

District	Menu Name	Week of	Meal Session	Grade Range	Menu Status
Rockcastle	Week 3 Spring 2017	3/12/2017 - 3/18/2017	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	5.5 cups	5.25 cups	12.5 oz servings - 12.5 oz servings	11.5 oz servings - 11.5 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	677 kcal	8.54%	1084 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	1.125 cups	0.625 cup	1.5 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	1 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 13, 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	773 kcal	5.37%	1401 mg
Regulation Met?	Yes	Yes	Yes	Yes	Yes			

Detail for Monday, March 13, 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	Chicken Tenders	Chicken Tenders (3 tenders)	GFS 533830	Vendor	285			260	2.5	390
Meat/Meat Alternate	~ Chicken Tenders	Chicken Tenders	GFS 533830	Vendor	285	2	oz eq.			
Whole Grain-Rich Grains	~ Chicken Tenders	Breading	GFS 533830	Vendor	285	1	oz eq.			
Whole Grain-Rich Grains		Texas Toast (1 Slice)	GFS 277862	Vendor	270	1	oz eq.	100	1.5	180
Vegetable Beans/Peas		Baked Beans (2/3 C)	Rockcastle 000005	Local	100	0.625	cup	222	0.08	608
Vegetable Starchy		Crinkle Cut Fries (14 fries)	GFS 607420	Vendor	250	0.5	cup	120	0	200
Fruits		Orange (1 med)	DOD or Hill Top	Local	120	0.5	cup	54	0	2
Fruits		Pineapple Chunks (1/2 C)	GFS 189952	Vendor	85	0.5	cup	70	0	0
Condiments		BBQ Sauce (12 g)	GFS 294659	Local	200	0	oz eq.	20	0	90
Condiments		Honey Mustard (1 oz.)	GFS 499410	Local	150	0	oz eq.	80	1	125
Condiments		Sweet & Sour Sauce (1 oz)	GFS 714510	Local	30	0	oz eq.	45	0	120
Condiments		Ketchup (9 g)	Heinz 255521	Local	250	0	oz eq.	10	0	100

Detail for Monday, March 13, 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	150	0	oz eq.	10	0	125
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	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 Tuesday, March 14, 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	754 kcal	10.4%	906 mg
Regulation Met?	Yes	Yes	Yes	Yes	Yes			

Detail for Tuesday, March 14, 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	Pepperoni Pizza	Pepperoni Pizza (1 slice)	GFS 667802	Vendor	275			370	7	550
Meat/Meat Alternate	~ Pepperoni Pizza	Pepperoni	GFS 667802	Vendor	275	2	oz eq.			
Whole Grain-Rich Grains	~ Pepperoni Pizza	Crust	GFS 667802	Vendor	275	2	oz eq.			
Vegetable Red/Orange	~ Pepperoni Pizza	Sauce	GFS 667802	Vendor	275	0.125	cup			
Recipe	Broccoli & Cauliflower Cup	Broccoli & Cauliflower Cup (1/2 C)	Hill Top Produce	Local	150			10	0	10
Vegetable Dark Green	~ Broccoli & Cauliflower Cup	Broccoli (1/4 C)		Local	150	0.25	cup			
Vegetable Other	~ Broccoli & Cauliflower Cup	Cauliflower (1/4 C)		Local	150	0.25	cup			
Whole Grain-Rich Based Dessert		Carnival Cookie (1.5 oz)	GFS 179801	Vendor	275	1	oz eq.	160	1.5	120
Vegetable Starchy		Corn (1/2 C)	Corn 358991	Local	200	0.5	cup	67	0	1
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
Condiments		FF Ranch dressing (12 g)	Heinz 261432	Vendor	150	0	oz eq.	10	0	125

Detail for Tuesday, March 14, 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, 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
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	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				1.25	cup			

Summary for Wednesday, March 15, 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 cup	2 oz	1 oz	1 cup	569 kcal	8.62%	869 mg
Regulation Met?	Yes	Yes	Yes	Yes	Yes			

Detail for Wednesday, March 15, 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	Salisbury Steak	Salisbury Steak (2.25 oz)	Advance Pierre Foods 485615	Vendor	260			170	5	380
Meat/Meat Alternate	~ Salisbury Steak	Salisbury Steak (2.25 oz)	Advance Pierre Foods 485615	Local	260	2	oz eq.			
Whole Grain-Rich Grains		Roll (1 roll)	GFS 633931	Vendor	225	1	oz eq.	100	0	160
Vegetable Starchy		Mashed Potatoes (1/2 C)	GFS 118516	Vendor	220	0.5	cup	100	0	25
Vegetable Other		Green Beans (1/2 C)	GFS 118737	Vendor	115	0.5	cup	20	0	290
Fruits		Apple (1 C)	Hill Top Produce	Vendor	80	1	cup	52	0	1
Fruit Juice		Slushie Cup SideKicks (4.4 oz)	GFS 824040	Vendor	200	0.5	cup	100	0	25
Condiments		Brown Gravy (2 TBSP)	USDA G-03	Local	175	0	oz eq.	23	0.33	35
Milk Skim/fat-free, flavored		FF Strawberry Milk (8 oz)	Prairie Farms	Vendor	55	1	cup	120	0	120
Milk Skim/fat-free, flavored		FF Vanilla Milk (8 oz)	Prairie Farms	Vendor	5	1	cup	130	0	170
Milk Skim/fat-free, unflavored		FF Chocolate Milk (8 oz)	Prarie Farms	Vendor	160	1	cup	110	0	180

Detail for Wednesday, March 15, 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.)
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				1.5	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	cup			

Summary for Thursday, March 16, 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 Thursday, March 16, 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 Thursday, March 16, 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 Friday, March 17, 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	3 oz	4 oz	1 cup	780 kcal	12.03%	1232 mg
Regulation Met?	Yes	Yes	Yes	Yes	Yes			

Detail for Friday, March 17, 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	Cheeseburger Macaroni	Cheeseburger Macaroni (1.5 C +/-)	Rockcastle 21	Local	275			481	9	780
Meat/Meat Alternate	~ Cheeseburger Macaroni	Hamburger	Commodity	Vendor	275	2	oz eq.			
Meat/Meat Alternate	~ Cheeseburger Macaroni	Cheese	Commodity or GFS 191043	Local	275	1	oz eq.			
Whole Grain-Rich Grains	~ Cheeseburger Macaroni	Macaroni Noodles	GFS 229941	Local	275	2	oz eq.			
Recipe	Cherry Tomato & Broccoli Cup	Cherry Tomato & Broccoli Cup (1/2 C Total)	GFS or Hilltop	Vendor	100			10	0	0
Vegetable Dark Green	~ Cherry Tomato & Broccoli Cup	Broccoli (1/4 C)		Local	100	0.25	cup			
Vegetable Red/Orange	~ Cherry Tomato & Broccoli Cup	Cherry Tomato (1/4 C)		Local	100	0.25	cup			
Whole Grain-Rich Grains		WG Garlic Bread Stick (61 g)	GFS 644051	Vendor	220	2	oz eq.	160	1.5	140
Vegetable Red/Orange		Glazed Carrots (1/2 C)	GFS 118915	Vendor	200	0.5	cup	30	0	250
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

Detail for Friday, March 17, 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.)
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
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: