

District	Menu Name	Week of	Meal Session	Grade Range	Menu Status
Pulaski	Lunch Week 3	10/12/2014 - 10/18/2014	Lunch	Grades 9 - 12	Not Submitted

Weekly Component Statistics

	Fruit	Vegetable	Grains	Meat / Meat Alternate	Milk
Regulation	5 cups	5 cups	10 oz servings - 12 oz servings	10 oz servings - 12 oz servings	5 cups
Menu Actuals	5 cups	17 cups	13.75 oz servings - 17 oz servings	10 oz servings - 11.5 oz servings	5 cups
Regulation Min Met	Yes	Yes	Yes	Yes	Yes
Regulation Max Met	---	---	No	Yes	---

Weekly Nutrient Statistics

	Avg. Calories	Avg. % Sat. Fat	Sodium Avg.
Regulation	750 - 850 kcal	< 10%	≤ 1420 mg
Menu Actuals	757 kcal	7.17%	2176 mg
Regulation Met	Yes	Yes	No

* 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	1 1/4 cups	1/2 cup	1/2 cup	3/4 cup	
Menu Actuals	2.5 cups	6.75 cups	1 cup	3 cups		15.5 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	39%	Yes
Only 2oz of all Grains served may be a dessert	2 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
---	------------	-----

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 Pulaski 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, October 13, 2014

Daily Minimum Meal Component and Daily Nutrient Statistics - Lunch

	Fruit	Vegetable	Meat / Meat Alternate	Grains	Milk	Calories	% Sat. Fat	Sodium
Regulation Minimum	1 cup	1 cup	2 oz	2 oz	1 cup			
Menu Actuals	1 cup	5.25 cups	2 oz	4 oz	1 cup	870 kcal	6.3%	3842 mg
Regulation Met?	Yes	Yes	Yes	Yes	Yes			

Detail for Monday, October 13, 2014

Total Feeding Figure: 2,028

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 Quesadilla	Chicken Quesadilla (4.40oz.)	Coyote Grill 78373	Vendor	1068			300	5	600
Meat/Meat Alternate	~ Chicken Quesadilla	Meat (2oz.)	Coyote Grill 78373	Vendor	1068	2	oz eq.			
Whole Grain-Rich Grains	~ Chicken Quesadilla	Bread (2oz.)	Coyote Grill 78373	Vendor	1068	2	oz eq.			
Recipe - Entree	Burrito	Burrito (4.50oz.)	Fernando	Vendor	960			310	4	580
Meat/Meat Alternate	~ Burrito	Meat (2oz.)	Fernando	Vendor	960	2	oz eq.			
Whole Grain-Rich Grains	~ Burrito	Bread (2oz.)	Fernando	Vendor	960	2	oz eq.			
Recipe	Salad Bar	Salad Bar (0)	0	Local	0			0	0	0
Vegetable Dark Green	~ Salad Bar	Broccoli (1/2 cup) (1/2c.)	Produce Dist	Vendor	48	0.5	cup	15	0	10
Vegetable Red/Orange	~ Salad Bar	Tomato Fresh(1/2 cup) (1/2 c.)	PCFP	Vendor	103	0.5	cup	15	0	0
Vegetable Red/Orange	~ Salad Bar	Carrots (1/2c.)	Produce Dist	Vendor	124	0.5	cup	25	0	55
Vegetable Addl to Reach Total	~ Salad Bar	Celery Sticks(1/2 cup) (1/2 c.)	PCFP	Vendor	14	0.5	cup	10	0	40
Vegetable Addl to Reach Total	~ Salad Bar	Cucumber(1/2 cup) (1/2 c.)	PCFP	Vendor	98	0.5	cup	10	0	0

Detail for Monday, October 13, 2014

Total Feeding Figure: 2,028

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 Addl to Reach Total	~ Salad Bar	Green Peppers(1/2 cup) (1/2 c.)	PCFP	Vendor	50	0.5	cup	15	0	0
Vegetable Addl to Reach Total	~ Salad Bar	Lettuce (1c.)	PCFP	Vendor	226	0.5	cup	8	0	6
Vegetable Addl to Reach Total	~ Salad Bar	Radish (1/4c.)	PCFP	Vendor	38	0.25	cup	7	0	16.5
Vegetable Addl to Reach Total	~ Salad Bar	Cauliflower (1/2c.)	Produce Dist	Vendor	41	0.5	cup	13	0	16
Condiments	~ Salad Bar	Fat Free Ranch Dressing 2 pkg (12gm.) (12g/2pk)	Sauer's 6504	Vendor	654	0	oz eq.	20	0	250
Condiments	~ Salad Bar	French Dressing 1pkg (1.5oz./1pk)	Taste Pleasers	Vendor	72	0	oz eq.	40	0	330
Condiments	~ Salad Bar	Fat Free Italian Dressing 1pkg (1.5 oz.)	Village Garden 998959	Vendor	104	0	oz eq.	25	0	360
Condiments	~ Salad Bar	Croutons (1/4c.)	West Creek	Vendor	873	0	oz eq.	60	0	100
Whole Grain-Rich Grains		Spanish Rice (4oz.)	Uncle Bens	Vendor	1220	2	oz eq.	400	0	1120
Vegetable Red/Orange		Salsa (1/4c.)	West Creek	Vendor	1130	0.25	cup	20	0	100
Vegetable Beans/Peas		Beans Refried (1/2c.)	Allens	Vendor	700	0.5	cup	120	0	460
Vegetable Starchy		Corn(1/2 cup) (1/2c.)	West Creek	Vendor	425	0.5	cup	80	0	310
Fruits		Orange Fresh 1 Whole (1/2c.)	PCFP	Vendor	694	0.5	cup	62	0.02	0
Fruits		Strawberry Cup (1/2c.)	USDA Comm.	Vendor	576	0.5	cup	90	0	0
Fruits		Sliced Pears Canned(1/2 cup) (1/2c.)	West Creek	Vendor	524	0.5	cup	50	0	0
Fruit Juice		Orange Juice (4oz.)	Prairie Farms	Vendor	300	0.5	cup	60	0	0
Plain Dessert		Chocolate Chip Cookie (2 oz.)	D-5	Local	980	2	oz eq.	107	2.49	4147.13

Detail for Monday, October 13, 2014

Total Feeding Figure: 2,028

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		Chocolate (8oz.)	Prairie Farms	Vendor	1000	1	cup	110	0	180
Milk Skim/fat-free, flavored		Skim (8oz.)	Prairie Farms	Vendor	25	1	cup	80	0	120
Milk Skim/fat-free, flavored		Strawberry (8oz.)	Prairie Farms	Vendor	280	1	cup	120	0	120
Milk Low-fat (1%), unflavored		Milk White (8oz.)	Prairie Farms	Vendor	475	1	cup	100	1.5	120
Vegetable Incl. Juice		Vegetable Including Juice Minimum Offered				5.25	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				0	cup			
Fruit Incl. Juice		Fruit Including Juice Maximum Offered		Local		1	cup			
Vegetable Incl. Juice		Vegetable Including Juice Maximum Offered		Local		5.25	cup			

Summary for Tuesday, October 14, 2014

Daily Minimum Meal Component and Daily Nutrient Statistics - Lunch

	Fruit	Vegetable	Meat / Meat Alternate	Grains	Milk	Calories	% Sat. Fat	Sodium
Regulation Minimum	1 cup	1 cup	2 oz	2 oz	1 cup			
Menu Actuals	1 cup	Data Missing	2 oz	3 oz	1 cup	885 kcal	7.9%	1886 mg
Regulation Met?	Yes		Yes	Yes	Yes			

Detail for Tuesday, October 14, 2014

Total Feeding Figure: 1,978

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	Sub Sandwich	Sub Sandwich(5oz.) (4.50 oz.)	M/MA-19	Local	356			267	2.91	920.73
Meat/Meat Alternate	~ Sub Sandwich	Cheese Sliced (.50 oz.)	M/MA-19	Local	356	0.5	oz eq.			
Meat/Meat Alternate	~ Sub Sandwich	Meat (2oz.)	M/MA-19	Vendor	356	2	oz eq.			
Whole Grain-Rich Grains	~ Sub Sandwich	Bread (2oz.)	M/MA-19	Local	356	2	oz eq.			
Recipe - Entree	Fiestada Beef Pizza	Fiestada Beef Pizza(5.30oz.) (5.30oz.)	Tony's 62050	Vendor	1622			410	6	800
Meat/Meat Alternate	~ Fiestada Beef Pizza	Meat (2oz.)	Tony's 62050	Vendor	1622	2	oz eq.			
Whole Grain-Rich Grains	~ Fiestada Beef Pizza	Bread (2oz.)	Tony's 62050	Vendor	1622	2	oz eq.			
Vegetable Red/Orange	~ Fiestada Beef Pizza	Vegetables (1/8c.)	Tony's 62050	Vendor	1622	0.125	cup			
Recipe	Salad Bar	Salad Bar (0)	0	Local	0			0	0	0
Vegetable Dark Green	~ Salad Bar	Broccoli (1/2 cup) (1/2c.)	Produce Dist	Vendor	60	0.5	cup	15	0	10
Vegetable Red/Orange	~ Salad Bar	Tomato Fresh(1/2 cup) (1/2 c.)	PCFP	Vendor	94	0.5	cup	15	0	0
Vegetable Red/Orange	~ Salad Bar	Carrots (1/2c.)	Produce Dist	Vendor	128	0.5	cup	25	0	55

Detail for Tuesday, October 14, 2014

Total Feeding Figure: 1,978

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 Addl to Reach Total	~ Salad Bar	Celery Sticks(1/2 cup) (1/2 c.)	PCFP	Vendor	12	0.5	cup	10	0	40
Vegetable Addl to Reach Total	~ Salad Bar	Cucumber(1/2 cup) (1/2 c.)	PCFP	Vendor	108	0.5	cup	10	0	0
Vegetable Addl to Reach Total	~ Salad Bar	Green Peppers(1/2 cup) (1/2 c.)	PCFP	Vendor	26	0.5	cup	15	0	0
Vegetable Addl to Reach Total	~ Salad Bar	Lettuce (1c.)	PCFP	Vendor	151	0.5	cup	8	0	6
Vegetable Addl to Reach Total	~ Salad Bar	Radish (1/4c.)	PCFP	Vendor	33	0.25	cup	7	0	16.5
Vegetable Addl to Reach Total	~ Salad Bar	Cauliflower (1/2c.)	Produce Dist	Vendor	46	0.5	cup	13	0	16
Condiments	~ Salad Bar	Fat Free Ranch Dressing 2 pkg (12gm.) (12g/2pk)	Sauer's 6504	Vendor	787	0	oz eq.	20	0	250
Condiments	~ Salad Bar	French Dressing 1pkg (1.5oz./1pk)	Taste Pleasers	Vendor	52	0	oz eq.	40	0	330
Condiments	~ Salad Bar	Fat Free Italian Dressing 1pkg (1.5 oz.)	Village Garden 998959	Vendor	70	0	oz eq.	25	0	360
Condiments	~ Salad Bar	Croutons (1/4c.)	West Creek	Vendor	810	0	oz eq.	60	0	100
Whole Grain-Rich Grains		Doritos RF (1oz.)	Frito Lay	Vendor	1180	1	oz eq.	130	0.5	200
Whole Grain-Rich Grains		Crackers (14g/2pk)	Keebler 48310	Vendor	650	0	oz eq.	70	0	120
Vegetable Red/Orange		Tomato (1 Sl.)	Produce Dist	Vendor	350	0	cup	0	0	0
Vegetable Starchy		Fries(1/2 cup) (3 oz.)	Simplot 05690	Vendor	1890	0.5	cup	120	1.5	30
Vegetable Addl to Reach Total		Creamy Cole Slaw(1/2 cup) (1/2c.)	E-06	Local	625	0.5	cup	33	0.26	77
Vegetable Addl to Reach Total		Vegetable Soup(8oz.) (8oz.)	H-04	Local	325	0.5	cup	74	0	211.72
Vegetable Addl to Reach Total		Leaf Lettuce (1 Leaf)	Produce Dist	Vendor	375	0	cup	0	0	0

Detail for Tuesday, October 14, 2014

Total Feeding Figure: 1,978

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 Whole)	Produce Dist	Vendor	824	0.5	cup	105	0	1
Fruits		Applesauce(1/2 cup) (1/2c.)	Silver Source	Vendor	392	0.5	cup	90	0	15
Fruit Juice		Orange Juice (4oz.)	Prairie Farms	Vendor	200	0.5	cup	60	0	0
Condiments		Ketchup 2pk(9gm.) (12g.)	Heinz 40200	Vendor	4000	0	oz eq.	20	0	200
Condiments		Mayo Light (12g.)	Kraft Foods 59535	Vendor	600	0	oz eq.	40	0.5	85
Condiments		Mustard(5.5g) (5.5g(2pk))	West Creek	Vendor	1200	0	oz eq.	10	0	130
Milk Skim/fat-free, flavored		Chocolate (8oz.)	Prairie Farms	Vendor	1000	1	cup	110	0	180
Milk Skim/fat-free, flavored		Skim (8oz.)	Prairie Farms	Vendor	20	1	cup	80	0	120
Milk Skim/fat-free, flavored		Strawberry (8oz.)	Prairie Farms	Vendor	280	1	cup	120	0	120
Milk Low-fat (1%), unflavored		Milk White (8oz.)	Prairie Farms	Vendor	475	1	cup	100	1.5	120
Vegetable Incl. Juice		Vegetable Including Juice Minimum Offered				0	cup			
Vegetable Juice		Vegetable Juice Maximum Offered				5.75	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		Local		1	cup			
Vegetable Incl. Juice		Vegetable Including Juice Maximum Offered		Local		5.75	cup			

Summary for Wednesday, October 15, 2014

Daily Minimum Meal Component and Daily Nutrient Statistics - Lunch

	Fruit	Vegetable	Meat / Meat Alternate	Grains	Milk	Calories	% Sat. Fat	Sodium
Regulation Minimum	1 cup	1 cup	2 oz	2 oz	1 cup			
Menu Actuals	1 cup	6 cups	2 oz	2 oz	1 cup	642 kcal	9.23%	1369 mg
Regulation Met?	Yes	Yes	Yes	Yes	Yes			

Detail for Wednesday, October 15, 2014

Total Feeding Figure: 2,000

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	Taco	Taco (4oz.)	M/MA-21	Local	975			453	6.65	325.49
Meat/Meat Alternate	~ Taco	Meat (2oz.)	M/MA-21	Local	975	2	oz eq.			
Whole Grain-Rich Grains	~ Taco	Bread (2oz.)	M/MA-21	Local	975	2	oz eq.			
Meat/Meat Alternate	~ Taco	Cheese (2 oz.)	USDA	Vendor	975	1	oz eq.	150	5	580
Condiments	~ Taco	Taco Sauce(9g) 2pkg (9g.)	West Creek 194596	Vendor	1050	0	oz eq.	10	0	130
Recipe - Entree	Chicken Fajita	Chicken Fajita Meat (4.0oz.)	M/MA-40	Local	1025			233	1	715.22
Meat/Meat Alternate	~ Chicken Fajita	Meat (2oz.)	M/MA-40	Local	1025	2	oz eq.			
Whole Grain-Rich Grains	~ Chicken Fajita	Bread (2oz.)	M/MA-40	Local	1025	2	oz eq.			
Vegetable Addl to Reach Total	~ Chicken Fajita	Green Peppers(1/4 cup) (1/4c.)	M/MA-40	Local	1025	0	cup			
Recipe	Salad Bar	Salad Bar (0)	0	Local	0			0	0	0
Vegetable Dark Green	~ Salad Bar	Broccoli (1/2 cup) (1/2c.)	Produce Dist	Vendor	38	0.5	cup	15	0	10
Vegetable Red/Orange	~ Salad Bar	Tomato Fresh(1/2 cup) (1/2 c.)	PCFP	Vendor	110	0.5	cup	15	0	0

Detail for Wednesday, October 15, 2014

Total Feeding Figure: 2,000

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 Red/Orange	~ Salad Bar	Carrots (1/2c.)	Produce Dist	Vendor	64	0.5	cup	25	0	55
Vegetable Addl to Reach Total	~ Salad Bar	Celery Sticks(1/2 cup) (1/2 c.)	PCFP	Vendor	18	0.5	cup	10	0	40
Vegetable Addl to Reach Total	~ Salad Bar	Cucumber(1/2 cup) (1/2 c.)	PCFP	Vendor	74	0.5	cup	10	0	0
Vegetable Addl to Reach Total	~ Salad Bar	Green Peppers(1/2 cup) (1/2 c.)	PCFP	Vendor	16	0.5	cup	15	0	0
Vegetable Addl to Reach Total	~ Salad Bar	Lettuce (1c.)	PCFP	Vendor	114	0.5	cup	8	0	6
Vegetable Addl to Reach Total	~ Salad Bar	Radish (1/4c.)	PCFP	Vendor	26	0.25	cup	7	0	16.5
Vegetable Addl to Reach Total	~ Salad Bar	Cauliflower (1/2c.)	Produce Dist	Vendor	39	0.5	cup	13	0	16
Condiments	~ Salad Bar	Fat Free Ranch Dressing 2 pkg (12gm.) (12g/2pk)	Sauer's 6504	Vendor	778	0	oz eq.	20	0	250
Condiments	~ Salad Bar	French Dressing 1pkg (1.5oz./1pk)	Taste Pleasers	Vendor	40	0	oz eq.	40	0	330
Condiments	~ Salad Bar	Fat Free Italian Dressing 1pkg (1.5 oz.)	Village Garden 998959	Vendor	45	0	oz eq.	25	0	360
Condiments	~ Salad Bar	Croutons (1/4c.)	West Creek	Vendor	54	0	oz eq.	60	0	100
Vegetable Red/Orange		Tomato (1/4c.)	Produce Dist	Vendor	625	0.25	cup	1	0	0
Vegetable Red/Orange		Salsa (1/4c.)	West Creek	Vendor	1024	0.25	cup	20	0	100
Vegetable Beans/Peas		Refried Beans (1/2c.)	Allens	Vendor	445	0.5	cup	120	0.05	460
Vegetable Starchy		Corn(1/2 cup) (1/2c.)	West Creek	Vendor	537	0.5	cup	80	0	310
Vegetable Addl to Reach Total		Lettuce(1/4 cup) (1/4c.)	Produce Dist	Vendor	625	0.25	cup	2	0	2
Fruits		Tropical Fruit Salad(1/2 cup) (1/2c.)	Duet	Vendor	394	0.5	cup	100	0	0

Detail for Wednesday, October 15, 2014

Total Feeding Figure: 2,000

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		Apple (1 Whole)	Produce Dist	Vendor	764	0.5	cup	72	0.06	2
Fruit Juice		Orange Juice (4oz.)	Prairie Farms	Vendor	200	0.5	cup	60	0	0
Milk Skim/fat-free, flavored		Chocolate (8oz.)	Prairie Farms	Vendor	1000	1	cup	110	0	180
Milk Skim/fat-free, flavored		Skim (8oz.)	Prairie Farms	Vendor	20	1	cup	80	0	120
Milk Skim/fat-free, flavored		Strawberry (8oz.)	Prairie Farms	Vendor	280	1	cup	120	0	120
Milk Low-fat (1%), unflavored		Milk White (8oz.)	Prairie Farms	Vendor	475	1	cup	100	1.5	120
Vegetable Incl. Juice		Vegetable Including Juice Minimum Offered				6	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				0	cup			
Fruit Incl. Juice		Fruit Including Juice Maximum Offered		Local		1	cup			
Vegetable Incl. Juice		Vegetable Including Juice Maximum Offered		Local		6	cup			

Summary for Thursday, October 16, 2014

Daily Minimum Meal Component and Daily Nutrient Statistics - Lunch

	Fruit	Vegetable	Meat / Meat Alternate	Grains	Milk	Calories	% Sat. Fat	Sodium
Regulation Minimum	1 cup	1 cup	2 oz	2 oz	1 cup			
Menu Actuals	1 cup	5.75 cups	2 oz	2 oz	1 cup	753 kcal	5.47%	1628 mg
Regulation Met?	Yes	Yes	Yes	Yes	Yes			

Detail for Thursday, October 16, 2014

Total Feeding Figure: 2,070

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 (8oz.) (8oz.)	S/V-12	Local	870			137	0.41	1026.83
Meat/Meat Alternate	~ Chicken Noodle Soup	Meat (2oz.)	S/V-12	Local	870	2	oz eq.			
Whole Grain-Rich Grains	~ Chicken Noodle Soup	Bread (2oz.)	S/V-12	Local	870	2	oz eq.			
Vegetable Addl to Reach Total	~ Chicken Noodle Soup	Carrots,Celery,Onion (1/2c.)	S/V-12	Local	870	0	cup			
Recipe - Entree	Chili	Chili (8oz.) (8oz.)	M/MA-38	Local	1200			301	4.66	1041.27
Meat/Meat Alternate	~ Chili	Meat (2oz.)	M/MA-38	Local	1200	2	oz eq.			
Vegetable Beans/Peas	~ Chili	Chili Beans (1/2 cup) (1/2c.)	M/MA-38	Local	1200	0.5	cup			
Recipe	Salad Bar	Salad Bar (0)	0	Local	0			0	0	0
Vegetable Dark Green	~ Salad Bar	Broccoli (1/2 cup) (1/2c.)	Produce Dist	Vendor	57	0.5	cup	15	0	10
Vegetable Red/Orange	~ Salad Bar	Tomato Fresh(1/2 cup) (1/2 c.)	PCFP	Vendor	115	0.5	cup	15	0	0
Vegetable Red/Orange	~ Salad Bar	Carrots (1/2c.)	Produce Dist	Vendor	66	0.5	cup	25	0	55
Vegetable Addl to Reach Total	~ Salad Bar	Celery Sticks(1/2 cup) (1/2 c.)	PCFP	Vendor	14	0.5	cup	10	0	40

Detail for Thursday, October 16, 2014

Total Feeding Figure: 2,070

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 Addl to Reach Total	~ Salad Bar	Cucumber(1/2 cup) (1/2 c.)	PCFP	Vendor	127	0.5	cup	10	0	0
Vegetable Addl to Reach Total	~ Salad Bar	Green Peppers(1/2 cup) (1/2 c.)	PCFP	Vendor	44	0.5	cup	15	0	0
Vegetable Addl to Reach Total	~ Salad Bar	Lettuce (1c.)	PCFP	Vendor	170	0.5	cup	8	0	6
Vegetable Addl to Reach Total	~ Salad Bar	Radish (1/4c.)	PCFP	Vendor	26	0.25	cup	7	0	16.5
Vegetable Addl to Reach Total	~ Salad Bar	Cauliflower (1/2c.)	Produce Dist	Vendor	35	0.5	cup	13	0	16
Condiments	~ Salad Bar	Fat Free Ranch Dressing 2 pkg (12gm.) (12g/2pk)	Sauer's 6504	Vendor	1025	0	oz eq.	20	0	250
Condiments	~ Salad Bar	French Dressing 1pkg (1.5oz./1pk)	Taste Pleasers	Vendor	136	0	oz eq.	40	0	330
Condiments	~ Salad Bar	Fat Free Italian Dressing 1pkg (1.5 oz.)	Village Garden 998959	Vendor	133	0	oz eq.	25	0	360
Condiments	~ Salad Bar	Croutons (1/4c.)	West Creek	Vendor	648	0	oz eq.	60	0	100
Whole Grain-Rich Grains		Crackers (14g/2pk)	Keebler 48310	Vendor	1475	0	oz eq.	70	0	120
Whole Grain-Rich Based Dessert		Cinnamon Rolls (2oz.)	B-8	Local	2026	2	oz eq.	243	1.35	159.29
Vegetable Red/Orange		Carrots (1/2c.)	Produce Dist	Vendor	271	0.5	cup	25	0	55
Vegetable Red/Orange		Tomato Grape (1/2c.)	Produce Dist	Vendor	225	0.5	cup	13	0	4
Vegetable Starchy		Baked Potato(1 each) (1c.)	Produce Dist	Vendor	875	1	cup	179	0.06	11
Fruits		Peaches Sliced (1/2 cup) (1/2 c.)	Del Monte	Vendor	340	0.5	cup	60	0	5
Fruits		Mixed Fruit (1/2 cup) (1/2c.)	Taste O The West	Vendor	196	0.5	cup	60	0	5
Fruit Juice		Orange Juice (4oz.)	Prairie Farms	Vendor	200	0.5	cup	60	0	0

Detail for Thursday, October 16, 2014

Total Feeding Figure: 2,070

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		Butter (5g/1pk)	25100	Vendor	600	0	oz eq.	25	0.05	30
Milk Skim/fat-free, flavored		Chocolate (8oz.)	Prairie Farms	Vendor	1000	1	cup	110	0	180
Milk Skim/fat-free, flavored		Skim (8oz.)	Prairie Farms	Vendor	20	1	cup	80	0	120
Milk Skim/fat-free, flavored		Strawberry (8oz.)	Prairie Farms	Vendor	180	1	cup	120	0	120
Milk Low-fat (1%), unflavored		Milk White (8oz.)	Prairie Farms	Vendor	475	1	cup	100	1.5	120
Vegetable Incl. Juice		Vegetable Including Juice Minimum Offered				5.75	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				0	cup			
Fruit Incl. Juice		Fruit Including Juice Maximum Offered		Local		1	cup			
Vegetable Incl. Juice		Vegetable Including Juice Maximum Offered		Local		5.75	cup			

Summary for Friday, October 17, 2014

Daily Minimum Meal Component and Daily Nutrient Statistics - Lunch

	Fruit	Vegetable	Meat / Meat Alternate	Grains	Milk	Calories	% Sat. Fat	Sodium
Regulation Minimum	1 cup	1 cup	2 oz	2 oz	1 cup			
Menu Actuals	1 cup	Data Missing	2 oz	2.75 oz	1 cup	630 kcal	7.35%	2146 mg
Regulation Met?	Yes		Yes	Yes	Yes			

Detail for Friday, October 17, 2014

Total Feeding Figure: 1,925

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	Turkey Wrap	Turkey Wrap (4oz.)	M/MA-1	Local	350			196	0.91	800.84
Meat/Meat Alternate	~ Turkey Wrap	Meat (2oz.)	M/MA-1	Local	350	2	oz eq.			
Whole Grain-Rich Grains	~ Turkey Wrap	Bread (2oz.)	M/MA-1	Local	350	2	oz eq.			
Condiments	~ Turkey Wrap	Mayo Light (12g.)	Kraft Foods 59535	Local	300	0	oz eq.	40	0.5	85
Recipe - Entree	Chicken Tenders	Chicken Tenders (3.3oz.)	Brakebush	Vendor	1575			230	3.5	590
Meat/Meat Alternate	~ Chicken Tenders	Meats(2oz.) (2oz.)	Brakebush Brothers	Vendor	1575	2	oz eq.			
Whole Grain-Rich Grains	~ Chicken Tenders	Breading (.75oz.)	Brakebush	Vendor	1575	0.75	oz eq.			
Condiments	~ Chicken Tenders	Ketchup (9g/2pk)	Heinz	Vendor	1000	0	oz eq.	20	0	200
Condiments	~ Chicken Tenders	Barbecue Sauce (12g) (12g(2pk))	Sauer's	Vendor	1650	0	oz eq.	30	0	220
Recipe	Salad Bar	Salad Bar (0)	0	Local	0			0	0	0
Vegetable Dark Green	~ Salad Bar	Broccoli (1/2 cup) (1/2c.)	Produce Dist	Vendor	17	0.5	cup	15	0	10
Vegetable Red/Orange	~ Salad Bar	Tomato Fresh(1/2 cup) (1/2 c.)	PCFP	Vendor	186	0.5	cup	15	0	0

Detail for Friday, October 17, 2014

Total Feeding Figure: 1,925

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 Red/Orange	~ Salad Bar	Carrots (1/2c.)	Produce Dist	Vendor	42	0.5	cup	25	0	55
Vegetable Addl to Reach Total	~ Salad Bar	Celery Sticks(1/2 cup) (1/2 c.)	PCFP	Vendor	14	0.5	cup	10	0	40
Vegetable Addl to Reach Total	~ Salad Bar	Cucumber(1/2 cup) (1/2 c.)	PCFP	Vendor	68	0.5	cup	10	0	0
Vegetable Addl to Reach Total	~ Salad Bar	Green Peppers(1/2 cup) (1/2 c.)	PCFP	Vendor	49	0.5	cup	15	0	0
Vegetable Addl to Reach Total	~ Salad Bar	Lettuce (1c.)	PCFP	Vendor	72	0.5	cup	8	0	6
Vegetable Addl to Reach Total	~ Salad Bar	Radish (1/4c.)	PCFP	Vendor	26	0.25	cup	7	0	16.5
Vegetable Addl to Reach Total	~ Salad Bar	Cauliflower (1/2c.)	Produce Dist	Vendor	32	0.5	cup	13	0	16
Condiments	~ Salad Bar	Fat Free Ranch Dressing 2 pkg (12gm.) (12g/2pk)	Sauer's 6504	Vendor	654	0	oz eq.	20	0	250
Condiments	~ Salad Bar	French Dressing 1pkg (1.5oz./1pk)	Taste Pleasers	Vendor	72	0	oz eq.	40	0	330
Condiments	~ Salad Bar	Fat Free Italian Dressing 1pkg (1.5 oz.)	Village Garden 998959	Vendor	104	0	oz eq.	25	0	360
Condiments	~ Salad Bar	Croutons (1/4c.)	West Creek	Vendor	810	0	oz eq.	60	0	100
Whole Grain-Rich Grains		Rolls (2oz.)	B-6	Local	1835	2	oz eq.	103	0.85	282
Vegetable Red/Orange		Tomato (1 Sl.)	Produce Dist	Vendor	350	0	cup	0	0	0
Vegetable Starchy		Scalloped Potatoes (1/2c.)	S/V-16	Vendor	1152	0.5	cup	150	1.5	493.31
Vegetable Addl to Reach Total		Leaf Lettuce (1 Leaf)	Produce Dist	Vendor	350	0	cup	0	0	0
Vegetable Addl to Reach Total		Green Beans(1/2 cup) (1/2 c.)	S/V-21 A	Local	1191	0.5	cup	28	0	570.83
Fruits		Pineapple(1/2 cup) (1/2c.)	Duet	Vendor	505	0.5	cup	80	0	0

Detail for Friday, October 17, 2014

Total Feeding Figure: 1,925

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.)
Fruit Juice		Orange Juice (4oz.)	Prairie Farms	Vendor	200	0.5	cup	60	0	0
Milk Skim/fat-free, flavored		Chocolate (8oz.)	Prairie Farms	Vendor	1000	1	cup	110	0	180
Milk Skim/fat-free, flavored		Skim (8oz.)	Prairie Farms	Vendor	25	1	cup	80	0	120
Milk Skim/fat-free, flavored		Strawberry (8oz.)	Prairie Farms	Vendor	200	1	cup	120	0	120
Milk Low-fat (1%), unflavored		Milk White (8oz.)	Prairie Farms	Vendor	420	1	cup	100	1.5	120
Vegetable Incl. Juice		Vegetable Including Juice Minimum Offered				0	cup			
Vegetable Juice		Vegetable Juice Maximum Offered				5.25	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		Local		1	cup			
Vegetable Incl. Juice		Vegetable Including Juice Maximum Offered		Local		5.25	cup			

Attestation of Compliance with Meal Pattern Requirements

I, , as the duly authorized representative of **Pulaski**, 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 2014-2015, **Pulaski** 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 **Pulaski** 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: