

District	Menu Name	Week of	Meal Session	Grade Range	Menu Status
Rockcastle	Week 2 Spring 2017	3/5/2017 - 3/11/2017	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	8 cups	5.625 cups	11.75 oz servings - 11.75 oz servings	10.5 oz servings - 10.5 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	643 kcal	6.58%	994 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
Weekly Regulations	1/2 cup	3/4 cup	1/2 cup	1/2 cup	1/2 cup	
Menu Actuals	0.5 cup	1.25 cups	0.5 cup	2.5 cups	0.75 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	0%	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, March 06, 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	2.5 oz	2 oz	1 cup	699 kcal	9.1%	1236 mg
Regulation Met?	Yes	Yes	Yes	Yes	Yes			

Detail for Monday, March 06, 2017

Total Feeding Figure: 285

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	Hamburger	Hamburger (1 burger)		Local	285			330	6	355
Meat/Meat Alternate	~ Hamburger	Hamburger (2.01 oz)	GFS 100631	Vendor	285	2	oz eq.			
Whole Grain-Rich Grains	~ Hamburger	WG Bun (61 g)	Sara Lee	Vendor	285	2	oz eq.			
Meat/Meat Alternate		American Cheese (14 g)	USDA	Vendor	265	0.5	oz eq.	35	1	210
Vegetable Red/Orange		Tomato Slice (1/4")	Hill Top	Local	90	0.125	cup	4	0	1
Vegetable Beans/Peas		Baked Beans (1/2 C)	GFS 298913	Vendor	100	0.5	cup	130	0	470
Vegetable Starchy		Crinkle Cut Fries (14 Fries)	GFS 607420	Vendor	260	0.5	cup	120	0	200
Vegetable Other		Iceberg Lettuce (1 Leaf)	Hill Top	Local	90	0	cup	1	0	1
Condiments		Dill Pickles (5 pickles)	GFS 107336	Vendor	50	0	oz eq.	0	0	210
Vegetable Other		Onion (1 slice)	Hill Top	Local	30	0	cup	4	0.01	0
Fruits		Pineapple Chunks (1/2 C)	GFS 189952	Vendor	85	0.5	cup	70	0	0

Detail for Monday, March 06, 2017

Total Feeding Figure: 285

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		Orange (1 med)	Hill Top	Local	120	0.5	cup	54	0	2
Condiments		Miracle Whip (.44 oz)	GFS 209300	Vendor	80	0	oz eq.	30	0	80
Condiments		Ketchup (9 g)	Heinz 255521	Local	250	0	oz eq.	10	0	100
Condiments		Mustard (5.5 g)	Heinz 302112	Vendor	115	0	oz eq.	5	0	85
Milk Skim/fat-free, flavored		FF Strawberry Milk (8 oz)	Prairie Farms	Vendor	80	1	cup	120	0	120
Milk Skim/fat-free, flavored		FF Vanilla Milk (8 oz)	Prairie Farms	Vendor	60	1	cup	130	0	170
Milk Skim/fat-free, unflavored		FF Chocolate Milk (8 oz)	Prarie Farms	Vendor	120	1	cup	110	0	180
Milk Low-fat (1%), unflavored		LF Milk White (8 oz)	Prairie Farms	Vendor	25	1	cup	100	1.5	120
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 Tuesday, March 07, 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	1.5 cups	1.25 cups	2 oz	1.75 oz	1 cup	576 kcal	4.25%	778 mg
Regulation Met?	Yes	Yes	Yes	Yes	Yes			

Detail for Tuesday, March 07, 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	Chicken Leg	Chicken Leg (1 - Elem 2-MS/HS)	GFS 603391	Local	275			190	2.5	450
Meat/Meat Alternate	~ Chicken Leg	Chicken		Local	275	2	oz eq.			
Whole Grain-Rich Grains	~ Chicken Leg	Breading		Local	275	0.75	oz eq.			
Grains		Roll (1 roll)	GFS 633931	Local	250	1	oz eq.	100	0	160
Vegetable Starchy		Corn (1/2 C)	Corn 358991	Local	200	0.5	cup	67	0	1
Vegetable Starchy		Mashed Potatoes (1/2 C)	GFS 118516	Vendor	225	0.5	cup	100	0	25
Fruits		Apple Sauce (1/2 C)	GFS 271497	Vendor	105	0.5	cup	50	0	10
Fruits		Grapes (1/2 C)	Hill Top Produce	Vendor	138	0.5	cup	62	0	2
Milk Skim/fat-free, flavored		FF Strawberry Milk (8 oz)	Prairie Farms	Vendor	60	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 Skim/fat-free, unflavored		FF Chocolate Milk (8 oz)	Prarie Farms	Vendor	125	1	cup	110	0	180
Milk Low-fat (1%), unflavored		LF Milk White (8 oz)	Prairie Farms	Vendor	40	1	cup	100	1.5	120

Detail for Tuesday, March 07, 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				1.25	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					cup			
Fruit Incl. Juice		Fruit Including Juice Maximum Offered				1.5	cup			
Vegetable Incl. Juice		Vegetable Including Juice Maximum Offered				1.25	cup			

Summary for Wednesday, March 08, 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	1.5 cups	1.25 cups	2 oz	4 oz	1 cup	702 kcal	7.73%	809 mg
Regulation Met?	Yes	Yes	Yes	Yes	Yes			

Detail for Wednesday, March 08, 2017

Total Feeding Figure: 285

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	Spaghetti & Meat Sauce	Spaghetti & Meat Sauce (1 C)	LOCAL 000003	Local	285			340	4.54	287
Meat/Meat Alternate	~ Spaghetti & Meat Sauce	Meat Sauce (2 oz)		Local	285	2	oz eq.			
Whole Grain-Rich Grains	~ Spaghetti & Meat Sauce	51% WG Spaghetti (1 cup cooked)	GFS 221460	Vendor	285	2	oz eq.			
Vegetable Red/Orange	~ Spaghetti & Meat Sauce	Sauce		Local	285	0.375	cup			
Whole Grain-Rich Grains		WG Garlic Bread Stick (61 g)	Cole's Foods 644051	Vendor	240	2	oz eq.	160	1.5	140
Vegetable Dark Green		Romaine Salad (1 Cup)	Local	Local	70	0.5	cup	12	0.02	10.69
Vegetable Other		Green Beans (1/2 C)	GFS 118737	Vendor	170	0.5	cup	20	0	290
Fruits		Apples (1 apple)	Hill Top/Washington Apples	Vendor	20	1	cup	80	0	0
Fruit Juice		Slushie Cup SideKicks (4.4 oz)	GFS 824040	Vendor	250	0.5	cup	100	0	25
Condiments		FF Italian Dressing (12 g)	GFS 187194	Vendor	10	0	oz eq.	10	0	55
Condiments		FF French Dressing (12 g)	GFS 582523	Vendor	35	0	oz eq.	15	0	20

Detail for Wednesday, March 08, 2017

Total Feeding Figure: 285

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	100	0	oz eq.	10	0	125
Milk Skim/fat-free, flavored		FF Chocolate Milk (8 oz)	Prairie Farms	Vendor	150	1	cup	110	0	180
Milk Skim/fat-free, flavored		FF Strawberry Milk (8 oz)	Prairie Farms	Vendor	53	1	cup	120	0	120
Milk Skim/fat-free, flavored		FF Vanilla Milk (8 oz)	Prairie Farms	Vendor	40	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
Vegetable Incl. Juice		Vegetable Including Juice Minimum Offered				1.25	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	cup			
Fruit Incl. Juice		Fruit Including Juice Maximum Offered				1.5	cup			
Vegetable Incl. Juice		Vegetable Including Juice Maximum Offered				1.25	cup			

Summary for Thursday, March 09, 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	2 oz	1 cup	571 kcal	5.43%	865 mg
Regulation Met?	Yes	Yes	Yes	Yes	Yes			

Detail for Thursday, March 09, 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	Corn Dog	Corn Dog (1 corn dog)	GFS 620220	Vendor	275			240	2.5	390
Meat/Meat Alternate	~ Corn Dog	Hot Dog (1 corn dog)		Vendor	275	2	oz eq.			
Whole Grain-Rich Grains	~ Corn Dog	Breading (1 corn dog)		Vendor	275	2	oz eq.			
Vegetable Starchy		Tater Tots (8 pieces)	GFS 141510	Vendor	200	0.5	cup	130	1	310
Recipe	Carrot & Cucumber Cup	Carrot & Cucumber Cup (.5 C)	DOD or Hilltop	Local	190			50	0	30
Vegetable Red/Orange	~ Carrot & Cucumber Cup	Carrots (.25)		Local	190	0.25	cup			
Vegetable Other	~ Carrot & Cucumber Cup	Cucumber (.25)		Local	190	0.25	cup			
Fruits		Mandarin Oranges (1/2 c)	GFS 152811	Vendor	105	0.5	cup	90	0	10
Fruits		Banana	Hill Top Produce	Vendor	138	0.5	cup	95	0	1
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	60	1	cup	120	0	120
Milk Skim/fat-free, flavored		FF Vanilla Milk (8 oz)	Prairie Farms	Vendor	50	1	cup	130	0	170

Detail for Thursday, March 09, 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.)
Milk Skim/fat-free, unflavored		FF Chocolate Milk (8 oz)	Prarie Farms	Vendor	125	1	cup	110	0	180
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				1	cup			
Vegetable Incl. Juice		Vegetable Including Juice Maximum Offered				1	cup			

Summary for Friday, March 10, 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	3 cups	1 cup	2 oz	2 oz	1 cup	662 kcal	5.5%	1294 mg
Regulation Met?	Yes	Yes	Yes	Yes	Yes			

Detail for Friday, March 10, 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	Popcorn Chicken	Popcorn Chicken (10 pieces)	GFS 536620	Vendor	260			270	3	590
Meat/Meat Alternate	~ Popcorn Chicken	Chicken	GFS 536620	Vendor	260	2	oz eq.			
Whole Grain-Rich Grains	~ Popcorn Chicken	Breading	GFS 536620	Vendor	260	1	oz eq.			
Grains		Roll (1 roll)	GFS 633931	Local	220	1	oz eq.	100	0	160
Vegetable Red/Orange		Glazed Carrots (1/2 C)	GFS 118915	Vendor	150	0.5	cup	30	0	250
Vegetable Starchy		Potato Smiles (4 potatoes)	GFS 228818	Vendor	200	0.5	cup	130	0.5	180
Fruits		Mandarin Oranges (1/2 C)	GFS	Vendor	10	0.5	cup	90	0	10
Fruits		Pineapple Chunks (1/2 C)	GFS 189952	Vendor	15	0.5	cup	70	0	0
Fruits		Peaches (1/2 C)	GFS 224448	Vendor	15	0.5	cup	60	0	5
Fruits		Apple (1 C)	Hill Top Produce	Vendor	35	1	cup	95	0	1
Fruits		Orange (1 med)	Hill Top Produce	Vendor	40	0.5	cup	63	0.3	2
Condiments		Honey Mustard (1 oz.)	GFS 499410	Local	100	0	oz eq.	80	1	125

Detail for Friday, March 10, 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		Sweet & Sour Sauce (1 oz)	GFS 714510	Local	10	0	oz eq.	45	0	120
Condiments		BBQ Sauce (12 g)	GFS 714520	Local	100	0	oz eq.	20	0	90
Condiments		Ketchup (9 g)	Heinz 255521	Local	100	0	oz eq.	10	0	100
Milk Skim/fat-free, flavored		FF Strawberry Milk (8 oz)	Prairie Farms	Vendor	43	1	cup	120	0	120
Milk Skim/fat-free, flavored		FF Vanilla Milk (8 oz)	Prairie Farms	Vendor	35	1	cup	130	0	170
Milk Skim/fat-free, unflavored		FF Chocolate Milk (8 oz)	Prarie Farms	Vendor	142	1	cup	110	0	180
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				3	cup			
Fruit Juice		Fruit Juice Maximum Offered					cup			
Fruit Incl. Juice		Fruit Including Juice Maximum Offered				3	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: