

District	Menu Name	Week of	Meal Session	Grade Range	Menu Status
Rockcastle	Week 1 Spring 2017	2/26/2017 - 3/4/2017	Lunch	Grades K - 5	Not Submitted

Weekly Component Statistics

	Fruit	Vegetable	Grains	Meat / Meat Alternate	Milk
Regulation	2 1/2 cups	3 3/4 cups	8 oz servings - 9 oz servings	8 oz servings - 10 oz servings	5 cups
Menu Actuals	5 cups	5.375 cups	14 oz servings - 14 oz servings	11 oz servings - 11 oz servings	5 cups
Regulation Min Met	Yes	Yes	Yes	Yes	Yes
Regulation Max Met	---	---	No	No	---

Weekly Nutrient Statistics

	Avg. Calories	Avg. % Sat. Fat	Sodium Avg.
Regulation	550 - 650 kcal	< 10%	≤ 1230 mg
Menu Actuals	653 kcal	7.36%	1174 mg
Regulation Met	No	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
Weekly Regulations	1/2 cup	3/4 cup	1/2 cup	1/2 cup	1/2 cup	
Menu Actuals	0.75 cup	0.875 cup	0.5 cup	1.5 cups	1 cup	
Regulation Met?	Yes	Yes	Yes	Yes	Yes	

Weekly Whole Grains, Juice, Dessert, Milk Served

Regulation	Menu Actuals	Regulation Met?
100% of Grains Servings must be Whole Grain- Rich	100%	Yes
Fruit Juice cannot be more than 1/2 of all Fruit offered	0%	Yes
Vegetable Juice cannot be more than 1/2 of all Vegetable offered	30%	Yes
Only 2oz of all Grains served may be a dessert	0 oz	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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NOTE: The information, layouts, methods and other subject matter ('Proprietary Material') in this report are confidential and proprietary to inTEAM Associates, LLC and may not be disclosed, delivered or distributed to any person other than Rockcastle or to a federal, state or local authority in connection with reviews required by applicable law ('Government Review'). In consideration of its disclosure or delivery to any person, such person agrees not to reproduce, revise, redistribute, reverse engineer or otherwise exploit any such Proprietary Material, except for and to the limited extent required to conduct such Government Review.

Summary for Monday, February 27, 2017

Daily Minimum Meal Component and Daily Nutrient Statistics - Lunch

	Fruit	Vegetable	Meat / Meat Alternate	Grains	Milk	Calories	% Sat. Fat	Sodium
Regulation Minimum	1/2 cup	3/4 cup	1 oz	1 oz	1 cup			
Menu Actuals	1 cup	1.25 cups	2 oz	3 oz	1 cup	731 kcal	9.49%	1715 mg
Regulation Met?	Yes	Yes	Yes	Yes	Yes			

Detail for Monday, February 27, 2017

Total Feeding Figure: 280

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	Hot Dog on Bun	Hot Dog on Bun (4 oz)		Vendor	280			340	6	860
Meat/Meat Alternate	~ Hot Dog on Bun	Hot Dog (1 hot dog)	GFS 168530	Vendor	280	2	oz eq.			
Whole Grain-Rich Grains	~ Hot Dog on Bun	WG Bun (2 oz)	Bimbo Bakeries 4266	Local	280	2	oz eq.			
Recipe	Onion Rings	Onion Rings (5 Rings)	GFS 234061	Vendor	200			200	1.5	230
Whole Grain-Rich Grains	~ Onion Rings	Breading (5 rings)		Vendor	200	1	oz eq.			
Vegetable Other	~ Onion Rings	Onion (5 Rings)		Vendor	200	0.25	cup			
Vegetable Beans/Peas		Baked Beans (1/2 C)	GFS 298913	Vendor	90	0.5	cup	130	0	470
Vegetable Other		Kraut (1 oz)	GFS 294012	Vendor	25	0.125	cup	5	0	180
Vegetable Other		Banana Peppers (1 oz)	GFS 466220	Vendor	110	0.125	cup	5	0	280
Vegetable Other		Onions (1 tbsp)	Hill Top	Local	50	0	cup	4	0	0
Fruits		Mandarin Oranges (1/2 C)	GFS 152811	Vendor	120	0.5	cup	90	0	10

Detail for Monday, February 27, 2017

Total Feeding Figure: 280

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 (1/2 C)	Hill Top	Local	63	0.5	cup	95	0	1
Condiments		Hot Dog Chili Sauce (1/4 C)	Hearthstone 103063	Local	100	0	oz eq.	60	1	370
Condiments		Ketchup (9 g)	Heinz 255521	Vendor	200	0	oz eq.	10	0	100
Condiments		FF Ranch dressing (12 g)	Heinz 261432	Vendor	33	0	oz eq.	10	0	125
Condiments		Mustard (.2 oz.)	Heinz 302112	Vendor	150	0	oz eq.	0	0	70
Milk Skim/fat-free, flavored		FF Chocolate Milk (8 oz)	Prairie Farms	Vendor	115	1	cup	110	0	180
Milk Skim/fat-free, flavored		FF Strawberry (8 oz)	Prairie Farms	Vendor	62	1	cup	120	0	120
Milk Skim/fat-free, flavored		FF Vanilla (8 oz)	Prairie Farms	Vendor	50	1	cup	130	0	170
Milk Low-fat (1%), unflavored		LF Milk White (8 oz)	Prairie Farms	Vendor	53	1	cup	100	1.5	120
Vegetable Incl. Juice		Vegetable Including Juice Minimum Offered				1.25	cup			
Vegetable Juice		Vegetable Juice Maximum Offered				1.25	cup			
Fruit Incl. Juice		Fruit Including Juice Minimum Offered				1	cup			
Fruit Juice		Fruit Juice Maximum Offered					cup			
Fruit Incl. Juice		Fruit Including Juice Maximum Offered				1	cup			
Vegetable Incl. Juice		Vegetable Including Juice Maximum Offered					cup			

Summary for Tuesday, February 28, 2017

Daily Minimum Meal Component and Daily Nutrient Statistics - Lunch

	Fruit	Vegetable	Meat / Meat Alternate	Grains	Milk	Calories	% Sat. Fat	Sodium
Regulation Minimum	1/2 cup	3/4 cup	1 oz	1 oz	1 cup			
Menu Actuals	1 cup	1 cup	2.5 oz	2.5 oz	1 cup	496 kcal	5.19%	988 mg
Regulation Met?	Yes	Yes	Yes	Yes	Yes			

Detail for Tuesday, February 28, 2017

Total Feeding Figure: 270

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	Chicken Noodle Soup	Chicken Noodle Soup (1 C)	USDA H-02	Local	270			98	0.53	207
Meat/Meat Alternate	~ Chicken Noodle Soup	Diced Chicken (.8 oz)	USDA Commodity	Local	270	0.5	oz eq.			
Whole Grain-Rich Grains	~ Chicken Noodle Soup	Egg Noodles, WG (1/2 oz.)	GFS 108162	Local	270	0.5	oz eq.			
Recipe	Grilled Cheese Sandwich	Grill Cheese Sandwich (1 sandwich)	Rockcastle 000004	Local	225			210	2.5	540
Meat/Meat Alternate	~ Grilled Cheese Sandwich	Cheese (2 oz.)	USDA	Local	225	2	oz eq.			
Whole Grain-Rich Grains	~ Grilled Cheese Sandwich	Bread (2 slices)	Sara Lee	Local	225	2	oz eq.			
Recipe	Carrot & Broccoli Cup	Carrot & Broccoli Cup (1/2 C)	Hill Top	Local	100			20	0	28.5
Vegetable Dark Green	~ Carrot & Broccoli Cup	Broccoli (1/4 C)	Hill Top	Local	100	0.25	cup			
Vegetable Red/Orange	~ Carrot & Broccoli Cup	Carrots (1/4 C)	Hilltop	Local	100	0.25	cup			
Fruits		Mandarin Oranges (1/2 C)	GFS 152811	Vendor	50	0.5	cup	90	0	10
Fruits		Banana	Hill Top	Local	150	0.5	cup	95	0	1
Condiments		Crackers, Saltine (1 Pack)	GFS 270644	Local	150	0	oz eq.	50	0	160

Detail for Tuesday, February 28, 2017

Total Feeding Figure: 270

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.)
Condiments		FF Ranch dressing (12 g)	Heinz 261432	Vendor	150	0	oz eq.	10	0	125
Milk Skim/fat-free, flavored		FF Strawberry Milk (8 oz)	Prairie Farms	Vendor	40	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 Skim/fat-free, unflavored		FF Chocolate Milk (8 oz)	Prarie Farms	Vendor	140	1	cup	110	0	180
Milk Low-fat (1%), unflavored		LF Milk White (8 oz)	Prairie Farms	Vendor	45	1	cup	100	1.5	120
Vegetable Incl. Juice		Vegetable Including Juice Minimum Offered				1	cup			
Vegetable Juice		Vegetable Juice Maximum Offered					cup			
Fruit Incl. Juice		Fruit Including Juice Minimum Offered				1	cup			
Fruit Juice		Fruit Juice Maximum Offered					cup			
Fruit Incl. Juice		Fruit Including Juice Maximum Offered				1	cup			
Vegetable Incl. Juice		Vegetable Including Juice Maximum Offered				1	cup			

Summary for Wednesday, March 01, 2017

Daily Minimum Meal Component and Daily Nutrient Statistics - Lunch

	Fruit	Vegetable	Meat / Meat Alternate	Grains	Milk	Calories	% Sat. Fat	Sodium
Regulation Minimum	1/2 cup	3/4 cup	1 oz	1 oz	1 cup			
Menu Actuals	1 cup	1.125 cups	2 oz	2 oz	1 cup	693 kcal	9.25%	860 mg
Regulation Met?	Yes	Yes	Yes	Yes	Yes			

Detail for Wednesday, March 01, 2017

Total Feeding Figure: 275

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	Giorgio Cheese Pizza	Giorgio Cheese Pizza (5 oz)	GFS 234862	Vendor	275			340	6	400
Meat/Meat Alternate	~ Giorgio Cheese Pizza	Cheese		Vendor	275	2	oz eq.			
Whole Grain-Rich Grains	~ Giorgio Cheese Pizza	Crust		Vendor	275	2	oz eq.			
Vegetable Red/Orange	~ Giorgio Cheese Pizza	Sauce		Vendor	275	0.125	cup			
Vegetable Starchy		Tater Tots (8 pieces)	GFS 141510	Vendor	250	0.5	cup	130	1	310
Vegetable Starchy		Corn (1/2 C)	GFS 358991	Vendor	100	0.5	cup	67	0	1
Fruits		Apple (1 Med)		Local	20	1	cup	80	0	0
Fruit Juice		Slushie Cup SideKicks (4.4 oz)	GFS 824040	Vendor	250	0.5	cup	100	0	25
Milk Skim/fat-free, flavored		FF Chocolate (8 oz)	Prairie Farms	Vendor	124	1	cup	110	0	180
Milk Skim/fat-free, flavored		FF Strawberry (8 oz)	Prairie Farms	Vendor	66	1	cup	120	0	120
Milk Skim/fat-free, flavored		FF Vanilla (8 oz)	Prairie Farms	Vendor	45	1	cup	130	0	170
Milk Low-fat (1%), unflavored		LF Milk White (8 oz)	Prairie Farms	Vendor	40	1	cup	100	1.5	120

Detail for Wednesday, March 01, 2017

Total Feeding Figure: 275

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.)
Vegetable Incl. Juice		Vegetable Including Juice Minimum Offered				1.125	cup			
Vegetable Juice		Vegetable Juice Maximum Offered					cup			
Fruit Incl. Juice		Fruit Including Juice Minimum Offered				1	cup			
Fruit Juice		Fruit Juice Maximum Offered					cup			
Fruit Incl. Juice		Fruit Including Juice Maximum Offered				1	cup			
Vegetable Incl. Juice		Vegetable Including Juice Maximum Offered				1.125	cup			

Summary for Thursday, March 02, 2017

Daily Minimum Meal Component and Daily Nutrient Statistics - Lunch

	Fruit	Vegetable	Meat / Meat Alternate	Grains	Milk	Calories	% Sat. Fat	Sodium
Regulation Minimum	1/2 cup	3/4 cup	1 oz	1 oz	1 cup			
Menu Actuals	1 cup	1 cup	2.5 oz	3.5 oz	1 cup	613 kcal	7.36%	1000 mg
Regulation Met?	Yes	Yes	Yes	Yes	Yes			

Detail for Thursday, March 02, 2017

Total Feeding Figure: 260

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	Hot Ham/Cheese on Hoagie Bun	Hot Ham/Cheese on Hoagie Bun (4.5 oz)		Local	260			259	3.75	632
Meat/Meat Alternate	~ Hot Ham/Cheese on Hoagie Bun	Cheese Slice (14 g)	USDA	Vendor	260	0.5	oz eq.			
Meat/Meat Alternate	~ Hot Ham/Cheese on Hoagie Bun	Ham (2.44 oz)	USDA	Vendor	260	2	oz eq.			
Whole Grain-Rich Grains	~ Hot Ham/Cheese on Hoagie Bun	Hoagie Bun (58 g)	GFS 276142	Vendor	260	2	oz eq.			
Whole Grain-Rich Grains		Cool Ranch Doritos (1 oz bag)	GFS 541502	Vendor	240	1.5	oz eq.	130	1	160
Vegetable Dark Green		Broccoli (1/2 C)	Hill Top	Local	105	0.5	cup	15	0	15
Vegetable Red/Orange		Cherry Tomatoes (1/2 C)	Hilltop	Local	105	0.5	cup	13.5	0	3.5
Fruits		Mandarin Oranges (1/2 C)	GFS 152811	Vendor	140	0.5	cup	90	0	10
Fruits		Banana (1 Med.)	Hill Top 7-7 7/8" long	Local	120	0.5	cup	105	0.39	1
Condiments		Miracle Whip (.44 oz)	GFS 209300	Vendor	100	0	oz eq.	35	0	85
Condiments		FF Ranch dressing (12 g)	Heinz 261432	Vendor	32	0	oz eq.	10	0	125

Detail for Thursday, March 02, 2017

Total Feeding Figure: 260

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.)
Condiments		Mustard (.2 oz.)	Heinz 302112	Vendor	45	0	oz eq.	0	0	70
Milk Skim/fat-free, flavored		FF Strawberry Milk (8 oz)	Prairie Farms	Vendor	70	1	cup	120	0	120
Milk Skim/fat-free, flavored		FF Vanilla Milk (8 oz)	Prairie Farms	Vendor	53	1	cup	130	0	170
Milk Skim/fat-free, unflavored		FF Chocolate Milk (8 oz)	Prarie Farms	Vendor	98	1	cup	110	0	180
Milk Low-fat (1%), unflavored		LF Milk White (8 oz)	Prairie Farms	Vendor	27	1	cup	100	1.5	120
Vegetable Incl. Juice		Vegetable Including Juice Minimum Offered				1	cup			
Vegetable Juice		Vegetable Juice Maximum Offered					cup			
Fruit Incl. Juice		Fruit Including Juice Minimum Offered				1	cup			
Fruit Juice		Fruit Juice Maximum Offered					cup			
Fruit Incl. Juice		Fruit Including Juice Maximum Offered				1	cup			
Vegetable Incl. Juice		Vegetable Including Juice Maximum Offered				1	cup			

Summary for Friday, March 03, 2017

Daily Minimum Meal Component and Daily Nutrient Statistics - Lunch

	Fruit	Vegetable	Meat / Meat Alternate	Grains	Milk	Calories	% Sat. Fat	Sodium
Regulation Minimum	1/2 cup	3/4 cup	1 oz	1 oz	1 cup			
Menu Actuals	1 cup	1 cup	2 oz	3 oz	1 cup	722 kcal	4.81%	1282 mg
Regulation Met?	Yes	Yes	Yes	Yes	Yes			

Detail for Friday, March 03, 2017

Total Feeding Figure: 275

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	Popcorn Chicken	Popcorn Chicken (10 pieces)	GFS 536620	Vendor	275			269	3	590
Meat/Meat Alternate	~ Popcorn Chicken	Chicken	GFS 536620	Vendor	275	2	oz eq.			
Whole Grain-Rich Grains	~ Popcorn Chicken	Breading	GFS 536620	Vendor	275	1	oz eq.			
Whole Grain-Rich Grains		WG Grain Dinner Roll (2.5oz)	Rich's 563332	Vendor	225	2	oz eq.	170	0.5	135
Vegetable Starchy		Mashed Potatoes (1/2 C)	GFS 118516	Vendor	245	0.5	cup	100	0	25
Vegetable Other		Green Beans	GFS 118737	Local	200	0.5	cup	20	0	290
Fruits		Pineapple Chunks (1/2 C)	GFS 189952	Vendor	15	0.5	cup	70	0	0
Fruits		Apple Sauce (1/2 C)	GFS 271497	Vendor	20	0.5	cup	50	0	10
Fruits		Banana	Hill Top	Local	10	0.5	cup	95	0	1
Fruits		Oranges (1 med)	Hill Top	Local	15	0.5	cup	54	0.26	2
Fruits		Apple	Hill Top Produce	Vendor	15	1	cup	65	0	1
Fruits		Grapes (1/2 C)	Hill Top Produce	Local	72	0.5	cup	52	0	2
Condiments		BBQ Sauce (12 g)	GFS 499402	Local	150	0	oz eq.	60	0	120

Detail for Friday, March 03, 2017

Total Feeding Figure: 275

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.)
Condiments		Honey Mustard (1 oz.)	GFS 499410	Local	60	0	oz eq.	80	1	125
Condiments		Sweet & Sour Sauce (1 oz)	GFS 714510	Local	40	0	oz eq.	45	0	120
Condiments		Ketchup (9 g)	Heinz 255521	Vendor	220	0	oz eq.	10	0	100
Milk Skim/fat-free, flavored		FF Chocolate Milk (8 oz)	Prairie Farms	Vendor	120	1	cup	110	0	180
Milk Skim/fat-free, flavored		FF Strawberry (8 oz)	Prairie Farms	Vendor	55	1	cup	120	0	120
Milk Skim/fat-free, flavored		FF Vanilla (8 oz)	Prairie Farms	Vendor	60	1	cup	130	0	170
Milk Low-fat (1%), unflavored		LF Milk White (8 oz)	Prairie Farms	Vendor	40	1	cup	100	1.5	120
Vegetable Incl. Juice		Vegetable Including Juice Minimum Offered				1	cup			
Vegetable Juice		Vegetable Juice Maximum Offered					cup			
Fruit Incl. Juice		Fruit Including Juice Minimum Offered				1	cup			
Fruit Juice		Fruit Juice Maximum Offered					cup			
Fruit Incl. Juice		Fruit Including Juice Maximum Offered				3.5	cup			
Vegetable Incl. Juice		Vegetable Including Juice Maximum Offered				1	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: