Top	Local	40	0.5	cup	54	0	2
Fruit Juice		100% Apple Juice (4 oz)	Suncup 135440	Vendor	50	0.5	cup	50	0	10
Fruit Juice		100% Orange Juice (4 oz)	Suncup 135450	Vendor	25	0.5	cup	60	0	0
Fruit Juice		100% Grape Juice (4 oz)	Suncup 135460	Vendor	65	0.5	cup	80	0	20
Condiments		Assorted Jelly (.38 oz)	Smuckers 301248	Vendor	20	0	oz eq.	35	0	0
Milk Skim/fat-free, flavored		FF Chocolate Milk (8 oz)	Prairie Farms	Vendor	80	1	cup	110	0	180
Milk Skim/fat-free, flavored		FF Strawberry Milk (8 oz)	Prairie Farms	Vendor	25	1	cup	120	0	120
Milk Skim/fat-free, flavored		FF Vanilla Milk (8 oz)	Prairie Farms	Vendor	30	1	cup	130	0	170
Milk Low-fat (1%), unflavored		LF Milk White (8 oz)	Prairie Farms	Vendor	35	1	cup	100	1.5	120
Meat/Meat Alternate - Grains		M/MA-Grains Minimum Offered in Place of Grains				1	oz eq.			
Vegetable Incl. Juice		Vegetable Including Juice Minimum Offered					cup			
Vegetable Juice		Vegetable Juice Maximum Offered					cup			
Fruit Incl. Juice		Fruit Including Juice Minimum Offered				1.5	cup			
Fruit Juice		Fruit Juice Maximum Offered				0.5	cup			
Fruit Incl. Juice		Fruit Including Juice Maximum Offered				1.5	cup			
Vegetable Incl. Juice		Vegetable Including Juice Maximum Offered					cup			

## Summary for Tuesday, August 09, 2016

Daily Minimum Meal Component and Daily Nutrient Statistics - Breakfast

	Fruit / Veg.	Grains	Milk	M/MA-Grain	M/MA-Extra	Calories	% Sat. Fat	Sodium
Regulation Minimum	1 cup	1 oz	1 cup					
Menu Actuals	1 cup	2 oz	1 cup	1 oz	Data Missing	359 kcal	9.43%	491 mg
Regulation Met?	Yes	Yes	Yes					

## Detail for Tuesday, August 09, 2016

Total Feeding Figure: 230

Meal Component	Recipe or Combo	Menu Item (Actual Portion Size)	Recipe # or Product Name and Code	Source	Planned # of Servings	Creditable Portion Size	Unit of Measure	Calories (1 srv.)	Sat. Fat (1 srv.)	Sodium (1 srv.)
Recipe - Entree	Frosted Flakes	Frosted Flakes (28 g)		Vendor	125			100	0	160
Whole Grain-Rich Grains	~ Frosted Flakes	Frosted Flakes (28 g)	Kellogg's 388190	Vendor	125	1	oz eq.			
Recipe - Entree	Froot Loops	Froot Loops (28 g)		Vendor	30			110	0.5	170
Whole Grain-Rich Grains	~ Froot Loops	Froot Loops (28 g)	Kellogg's 283620	Vendor	30	1	oz eq.			
Recipe - Entree	Sausage, Egg, Cheese Biscuit	Sausage, Egg, Cheese Biscuit (4.25)		Vendor	60			515	13.75	1010
Meat/Meat Alternate - Grain	~ Sausage, Egg, Cheese Biscuit	Pork Sausage (2 oz.)	Jones Dairy Farm 277722	Vendor	60	1	oz eq.			
Meat/Meat Alternate - Extra	~ Sausage, Egg, Cheese Biscuit	Cheese Slice (1 oz)	Commodity or GFS 722360	Local	60	1	oz eq.			
Meat/Meat Alternate - Extra	~ Sausage, Egg, Cheese Biscuit	Egg Patty (1 patty)	GFS 741320	Vendor	60	1	oz eq.			
Whole Grain-Rich Grains	~ Sausage, Egg, Cheese Biscuit	Biscuit (2.1 oz.)	GFS 126962	Vendor	60	2	oz eq.			
Recipe - Entree	Yogurt/Granola	Yogurt/Granola (2 oz)		Vendor	15			220	0.5	125
Meat/Meat Alternate - Grain	~ Yogurt/Granola	Yogurt (4 oz)	Yoplait 551760	Vendor	15	1	oz eq.			
Whole Grain-Rich Grains	~ Yogurt/Granola	Granola (1 oz)	Fieldstone 649742	Vendor	15	1	oz eq.			

Detail for Tuesday, August 09, 2016

Total Feeding Figure: 230

Meal Component	Recipe or Combo	Menu Item (Actual Portion Size)	Recipe # or Product Name and Code	Source	Planned # of Servings	Creditable Portion Size	Unit of Measure	Calories (1 srv.)	Sat. Fat (1 srv.)	Sodium (1 srv.)
Whole Grain-Rich Grains		Toast (28 g)	Sara Lee 3239	Vendor	30	1	oz eq.	70	0	120
Fruits		Applesauce (1/2 C)	GFS	Vendor	35	0.5	cup	90	0	10
Fruits		Grapes (1/2 C)	Hill Top Produce	Vendor	65	0.5	cup	62	0	2
Fruit Juice		100% Apple Juice (4 oz)	Suncup 135440	Vendor	38	0.5	cup	50	0	10
Fruit Juice		100% Orange Juice (4 oz)	Suncup 135450	Vendor	20	0.5	cup	60	0	0
Fruit Juice		100% Grape Juice (4 oz)	Suncup 135460	Vendor	60	0.5	cup	80	0	20
Condiments		Assorted Jelly (.38 oz)	Smuckers 301248	Vendor	35	0	oz eq.	35	0	0
Milk Skim/fat-free, flavored		FF Chocolate Milk (8 oz)	Prairie Farms	Vendor	68	1	cup	110	0	180
Milk Skim/fat-free, flavored		FF Strawberry Milk (8 oz)	Prairie Farms	Vendor	35	1	cup	120	0	120
Milk Skim/fat-free, flavored		FF Vanilla Milk (8 oz)	Prairie Farms	Vendor	10	1	cup	130	0	170
Milk Low-fat (1%), unflavored		LF Milk White (8 oz)	Prairie Farms	Vendor	12	1	cup	100	1.5	120
Meat/Meat Alternate - Grains		M/MA-Grains Minimum Offered in Place of Grains				1	oz eq.			
Vegetable Incl. Juice		Vegetable Including Juice Minimum Offered					cup			
Vegetable Juice		Vegetable Juice Maximum Offered					cup			
Fruit Incl. Juice		Fruit Including Juice Minimum Offered				1	cup			
Fruit Juice		Fruit Juice Maximum Offered				0.5	cup			
Fruit Incl. Juice		Fruit Including Juice Maximum Offered				1	cup			
Vegetable Incl. Juice		Vegetable Including Juice Maximum Offered					cup			

## Summary for Wednesday, August 10, 2016

Daily Minimum Meal Component and Daily Nutrient Statistics - Breakfast

	Fruit / Veg.	Grains	Milk	M/MA-Grain	M/MA-Extra	Calories	% Sat. Fat	Sodium
Regulation Minimum	1 cup	1 oz	1 cup					
Menu Actuals	2 cups	2 oz	1 cup	Data Missing	Data Missing	457 kcal	6.65%	451 mg
Regulation Met?	Yes	Yes	Yes					

## Detail for Wednesday, August 10, 2016

Total Feeding Figure: 185

Meal Component	Recipe or Combo	Menu Item (Actual Portion Size)	Recipe # or Product Name and Code	Source	Planned # of Servings	Creditable Portion Size	Unit of Measure	Calories (1 srv.)	Sat. Fat (1 srv.)	Sodium (1 srv.)
Recipe - Entree	Chocolate Mini Donuts	Chocolate Mini Donuts (3 oz.)	GFS 738181	Vendor	50			300	8	290
Whole Grain-Rich Grains	~ Chocolate Mini Donuts	Chocolate Mini Donuts (3 oz.)	GFS 738181	Vendor	50	2	oz eq.			
Recipe - Entree	Powdered Sugar Mini Donuts	Powdered Sugar Mini Donuts (3 oz.)		Vendor	50			280	3	290
Whole Grain-Rich Grains	~ Powdered Sugar Mini Donuts	Powdered Sugar Mini Donuts	GFS 738201	Local	50	2	oz eq.			
Recipe - Entree	Honey Nut Cheerios	Honey Nut Cheerios (28 g)	GFS 509396	Vendor	30			110	0	160
Whole Grain-Rich Grains	~ Honey Nut Cheerios	Honey Nut Cheerios (28 g)	General Mills 509396	Vendor	30	1	oz eq.			
Recipe - Entree	Yogurt/Granola	Yogurt/Granola (2 oz)		Vendor	15			220	0.5	125
Meat/Meat Alternate - Grain	~ Yogurt/Granola	Yogurt (4 oz)	Trix 551760	Vendor	15	1	oz eq.			
Whole Grain-Rich Grains	~ Yogurt/Granola	Granola (1 oz)	Fieldstone 649742	Vendor	15	1	oz eq.			
Recipe - Entree	Lucky Charms	Lucky Charms (28 g)		Vendor	40			110	0	180
Whole Grain-Rich Grains	~ Lucky Charms	Lucky Charms (28 g)	General Mills 265811	Vendor	40	1	oz eq.			
Whole Grain-Rich Grains		Toast (28 g)	Sara Lee 3239	Vendor	80	1	oz eq.	70	0	120

Detail for Wednesday, August 10, 2016

Total Feeding Figure: 185

Meal Component	Recipe or Combo	Menu Item (Actual Portion Size)	Recipe # or Product Name and Code	Source	Planned # of Servings	Creditable Portion Size	Unit of Measure	Calories (1 srv.)	Sat. Fat (1 srv.)	Sodium (1 srv.)
Fruits		Peaches (1/2 C)	GFS 224448	Local	60	0.5	cup	70	0	10
Fruits		Apple (1 C)	Hill Top Produce	Vendor	60	1	cup	65	0	1
Fruit Juice		100% Apple Juice (4 oz)	Suncup 135440	Vendor	60	0.5	cup	50	0	10
Fruit Juice		100% Orange Juice (4 oz)	Suncup 135450	Vendor	18	0.5	cup	60	0	0
Fruit Juice		100% Grape Juice (4 oz)	Suncup 135460	Vendor	64	0.5	cup	80	0	20
Condiments		Assorted Jelly (.38 oz)	Smuckers 301248	Vendor	25	0	oz eq.	35	0	0
Milk Skim/fat-free, flavored		FF Chocolate Milk (8 oz)	Prairie Farms	Vendor	80	1	cup	110	0	180
Milk Skim/fat-free, flavored		FF Strawberry Milk (8 oz)	Prairie Farms	Vendor	30	1	cup	120	0	120
Milk Skim/fat-free, flavored		FF Vanilla Milk (8 oz)	Prairie Farms	Vendor	30	1	cup	130	0	170
Milk Low-fat (1%), unflavored		LF Milk White (8 oz)	Prairie Farms	Vendor	45	1	cup	100	1.5	120
Meat/Meat Alternate - Grains		M/MA-Grains Minimum Offered in Place of Grains				0	oz eq.			
Vegetable Incl. Juice		Vegetable Including Juice Minimum Offered					cup			
Vegetable Juice		Vegetable Juice Maximum Offered					cup			
Fruit Incl. Juice		Fruit Including Juice Minimum Offered				2	cup			
Fruit Juice		Fruit Juice Maximum Offered				0.5	cup			
Fruit Incl. Juice		Fruit Including Juice Maximum Offered				2	cup			
Vegetable Incl. Juice		Vegetable Including Juice Maximum Offered					cup			

## Summary for Thursday, August 11, 2016

Daily Minimum Meal Component and Daily Nutrient Statistics - Breakfast

	Fruit / Veg.	Grains	Milk	M/MA-Grain	M/MA-Extra	Calories	% Sat. Fat	Sodium
Regulation Minimum	1 cup	1 oz	1 cup					
Menu Actuals	1.5 cups	2 oz	1 cup	1 oz	Data Missing	445 kcal	2.88%	533 mg
Regulation Met?	Yes	Yes	Yes					

## Detail for Thursday, August 11, 2016

Total Feeding Figure: 170

Meal Component	Recipe or Combo	Menu Item (Actual Portion Size)	Recipe # or Product Name and Code	Source	Planned # of Servings	Creditable Portion Size	Unit of Measure	Calories (1 srv.)	Sat. Fat (1 srv.)	Sodium (1 srv.)
Recipe - Entree	Breakfast Pizza CN Label	Breakfast Pizza CN Label (3.31 oz)	Tony's 160432	Vendor	80			220	2	480
Meat/Meat Alternate - Grain	~ Breakfast Pizza CN Label	Turkey sausage (1 oz)	Tony's 160432	Vendor	80	1	oz eq.			
Whole Grain-Rich Grains	~ Breakfast Pizza CN Label	Bread (1.5 servings)	Tony's 160432	Vendor	80	1.5	oz eq.			
Recipe - Entree	Cocoa Puffs	Cocoa Puffs (30 g)		Vendor	40			110	0	160
Whole Grain-Rich Grains	~ Cocoa Puffs	Cocoa Puffs (30 g)	General Mills 270401	Vendor	40	1	oz eq.			
Recipe - Entree	Froot Loops	Froot Loops (28 g)		Vendor	35			110	0.5	170
Whole Grain-Rich Grains	~ Froot Loops	Froot Loops (28 g)	Kellogg's 283620	Vendor	35	1	oz eq.			
Recipe - Entree	Yogurt/Granola	Yogurt/Granola (2 oz)		Vendor	15			220	0.5	125
Meat/Meat Alternate - Grain	~ Yogurt/Granola	Yogurt (4 oz)	Trix 551760	Vendor	15	1	oz eq.			
Whole Grain-Rich Grains	~ Yogurt/Granola	Granola (1 oz)	Fieldstone 649742	Vendor	15	1	oz eq.			
Whole Grain-Rich Grains		Toast (28 g)	Sara Lee 3239	Vendor	70	1	oz eq.	70	0	120
Fruits		Mandarin Oranges (1/2 C)	GFS 152811	Vendor	65	0.5	cup	90	0	10



**Detail for Thursday, August 11, 2016**

**Total Feeding Figure: 170**

Meal Component	Recipe or Combo	Menu Item (Actual Portion Size)	Recipe # or Product Name and Code	Source	Planned # of Servings	Creditable Portion Size	Unit of Measure	Calories (1 srv.)	Sat. Fat (1 srv.)	Sodium (1 srv.)
Fruits		Banana (1 Med.)	Hill Top 7-7 7/8" long	Local	50	0.5	cup	105	0.39	1
Fruit Juice		100% Apple Juice (4 oz)	Suncup 135440	Vendor	40	0.5	cup	50	0	10
Fruit Juice		100% Orange Juice (4 oz)	Suncup 135450	Vendor	45	0.5	cup	60	0	0
Fruit Juice		100% Grape Juice (4 oz)	Suncup 135460	Vendor	70	0.5	cup	80	0	20
Condiments		Assorted Jelly (.38 oz)	Smuckers 301248	Vendor	15	0	oz eq.	35	0	0
Milk Skim/fat-free, flavored		FF Chocolate Milk (8 oz)	Prairie Farms	Vendor	75	1	cup	110	0	180
Milk Skim/fat-free, flavored		FF Strawberry Milk (8 oz)	Prairie Farms	Vendor	25	1	cup	120	0	120
Milk Skim/fat-free, flavored		FF Vanilla Milk (8 oz)	Prairie Farms	Vendor	45	1	cup	130	0	170
Milk Low-fat (1%), unflavored		LF Milk White (8 oz)	Prairie Farms	Vendor	25	1	cup	100	1.5	120
Meat/Meat Alternate - Grains		M/MA-Grains Minimum Offered in Place of Grains				1	oz eq.			
Vegetable Incl. Juice		Vegetable Including Juice Minimum Offered					cup			
Vegetable Juice		Vegetable Juice Maximum Offered				0	cup			
Fruit Incl. Juice		Fruit Including Juice Minimum Offered				1.5	cup			
Fruit Juice		Fruit Juice Maximum Offered				0.5	cup			
Fruit Incl. Juice		Fruit Including Juice Maximum Offered				1.5	cup			
Vegetable Incl. Juice		Vegetable Including Juice Maximum Offered					cup			

## Summary for Friday, August 12, 2016

Daily Minimum Meal Component and Daily Nutrient Statistics - Breakfast

	Fruit / Veg.	Grains	Milk	M/MA-Grain	M/MA-Extra	Calories	% Sat. Fat	Sodium
Regulation Minimum	1 cup	1 oz	1 cup					
Menu Actuals	3 cups	2 oz	1 cup	Data Missing	Data Missing	384 kcal	4.22%	502 mg
Regulation Met?	Yes	Yes	Yes					

## Detail for Friday, August 12, 2016

Total Feeding Figure: 192

Meal Component	Recipe or Combo	Menu Item (Actual Portion Size)	Recipe # or Product Name and Code	Source	Planned # of Servings	Creditable Portion Size	Unit of Measure	Calories (1 srv.)	Sat. Fat (1 srv.)	Sodium (1 srv.)
Recipe - Entree	Gravy & Biscuit	Gravy & Biscuit (2.6 oz.)		Vendor	60			225	5	670
Whole Grain-Rich Grains	~ Gravy & Biscuit	Biscuit (2.25 oz.)	GFS 126962	Vendor	60	2	oz eq.			
Condiments	~ Gravy & Biscuit	Gravy (1/4 C)	Pioneer 281719	Vendor	60	0	oz eq.			
Recipe - Entree	Yogurt/Granola	Yogurt/Granola (2 oz)		Vendor	32			220	0.5	125
Meat/Meat Alternate - Grain	~ Yogurt/Granola	Yogurt (4 oz)	Trix 551760	Vendor	32	1	oz eq.			
Whole Grain-Rich Grains	~ Yogurt/Granola	Granola (1 oz)	Fieldstone 649742	Vendor	32	1	oz eq.			
Recipe - Entree	Lucky Charms	Lucky Charms (28 g)		Vendor	45			110	0	180
Whole Grain-Rich Grains	~ Lucky Charms	Lucky Charms (28 g)	General Mills 265811	Vendor	45	1	oz eq.			
Recipe - Entree	Frosted Flakes	Frosted Flakes (28 g)		Vendor	55			100	0	160
Whole Grain-Rich Grains	~ Frosted Flakes	Frosted Flakes (28 g)	Kellogg's 388190	Vendor	55	1	oz eq.			
Whole Grain-Rich Grains		Toast (28 g)	Sara Lee 3239	Vendor	65	1	oz eq.	70	0	120
Fruits		Peaches	GFS	Vendor	40	0.5	cup	60	0	5

Detail for Friday, August 12, 2016

Total Feeding Figure: 192

Meal Component	Recipe or Combo	Menu Item (Actual Portion Size)	Recipe # or Product Name and Code	Source	Planned # of Servings	Creditable Portion Size	Unit of Measure	Calories (1 srv.)	Sat. Fat (1 srv.)	Sodium (1 srv.)
Fruits		Mandarin Oranges	GFS 152811	Vendor	25	0.5	cup	90	0	10
Fruits		Pineapple Chunks (1/2 C)	GFS 189952	Vendor	10	0.5	cup	40	0	0
Fruits		Oranges (1 med)	Hill Top	Local	20	0.5	cup	54	0	2
Fruits		Grapes	Hill Top Produce	Local	65	0.5	cup	62	0	2
Fruit Juice		100% Apple Juice (4 oz)	Suncup 135440	Vendor	35	0.5	cup	50	0	10
Fruit Juice		100% Orange Juice (4 oz)	Suncup 135450	Vendor	35	0.5	cup	60	0	0
Fruit Juice		100% Grape Juice (4 oz)	Suncup 135460	Vendor	60	0.5	cup	80	0	20
Condiments		Assorted Jelly (.38 oz)	Smuckers 301248	Vendor	40	0	oz eq.	35	0	0
Milk Skim/fat-free, flavored		FF Chocolate Milk (8 oz)	Prairie Farms	Vendor	70	1	cup	110	0	180
Milk Skim/fat-free, flavored		FF Strawberry Milk (8 oz)	Prairie Farms	Vendor	15	1	cup	120	0	120
Milk Skim/fat-free, flavored		FF Vanilla Milk (8 oz)	Prairie Farms	Vendor	50	1	cup	130	0	170
Milk Low-fat (1%), unflavored		LF Milk White (8 oz)	Prairie Farms	Vendor	20	1	cup	100	1.5	120
Meat/Meat Alternate - Grains		M/MA-Grains Minimum Offered in Place of Grains				0	oz eq.			
Vegetable Incl. Juice		Vegetable Including Juice Minimum Offered					cup			
Vegetable Juice		Vegetable Juice Maximum Offered					cup			
Fruit Incl. Juice		Fruit Including Juice Minimum Offered				3	cup			
Fruit Juice		Fruit Juice Maximum Offered				0.5	cup			
Fruit Incl. Juice		Fruit Including Juice Maximum Offered				3	cup			
Vegetable Incl. Juice		Vegetable Including Juice Maximum Offered					cup			

## Summary for Saturday, August 13, 2016

Daily Minimum Meal Component and Daily Nutrient Statistics - Breakfast

	Fruit / Veg.	Grains	Milk	M/MA-Grain	M/MA-Extra	Calories	% Sat. Fat	Sodium
Regulation Minimum	1 cup	1 oz	1 cup					
Menu Actuals	1 cup	2 oz	1 cup	Data Missing	Data Missing	473 kcal	5.01%	541 mg
Regulation Met?	Yes	Yes	Yes					

## Detail for Saturday, August 13, 2016

Total Feeding Figure: 175

Meal Component	Recipe or Combo	Menu Item (Actual Portion Size)	Recipe # or Product Name and Code	Source	Planned # of Servings	Creditable Portion Size	Unit of Measure	Calories (1 srv.)	Sat. Fat (1 srv.)	Sodium (1 srv.)
Recipe - Entree	Bacon, Egg, Cheese Pretzel Roll	Bacon, Egg, Cheese Pretzel Roll (1 sandwich)		Local	45			390	8.5	630
Meat/Meat Alternate - Grain	~ Bacon, Egg, Cheese Pretzel Roll	Bacon (2 slc)	GFS 364622	Local	45	0.5	oz eq.			
Meat/Meat Alternate - Extra	~ Bacon, Egg, Cheese Pretzel Roll	Cheese Slice (1 oz)	Commodity or GFS 722360	Local	45	1	oz eq.			
Meat/Meat Alternate - Extra	~ Bacon, Egg, Cheese Pretzel Roll	Egg Patty (1 patty)	GFS 741320	Vendor	45	1	oz eq.			
Whole Grain-Rich Grains	~ Bacon, Egg, Cheese Pretzel Roll	Pretzel Roll (1 Roll)	GFS 500162	Vendor	45	2	oz eq.			
Recipe - Entree	Honey Nut Cheerios	Honey Nut Cheerios (28 g)		Vendor	43			110	0	160
Whole Grain-Rich Grains	~ Honey Nut Cheerios	Honey Nut Cheerios (28 g)	General Mills 509396	Vendor	43	1	oz eq.			
Recipe - Entree	Yogurt/Granola	Yogurt/Granola (2 oz)		Vendor	30			220	0.5	125
Meat/Meat Alternate - Grain	~ Yogurt/Granola	Yogurt (4 oz)	Yoplait 551760	Vendor	30	1	oz eq.			
Whole Grain-Rich Grains	~ Yogurt/Granola	Granola (1 oz)	Fieldstone 649742	Vendor	30	1	oz eq.			
Recipe - Entree	Lucky Charms	Lucky Charms (28 g)		Vendor	57			110	0	180
Whole Grain-Rich Grains	~ Lucky Charms	Lucky Charms (28 g)	General Mills 265811	Vendor	57	1	oz eq.			

Detail for Saturday, August 13, 2016

Total Feeding Figure: 175

Meal Component	Recipe or Combo	Menu Item (Actual Portion Size)	Recipe # or Product Name and Code	Source	Planned # of Servings	Creditable Portion Size	Unit of Measure	Calories (1 srv.)	Sat. Fat (1 srv.)	Sodium (1 srv.)
Whole Grain-Rich Grains		Toast (28 g)	Sara Lee 3239	Vendor	135	1	oz eq.	70	0	120
Fruits		Peaches (1/2 C)	GFS 224448	Local	65	0.5	cup	70	0	10
Fruits		Apple (1 C)	Hill Top Produce	Vendor	10	1	cup	65	0	1
Fruit Juice		100% Apple Juice (4 oz)	Suncup 135440	Vendor	55	0.5	cup	50	0	10
Fruit Juice		100% Orange Juice (4 oz)	Suncup 135450	Vendor	30	0.5	cup	60	0	0
Fruit Juice		100% Grape Juice (4 oz)	Suncup 135460	Vendor	65	0.5	cup	80	0	20
Condiments		Assorted Jelly (.38 oz)	Smuckers 301248	Vendor	100	0	oz eq.	35	0	0
Milk Skim/fat-free, flavored		FF Chocolate Milk (8 oz)	Prairie Farms	Vendor	74	1	cup	110	0	180
Milk Skim/fat-free, flavored		FF Strawberry Milk (8 oz)	Prairie Farms	Vendor	32	1	cup	120	0	120
Milk Skim/fat-free, flavored		FF Vanilla Milk (8 oz)	Prairie Farms	Vendor	27	1	cup	130	0	170
Milk Low-fat (1%), unflavored		LF Milk White (8 oz)	Prairie Farms	Vendor	42	1	cup	100	1.5	120
Meat/Meat Alternate - Grains		M/MA-Grains Minimum Offered in Place of Grains				0	oz eq.			
Vegetable Incl. Juice		Vegetable Including Juice Minimum Offered					cup			
Vegetable Juice		Vegetable Juice Maximum Offered					cup			
Fruit Incl. Juice		Fruit Including Juice Minimum Offered				1	cup			
Fruit Juice		Fruit Juice Maximum Offered				0.5	cup			
Fruit Incl. Juice		Fruit Including Juice Maximum Offered				1.5	cup			
Vegetable Incl. Juice		Vegetable Including Juice Maximum Offered					cup			

## Attestation of Compliance with Meal Pattern Requirements

I, , as the duly authorized representative of **Rockcastle**, do hereby attest that the aforementioned SFA and all schools under its jurisdiction operating the National School Lunch Program authorized under the Richard B. Russell National School Lunch Act (42 U.S.C. 1751 et seq), and/or the School Breakfast Program authorized under the Child Nutrition Act of 1966 ( 42 U.S.C. 1773), are in compliance with the meal pattern requirements in effect for School Year 2012-2013, as set forth in 7 CFR Part 210.10 and 220.23, as applicable. In addition, for School Year 2016-2017, **Rockcastle** attests that:

- Documentation submitted for certification is representative of the ongoing meal service within the SFA;
- The minimum required food quantities for all meal components are available to students in every serving line;
- All labels and/or manufacturer specifications for food products and ingredients used to prepare school meals indicate zero grams of trans fat per serving;
- The minimum calories required for breakfasts served under the Food Based Menu Planning option are offered and available to every student, as applicable; and
- All Pre – K meals are compliant with the current meal patterns for the age/grade group being served, as applicable.

I certify that this attestation is true and correct, and therefore, I believe **Rockcastle** is eligible for the performance-based reimbursement.

I understand that if the State agency determines the SFA to be noncompliant with one or more of the requirements set forth in this attestation statement, fiscal action will include, deactivating the performance-based reimbursement, disallowance of meals, and/or withholding of payment. In addition, I understand that an attestation of compliance must be submitted annually to the State agency prior to July 1 of each year through the School Year beginning July 1, 2014, to attest full compliance with the subsequent year meal pattern requirements.

**School Food Authority**

*Submitted By:*

**State Agency**

*Received By:*