

| | | |
|---|------------------------------------|-----------------------------------|
| SFA: Lakewood City SD - Cuyahoga NEW | Menu: K-5 Breakfast | Agreement Number: 44198 |
| Dates of Analysis: 12/08/2014 to 12/12/2014 | | |
| Worksheet: Breakfast: K-5 | Reviewer(s): Kara Peters | |

Current menu meets requirements:  **Yes**

School Breakfast Program Results and Suggestions

Meal Pattern

| | |
|-----|--|
| Met | |
|-----|--|

Calories

| | |
|-----|--|
| Met | |
|-----|--|

Saturated Fat

| | |
|-----|--|
| Met | |
|-----|--|

Sodium

| | |
|-----|--|
| Met | |
|-----|--|

Trans Fat

| | |
|-----|--|
| Met | |
|-----|--|

Meat / Meat Alternate

| | |
|-----|--|
| Met | |
|-----|--|

Daily Grains

| | |
|-----|--|
| Met | |
|-----|--|

Weekly Grains

| | |
|-----|--|
| Met | |
|-----|--|

100% Whole Grains

| | |
|-----|--|
| Met | |
|-----|--|

Milk

| | |
|-----|--|
| Met | |
|-----|--|

Fruit

| | |
|-----|--|
| Met | |
|-----|--|

Additional Comments

Great job meeting all the guidelines!

CN Resource, LLC
Weekly Certification Worksheet

Week of 12/8/2014

K - OH- Lakewood Breakfast K-5

| 5 Day Week | Mon 12/8/14 | Tue 12/9/14 | Wed 12/10/14 | Thu 12/11/14 | Fri 12/12/14 | Weekly Total | Weekly Rqmt. | Weekly Rqmt. Check | Weekly Fruit Juice Limit Check (<= half of total fruit) | Total Weekly Fruit Juice | % of Total Weekly Fruit that is Juice | Weekly Rqmt. Check |
|---|---------------------|----------------|-------------------------------|-----------------|-----------------------|-----------------|-----------------|--------------------------|---|-----------------------------------|--|--------------------------|
| | 1 | 1 | 1 | 1 | 1 | | | | | | | |
| Vegetables: Minimum (cups) | | | | | | 0 | N/A | N/A | | | | N/A |
| -Dark Green | 0 | 0 | 0 | 0 | 0 | 0 | N/A | N/A | | | | N/A |
| -Red/Orange | 0 | 0 | 0 | 0 | 0 | 0 | N/A | N/A | | | | N/A |
| -Legumes | 0 | 0 | 0 | 0 | 0 | 0 | N/A | N/A | | | | N/A |
| -Starchy | 0 | 0 | 0 | 0 | 0 | 0 | N/A | N/A | | | | N/A |
| -Other | 0 | 0 | 0 | 0 | 0 | 0 | N/A | N/A | | | | N/A |
| Meat/Meat Alt: Minimum (oz eq) | 0 | 0 | 0 | 0 | 0 | 0 | N/A | N/A | | | | N/A |
| Meat/Meat Alt: Maximum (oz eq) | 0 | 0 | 0 | 0 | 0 | 0 | N/A | N/A | | | | N/A |
| Grain: Minimum (oz eq) | 2 | 1 | 2 | 1 | 1 | 7 | 7 | Yes | | | | Yes |
| Grain: Maximum (oz eq) | 2 | 1 | 2 | 1 | 1 | 7 | 10 | Yes | | | | Yes |
| Grain Based Dessert Total for all weekly meals | | | | | | | | | | | | |
| Whole Grain Rich Weekly Amount | Weekly Grains Total | 7 | Weekly Whole Grain Rich Total | 7 | % of Whole Grain Rich | 100% | | | | | | Yes |
| Milk: Minimum (cups) | Mon 12/8/14 | Tue 12/9/14 | Wed 12/10/14 | Thu 12/11/14 | Fri 12/12/14 | Weekly Total | Weekly Rqmt. | Weekly Rqmt. Check | | | | Yes |
| Variety: Skim/Fat-free unflavored, Skim/fat-free flavored, Low-fat(1% or less) unflavored | 1 | 1 | 1 | 1 | 1 | 5 | 5 | Yes | | | | Yes |
| Low-fat(1% or less), flavored | | | | | | | | | | | | |
| Reduced fat(2%) or whole, unflavored and flavored | Yes | Yes | Yes | Yes | Yes | | | | | | | |

**Cells with this background color signify Requirements not being met!

CN Resource, LLC

Base Menu Spreadsheet

Portion Values - Detailed

Page 1

Dec 8, 2014 thru Dec 12, 2014

OH- Lakewood Breakfast K-5

Generated on: 2/14/2015 12:37:17 PM

| | Portion Size | Reimb Qty | Cals (kcal) | Sodm (mg) | S-Fat (g) |
|--------------------------------|--------------|-----------|-------------|-----------|-----------|
| Mon - 12/08/2014 | | | | | |
| OH- Lakewood Breakfast K-5 | Total | 20 | | | |
| Waffles, Mini Maple, Frozen, E | Pouch | 20 | 200 | 220 | 1.50 |
| Pineapple Tidbits in Juice | 1 CUP | 20 | 140 | 0 | 0.00 |
| Milk 1% White | 1/2 pint | 19 | 95 | 100 | 1.43 |
| Milk, FF White | 1 Each | 1 | 80 | 120 | 0.00 |
| Weighted Daily Average | | | 434 | 321 | 2.86 |
| % of Calories | | | | | 5.9% |
| Nutrient Guideline | | | 350-500 | 540 | <10.00 |

| | Portion Size | Reimb Qty | Cals (kcal) | Sodm (mg) | S-Fat (g) |
|--------------------------------|--------------|-----------|-------------|-----------|-----------|
| Tue - 12/09/2014 | | | | | |
| OH- Lakewood Breakfast K-5 | Total | 20 | | | |
| Cereal, Frosted Flakes, RS, 28 | 1 each | 20 | 100 | 160 | 0.00 |
| Juice, Orange 100% | 8 oz | 20 | 120 | 0 | 0.00 |
| Milk, FF White | 1 Each | 1 | 80 | 120 | 0.00 |
| Milk 1% White | 1/2 pint | 19 | 95 | 100 | 1.43 |
| Weighted Daily Average | | | 314 | 261 | 1.36 |
| % of Calories | | | | | 3.9% |
| Nutrient Guideline | | | 350-500 | 540 | <10.00 |

| | Portion Size | Reimb Qty | Cals (kcal) | Sodm (mg) | S-Fat (g) |
|--------------------------------|--------------|-----------|-------------|-----------|-----------|
| Wed - 12/10/2014 | | | | | |
| OH- Lakewood Breakfast K-5 | Total | 20 | | | |
| Nutri Grain Bar, Blueberry 44g | 2 EA | 20 | 320 | 270 | 1.00 |
| Peaches, canned, light syrup | 1 Cup | 20 | 136 | 13 | 0.00 |
| Milk 1% White | 1/2 pint | 19 | 95 | 100 | 1.43 |
| Milk, FF White | 1 Each | 1 | 80 | 120 | 0.00 |
| Weighted Daily Average | | | 550 | 383 | 2.36 |
| % of Calories | | | | | 3.9% |
| Nutrient Guideline | | | 350-500 | 540 | <10.00 |

| | Portion Size | Reimb Qty | Cals (kcal) | Sodm (mg) | S-Fat (g) |
|-----------------------------|--------------|-----------|-------------|-----------|-----------|
| Thu - 12/11/2014 | | | | | |
| OH- Lakewood Breakfast K-5 | Total | 20 | | | |
| Cereal, Cinnamon Flakes, WG | 1 each | 20 | 100 | 170 | 0.00 |
| Juice, Orange 100% | 8 oz | 20 | 120 | 0 | 0.00 |
| Milk 1% White | 1/2 pint | 19 | 95 | 100 | 1.43 |
| Milk, FF White | 1 Each | 1 | 80 | 120 | 0.00 |
| Weighted Daily Average | | | 314 | 271 | 1.36 |
| % of Calories | | | | | 3.9% |
| Nutrient Guideline | | | 350-500 | 540 | <10.00 |

| | Portion Size | Reimb Qty | Cals (kcal) | Sodm (mg) | S-Fat (g) |
|--------------------------------|--------------|-----------|-------------|-----------|-----------|
| Fri - 12/12/2014 | | | | | |
| OH- Lakewood Breakfast K-5 | Total | 20 | | | |
| OH-Nutrigrain Bar, Apple Cinna | 1 Each | 20 | 160 | 130 | 0.50 |
| APPLESAUCE, CANNED, UNSWEETENE | 1 cup | 20 | 104 | 4 | 0.05 |
| Milk 1% White | 1/2 pint | 19 | 95 | 100 | 1.43 |
| Milk, FF White | 1 Each | 1 | 80 | 120 | 0.00 |

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

* - denotes combined nutrient totals with either missing or incomplete nutrient data

† - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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CN Resource, LLC

Base Menu Spreadsheet

Portion Values - Detailed

Page 2

Dec 8, 2014 thru Dec 12, 2014

OH- Lakewood Breakfast K-5

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| | Portion Size | Reimb Qty | Cals (kcal) | Sodm (mg) | S-Fat (g) |
|------------------------|--------------|-----------|-------------|-----------|-----------|
| Weighted Daily Average | | | 358 | 235 | 1.91 |
| % of Calories | | | | | 4.8% |
| Nutrient Guideline | | | 350-500 | 540 | <10.00 |

| | | | | | |
|------------------|--|--|-----|-----|--------------|
| Weighted Average | | | 394 | 294 | 1.97 4.5% |
|------------------|--|--|-----|-----|--------------|

| Nutrient | Menu AVG | % of Cals | Weekly Target | % of Target | Miss Data | Shortfall | Overage | Error Messages (if any) |
|-------------------|----------|-----------|---------------|-------------|-----------|-----------|---------|-------------------------|
| Calories | 394 | | 350 - 500 | 100% | | | | |
| Sodium (mg) | 294 | | 540 | | | | | |
| Saturated Fat (g) | 1.97 | 4.49% | <10.00% | | | | | |

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| | | |
|---|------------------------------------|-----------------------------------|
| SFA: Lakewood City SD - Cuyahoga NEW | Menu: K-5 Lunch | Agreement Number: 44198 |
| Dates of Analysis: 12/08/2014 to 12/12/2014 | | |
| Worksheet: Lunch: K-5 | Reviewer(s): Kara Peters | |

Current menu meets requirements:  **Yes**

National School Lunch Program Results and Suggestions

Meal Pattern

| | |
|-----|--|
| Met | |
|-----|--|

Calories

| | |
|-----|--|
| Met | |
|-----|--|

Saturated Fat

| | |
|-----|--|
| Met | |
|-----|--|

Sodium

| | |
|-----|--|
| Met | |
|-----|--|

Trans Fat

| | |
|-----|--|
| Met | |
|-----|--|

Meat / Meat Alternate

| | |
|-----|--|
| Met | |
|-----|--|

Daily Grains

| | |
|-----|--|
| Met | |
|-----|--|

Weekly Grains

| | |
|-----|--|
| Met | |
|-----|--|

100% Whole Grains

| | |
|-----|--|
| Met | |
|-----|--|

Milk

| | |
|-----|--|
| Met | |
|-----|--|

Fruit

| | |
|-----|--|
| Met | |
|-----|--|

Vegetables

| | |
|-----|--|
| Met | |
|-----|--|

Dark Green

| | |
|-----|--|
| Met | |
|-----|--|

| | | |
|---|------------------------------------|-----------------------------------|
| SFA: Lakewood City SD - Cuyahoga NEW | Menu: K-5 Lunch | Agreement Number: 44198 |
| Dates of Analysis: 12/08/2014 to 12/12/2014 | | |
| Worksheet: Lunch: K-5 | Reviewer(s): Kara Peters | |

National School Lunch Program Results and Suggestions

Red / Orange

| | |
|-----|--|
| Met | |
|-----|--|

Beans / Legumes

| | |
|-----|--|
| Met | |
|-----|--|

Starchy

| | |
|-----|--|
| Met | |
|-----|--|

Other Vegetables

| | |
|-----|--|
| Met | |
|-----|--|

Additional Comments

Great job! Nice variety of vegetables.

CN Resource, LLC
Weekly Certification Worksheet

Week of 12/8/2014

J - OH- Lakewood Lunch K-5

| 5 Day Week | Mon 12/8/14 | Tue 12/9/14 | Wed 12/10/14 | Thu 12/11/14 | Fri 12/12/14 | Weekly Total | Weekly Rqmt. | Weekly Rqmt. Check | Weekly Fruit Juice Limit Check (<= half of total fruit) | Total Weekly Fruit Juice | % of Total Weekly Fruit Juice that is | Weekly Rqmt. Check | |
|---|---------------------|----------------|-------------------------------|-----------------|-----------------------|-----------------|-----------------------|--------------------------|--|-----------------------------------|--|--------------------------|-----|
| | | | | | | | | | | | | | |
| Fruit: Minimum (cups) | 0.5 | 0.5 | 0.5 | 0.5 | 0.5 | 2.5 | 2.5 | Yes | (<= half of total fruit) | 2.5 | 0 | 0.00% | Yes |
| Vegetables: Minimum (cups) | 0.75 | 0.75 | 0.75 | 0.75 | 0.875 | 3.875 | 3.75 | Yes | Weekly Vegetable Juice Limit Check (<= half of total Veg) | 3.875 | 0 | 0.00% | Yes |
| -Dark Green | 0.75 | 0 | 0 | 0 | 0 | 0.75 | 0.5 | Yes | | 0.75 | | | Yes |
| -Red/Orange | 0 | 0.75 | 0 | 0 | 0.125 | 0.875 | 0.75 | Yes | | 0.75 | | | Yes |
| -Legumes | 0 | 0 | 0.75 | 0 | 0 | 0.75 | 0.5 | Yes | | 0.75 | | | Yes |
| -Starchy | 0 | 0 | 0 | 0.75 | 0 | 0.75 | 0.5 | Yes | | 0.75 | | | Yes |
| -Other | 0 | 0 | 0 | 0 | 0.75 | 0.75 | 0.5 | Yes | | 0.75 | | | Yes |
| Meat/Meat Alt: Minimum (oz eq) | 2 | 2 | 2 | 2 | 2 | 10 | 8 | Yes | | 10 | | | Yes |
| Meat/Meat Alt: Maximum (oz eq) | 2 | 2 | 2 | 2 | 2 | 10 | 10 | Yes | | 10 | | | Yes |
| Grain: Minimum (oz eq) | 1.5 | 1.5 | 1.5 | 2.25 | 2 | 8.75 | 8 | Yes | | 8.75 | | | Yes |
| Grain: Maximum (oz eq) | 1.5 | 1.5 | 1.5 | 2.25 | 2 | 8.75 | 9 | Yes | | 8.75 | | | Yes |
| Grain Based Dessert Total for all weekly meals | | | | | | | | | | | | | |
| | | | | | | 0 | No more than 2 oz | Yes | | 0 | | | Yes |
| Whole Grain Rich Weekly Amount | Weekly Grains Total | 8.75 | Weekly Whole Grain Rich Total | 8.75 | % of Whole Grain Rich | 100% | 100% whole grain rich | Yes | | | | | Yes |
| Milk: Minimum (cups) | Mon 12/8/14 | Tue 12/9/14 | Wed 12/10/14 | Thu 12/11/14 | Fri 12/12/14 | Weekly Total | Weekly Rqmt. | Weekly Rqmt. Check | | | | | |
| Variety: Skim/Fat-free unflavored, Skim/fat-free flavored, Low-fat(1% or less) unflavored | 1 | 1 | 1 | 1 | 1 | 5 | 5 | Yes | | | | | Yes |
| Low-fat(1% or less), flavored | | | | | | | | | | | | | |
| Reduced fat(2%) or whole, unflavored and flavored | | | | | | | | | | | | | |

**Cells with this background color signify Requirements not being met!

CN Resource, LLC

Base Menu Spreadsheet

Portion Values - Detailed

Page 1

Dec 8, 2014 thru Dec 12, 2014

OH- Lakewood Lunch K-5

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| | Portion Size | Reimb Qty | Cals (kcal) | Sodm (mg) | S-Fat (g) |
|--------------------------------|--------------|-----------|-------------|-----------|-----------|
| Mon - 12/08/2014 | | | | | |
| OH- Lakewood Lunch K-5 | Total | 100 | | | |
| Grilled Chk Patty on WG Bun | 1 EA | 100 | 260 | 580 | 3.00 |
| Broccoli, Frozen, GFS, w/o sal | 3/4 cup | 100 | 30 | 20 | 0.00 |
| Mandarin Oranges, Cnd, Lt Syru | 1/2 cup | 100 | 77 | 8 | 0.01 |
| Milk, FF Chocolate | 1 Each | 98 | 120 | 240 | 0.00 |
| Milk 1% White | 1/2 pint | 1 | 95 | 100 | 1.43 |
| Milk, FF White | 1 Each | 1 | 80 | 120 | 0.00 |
| Honey Mustard Dressing | 2 TBSP | 100 | 110 | 110 | 1.00 |
| Weighted Daily Average | | | 596 | 955 | 4.03 |
| % of Calories | | | | | 6.1% |
| Nutrient Guideline | | | 550-650 | 1230 | <10.00 |

| | | | | | |
|--------------------------------------|----------|-----|---------|------|--------|
| Tue - 12/09/2014 | | | | | |
| OH- Lakewood Lunch K-5 | Total | 100 | | | |
| OH- FISH, POLLOCK, BRD, RECT 3 | 1 EACH | 100 | 220 | 190 | 2.00 |
| Pears, Canned Ex Light Syrup | 1/2 cup | 100 | 70 | 0 | 0.00 |
| Carrots, cooked wo salt | 3/4 Cup | 100 | 41 | 65 | 0.13 |
| Roll, WG White Split Top Dinner 1975 | roll | 100 | 80 | 140 | 0.00 |
| Milk, FF Chocolate | 1 Each | 98 | 120 | 240 | 0.00 |
| Milk 1% White | 1/2 pint | 1 | 95 | 100 | 1.43 |
| Milk, FF White | 1 Each | 1 | 80 | 120 | 0.00 |
| Tartar Sauce, GFS | 2 TBSP | 100 | 110 | 310 | 1.50 |
| Weighted Daily Average | | | 640 | 942 | 3.65 |
| % of Calories | | | | | 5.1% |
| Nutrient Guideline | | | 550-650 | 1230 | <10.00 |

| | | | | | |
|----------------------------|----------|-----|---------|------|--------|
| Wed - 12/10/2014 | | | | | |
| OH- Lakewood Lunch K-5 | Total | 100 | | | |
| Hamburger on WG Bun | 1 EA | 100 | 260 | 470 | 5.00 |
| Beans, Vegetarian 14-15 | 3/4 cup | 100 | 195 | 720 | 0.00 |
| Pineapple Tidbits in Juice | 1/2 CUP | 100 | 70 | 0 | 0.00 |
| Milk, FF Chocolate | 1 Each | 98 | 120 | 240 | 0.00 |
| Milk 1% White | 1/2 pint | 1 | 95 | 100 | 1.43 |
| Milk, FF White | 1 Each | 1 | 80 | 120 | 0.00 |
| Mustard | 1 tsp | 100 | 0 | 80 | 0.00 |
| Ketchup, Tomato Reinhart | 1 TBSP | 100 | 15 | 190 | 0.00 |
| Weighted Daily Average | | | 659 | 1697 | 5.01 |
| % of Calories | | | | | 6.8% |
| Nutrient Guideline | | | 550-650 | 1230 | <10.00 |

| | | | | | |
|-----------------------------|----------|-----|-----|-----|------|
| Thu - 12/11/2014 | | | | | |
| OH- Lakewood Lunch K-5 | Total | 100 | | | |
| Chicken Patty on WG Bun | 1 EA | 100 | 330 | 690 | 2.00 |
| Fruit Cocktail, cnd, juc pk | 1/2 Cup | 100 | 55 | 5 | 0.00 |
| Corn, frozen | 3/4 Cup | 100 | 100 | 1 | 0.12 |
| Milk, FF Chocolate | 1 Each | 98 | 120 | 240 | 0.00 |
| Milk 1% White | 1/2 pint | 1 | 95 | 100 | 1.43 |
| Milk, FF White | 1 Each | 1 | 80 | 120 | 0.00 |
| Honey Mustard Dressing | 2 TBSP | 100 | 110 | 110 | 1.00 |

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

* - denotes combined nutrient totals with either missing or incomplete nutrient data

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CN Resource, LLC

Base Menu Spreadsheet

Portion Values - Detailed

Page 2

Dec 8, 2014 thru Dec 12, 2014

OH- Lakewood Lunch K-5

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| | Portion Size | Reimb Qty | Cals (kcal) | Sodm (mg) | S-Fat (g) |
|------------------------|--------------|-----------|-------------|-----------|-----------|
| Weighted Daily Average | | | 714 | 1043 | 3.14 |
| % of Calories | | | | | 4.0% |
| Nutrient Guideline | | | 550-650 | 1230 | <10.00 |

| Fri - 12/12/2014 | | | | | |
|--------------------------------------|----------|-----|---------|------|--------|
| OH- Lakewood Lunch K-5 | | | | | |
| Pizza, Cheese, WG, Max, Real Slice | Total | 100 | | | |
| Peaches, canned, light syrup | 1 Each | 100 | 270 | 800 | 3.00 |
| Green beans | 1/2 Cup | 100 | 68 | 6 | 0.00 |
| Roll, WG White Split Top Dinner 1975 | 3/4 Cup | 100 | 28 | 1 | 0.04 |
| Milk, FF Chocolate | roll | 100 | 80 | 140 | 0.00 |
| Milk 1% White | 1 Each | 98 | 120 | 240 | 0.00 |
| Milk, FF White | 1/2 pint | 1 | 95 | 100 | 1.43 |
| Weighted Daily Average | 1 Each | 1 | 80 | 120 | 0.00 |
| % of Calories | | | 565 | 1185 | 3.05 |
| | | | | | 4.9% |
| Nutrient Guideline | | | 550-650 | 1230 | <10.00 |

| | | | | | |
|------------------|--|--|-----|------|------|
| Weighted Average | | | 635 | 1164 | 3.78 |
| | | | | | 5.4% |

| Nutrient | Menu AVG | % of Cals | Weekly Target | % of Target | Miss Data | Shortfall | Overage | Error Messages (if any) |
|-------------------|----------|-----------|---------------|-------------|-----------|-----------|---------|-------------------------|
| Calories | 635 | | 550 - 650 | 100% | | | | |
| Sodium (mg) | 1164 | | 1230 | | | | | |
| Saturated Fat (g) | 3.78 | 5.35% | <10.00% | | | | | |

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* - denotes combined nutrient totals with either missing or incomplete nutrient data

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