

District	Menu Name	Week of	Meal Session	Grade Range	Menu Status
Rockcastle	Week 4 Spring 2017	3/19/2017 - 3/25/2017	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	6.5 cups	6.75 cups	12.75 oz servings - 12.75 oz servings	12 oz servings - 12 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	636 kcal	6.52%	1202 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		2.375 cups	1.5 cups	1.5 cups	1.125 cups	
Regulation Met?		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 20, 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	751 kcal	3.61%	1655 mg
Regulation Met?	Yes	Yes	Yes	Yes	Yes			

Detail for Monday, March 20, 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	Crispy Chicken Sandwich	Crispy Chicken Sandwich		Vendor	270			376	1	846
Meat/Meat Alternate	~ Crispy Chicken Sandwich	Chicken Fillet (4 oz)	GFS 666531	Vendor	270	2	oz eq.			
Whole Grain-Rich Grains	~ Crispy Chicken Sandwich	WG Bun (61 G)	Sara Lee	Vendor	270	2	oz eq.			
Whole Grain-Rich Grains	~ Crispy Chicken Sandwich	Chicken Breeding (1 oz)		Local	270	1	oz eq.			
Vegetable Beans/Peas		Baked Beans (2/3 C)	000005 Rockcastle	Local	75	0.5	cup	222	0.07	608
Vegetable Starchy		Waffle Fries (5 pieces)	GFS 468360	Vendor	220	0.5	cup	170	2	440
Vegetable Red/Orange		Tomato Slice (1/4" slice)	Hill Top	Local	115	0.125	cup	4	0	1
Vegetable Other		Lettuce Leaf Iceberg (1 leaf)	Hill Top	Local	150	0.125	cup	5	0	8
Fruits		Pineapple Chunks (1/2 C)	GFS 189952	Vendor	70	0.5	cup	70	0	0
Fruits		Orange (1 med)	Hill Top Produce	Vendor	60	0.5	cup	100	0	3
Condiments		Miracle Whip (.44 oz)	GFS 209300	Vendor	80	0	oz eq.	35	0	85
Condiments		Ketchup (9 g)	Heinz 255521	Local	250	0	oz eq.	10	0	100

Detail for Monday, March 20, 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		Mustard (5.5 g)	Heinz 302112	Vendor	0	0	oz eq.	5	0	85
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	30	1	cup	120	0	120
Milk Skim/fat-free, flavored		FF Vanilla Milk (8 oz)	Prairie Farms	Vendor	25	1	cup	130	0	170
Milk Low-fat (1%), unflavored		LF Milk White (8 oz)	Prairie Farms	Vendor	65	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	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 Tuesday, March 21, 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	2.5 oz	1 cup	722 kcal	10.25%	1282 mg
Regulation Met?	Yes	Yes	Yes	Yes	Yes			

Detail for Tuesday, March 21, 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	Pizza Crunchers	Pizza Crunchers (4 crunchers)	GFS 143271	Local	275			400	8	800
Meat/Meat Alternate	~ Pizza Crunchers	Cheese (4 Crunchers)		Local	275	2	oz eq.			
Whole Grain-Rich Grains	~ Pizza Crunchers	Breading (4 crunchers)		Local	275	2.5	oz eq.			
Vegetable Red/Orange		Marinara Sauce (1/4 C)	GFS 592714	Local	240	0.25	cup	30	0	245
Vegetable Red/Orange		Carrot Sticks (.5 C)	DOD or Hilltop	Vendor	220	0.5	cup	25	0	42
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
Fruit Juice		Fruit Punch (4 oz.)	Suncup 135470	Vendor	260	0.5	cup	60	0	5
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

Detail for Tuesday, March 21, 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 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				1.5	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 22, 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	1.5 cups	2 oz	1.75 oz	1 cup	510 kcal	1.78%	851 mg
Regulation Met?	Yes	Yes	Yes	Yes	Yes			

Detail for Wednesday, March 22, 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	Roast	Pork or Turkey Roast (2 oz.)	USDA Commodity	Vendor	260			94	0	46
Meat/Meat Alternate	~ Roast	Pork or Turkey Roast (2 oz.)	USDA Commodity	Local	260	2	oz eq.			
Whole Grain-Rich Grains		Roll (2.1 oz)	Rich's 152131	Vendor	240	1.75	oz eq.	176	0.6	291
Vegetable Red/Orange		Glazed Carrots (0.50)	45	Local	115	0.5	cup	48	0	250
Vegetable Starchy		Potatoes, whole (1/2 C)	GFS 169501	Vendor	220	0.5	cup	50	0	280
Fruits		Peaches (1/2 C)	GFS 224448	Local	175	0.5	cup	70	0	10
Fruits		Apple (1 C)	Hill Top Produce	Vendor	80	1	cup	52	0	1
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 22, 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				1.5	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	cup			
Fruit Incl. Juice		Fruit Including Juice Maximum Offered				1	cup			
Vegetable Incl. Juice		Vegetable Including Juice Maximum Offered				1.5	cup			

Summary for Thursday, March 23, 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	1.5 cups	4 oz	2 oz	1 cup	676 kcal	10.68%	1037 mg
Regulation Met?	Yes	Yes	Yes	Yes	Yes			

Detail for Thursday, March 23, 2017

Total Feeding Figure: 290

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	Chili	Chili (6 oz.)	USDA D-20	Local	290			270	5.69	286
Meat/Meat Alternate	~ Chili	Hamburger (3.36 oz)	85/15 Beef	Vendor	290	3	oz eq.			
Vegetable Beans/Peas	~ Chili	Beans (.56 oz.)	GFS 192015	Vendor	290	0.5	cup			
Recipe	Grilled Cheese	Grilled Cheese (1 Sandwich)	Local 000004	Local	230			224	2.61	545.8
Meat/Meat Alternate	~ Grilled Cheese	American Cheese Reduced Fat Reduced Sodium (2 slice)	USDA	Local	230	1	oz eq.			
Whole Grain-Rich Grains	~ Grilled Cheese	Whole Grain White Bread (2 slices 56g)	Sara Lee	Vendor	230	2	oz eq.			
Condiments		Oyster Crackers (1 pack)	GFS 112615	Local	250	0	oz eq.	70	0	140
Vegetable Red/Orange		Carrot Sticks (1/2 C)	Hill Top	Local	70	0.5	cup	25	0	42
Vegetable Other		Celery Sticks (1/2 C)	Hill Top	Local	70	0.5	cup	9	0	44
Fruits		Apple	Hill Top Produce	Vendor	105	1	cup	65	0	1
Fruits		Peaches (1/2 C)	GFS 224448	Local	85	0.5	cup	70	0	10

Detail for Thursday, March 23, 2017

Total Feeding Figure: 290

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	40	0	oz eq.	10	0	125
Milk Skim/fat-free, flavored		FF Strawberry Milk (8 oz)	Prairie Farms	Vendor	58	1	cup	120	0	120
Milk Skim/fat-free, flavored		FF Vanilla Milk (8 oz)	Prairie Farms	Vendor	52	1	cup	130	0	170
Milk Skim/fat-free, unflavored		FF Chocolate Milk (8 oz)	Prarie Farms	Vendor	130	1	cup	110	0	180
Milk Low-fat (1%), unflavored		LF Milk White (8 oz)	Prairie Farms	Vendor	50	1	cup	100	1.5	120
Vegetable Incl. Juice		Vegetable Including Juice Minimum Offered				1.5	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				1.5	cup			

Summary for Friday, March 24, 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	3.5 oz	1 cup	504 kcal	3.82%	1182 mg
Regulation Met?	Yes	Yes	Yes	Yes	Yes			

Detail for Friday, March 24, 2017

Total Feeding Figure: 250

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 Fajitas	Chicken Fajitas (3 oz)		Local	250			167	1.5	392
Meat/Meat Alternate	~ Chicken Fajitas	Chicken (2 oz.)	Commodity	Vendor	250	2	oz eq.			
Whole Grain-Rich Grains	~ Chicken Fajitas	Tortilla (38 g)	GFS 882700	Vendor	250	1.5	oz eq.			
Recipe	Vegetables sauteed for fajitas	Vegetables sauteed (0.75 C)	125 RC	Local	50			38	0.05	4.63
Vegetable Red/Orange	~ Vegetables sauteed for fajitas	Peppers, red sweet (0.25 C)	125 RC	Local	50	0.25	cup			
Vegetable Other	~ Vegetables sauteed for fajitas	Onions (0.25 C)	125 RC	Local	50	0.25	cup			
Vegetable Other	~ Vegetables sauteed for fajitas	Peppers, green sweet (0.25 C)	125 RC	Local	50	0.25	cup			
Whole Grain-Rich Grains		Rice, Spanish (1/3 C)	GFS 834850	Vendor	175	2	oz eq.	210	0	510
Vegetable Red/Orange		Salsa (1/4C)	GFS 452841 or Commodity	Vendor	150	0.25	cup	15	0	105
Vegetable Beans/Peas		Refried Beans (1/2 C)	Gran Sazon 293962	Vendor	100	0.5	cup	90	0.5	490
Fruits		Peaches (1/2 C)	GFS	Vendor	20	0.5	cup	60	0	5

Detail for Friday, March 24, 2017

Total Feeding Figure: 250

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		Pineapple Chunks (1/2 C)	GFS 189952	Vendor	25	0.5	cup	70	0	0
Fruits		Banana (1 small)	Hill Top	Local	25	0.5	cup	90	0.33	1
Condiments		Sour Cream (optional) (1 oz.)	GFS 836750	Local	20	0	oz eq.	60	3.5	50
Milk Skim/fat-free, flavored		FF Chocolate Milk (8 oz)	Prairie Farms	Vendor	180	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	25	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
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			

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: