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District	Menu Name	Week of	Meal Session	Grade Range	Menu Status
Russell Ind.	RMS, WK 1, LUNCH	8/6/2017 - 8/12/2017	Lunch	Grades 6 - 8	Not Submitted

Weekly Component Statistics

	Fruit	Vegetable	Grains	Meat / Meat Alternate	Milk
Regulation	2 1/2 cups	3 3/4 cups	8 oz servings - 10 oz servings	9 oz servings - 10 oz servings	5 cups
Menu Actuals	3 cups	5.75 cups	10.25 oz servings - 12.5 oz servings	10 oz servings - 10 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	600 - 700 kcal	< 10%	≤ 1360 mg
Menu Actuals	680 kcal	6.93%	1175 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	1.5 cups	1.25 cups	1 cup	1 cup	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	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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District	Menu Name	Week of	Meal Session	Grade Range	Menu Status
Russell Ind.	RMS, WK 2, LUNCH	8/13/2017 - 8/19/2017	Lunch	Grades 6 - 8	Not Submitted

Weekly Component Statistics

	Fruit	Vegetable	Grains	Meat / Meat Alternate	Milk
Regulation	2 1/2 cups	3 3/4 cups	8 oz servings - 10 oz servings	9 oz servings - 10 oz servings	5 cups
Menu Actuals	3 cups	5 cups	11 oz servings - 12.75 oz servings	10 oz servings - 10 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	600 - 700 kcal	< 10%	≤ 1360 mg
Menu Actuals	682 kcal	6.81%	1187 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	0.75 cup	1 cup	1 cup	7 cups	0.5 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	0.25 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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District	Menu Name	Week of	Meal Session	Grade Range	Menu Status
Russell Ind.	RMS, WK 3, LUNCH	8/20/2017 - 8/26/2017	Lunch	Grades 6 - 8	Not Submitted

Weekly Component Statistics

	Fruit	Vegetable	Grains	Meat / Meat Alternate	Milk
Regulation	2 1/2 cups	3 3/4 cups	8 oz servings - 10 oz servings	9 oz servings - 10 oz servings	5 cups
Menu Actuals	2.5 cups	5.25 cups	10 oz servings - 14 oz servings	9.5 oz servings - 10 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	600 - 700 kcal	< 10%	≤ 1360 mg
Menu Actuals	679 kcal	7.53%	1150 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	1 cup	1.25 cups	0.5 cup	2 cups	0.5 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	0.25 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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District	Menu Name	Week of	Meal Session	Grade Range	Menu Status
Russell Ind.	RMS, WK 4, LUNCH	8/27/2017 - 9/2/2017	Lunch	Grades 6 - 8	Not Submitted

Weekly Component Statistics

	Fruit	Vegetable	Grains	Meat / Meat Alternate	Milk
Regulation	2 1/2 cups	3 3/4 cups	8 oz servings - 10 oz servings	9 oz servings - 10 oz servings	5 cups
Menu Actuals	3 cups	5.25 cups	13 oz servings - 13.75 oz servings	12.25 oz servings - 14 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	600 - 700 kcal	< 10%	≤ 1360 mg
Menu Actuals	688 kcal	8.62%	1217 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	1 cup	1.5 cups	0.5 cup	1.5 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	0%	Yes
Only 2oz of all Grains served may be a dessert	0.25 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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