

GREAT FALLS PUBLIC SCHOOLS

Apr 1, 2024 thru Apr 30, 2024

Base Menu Spreadsheet

Elementary Lunch

Weighted Values - Detailed

Page 1

Generated on: 1/29/2024 8:04:22 AM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 04/01/2024															
Elementary Lunch NO SCHOOL TODAY	Total SERVING	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average % of Calories		0	0	0	0.00	0.00	0.0	0	0.00	0	0.00	0.00	0.00	0.00	0.00
Nutrient Guideline		664				3.50	286.00	1120	15.00		10.00		<=30.0	<10.00	

Tue - 04/02/2024															
Elementary Lunch NO SCHOOL TODAY	Total SERVING	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average % of Calories		0	0	0	0.00	0.00	0.0	0	0.00	0	0.00	0.00	0.00	0.00	0.00
Nutrient Guideline		664				3.50	286.00	1120	15.00		10.00		<=30.0	<10.00	

Wed - 04/03/2024															
Elementary Lunch	Total														
Cheese Burger	1 Each	363	69	623	2.00	*2.95	*39.7	*0	*0.0	*1	22.15	26.05	17.66	7.52	0.76
Potato, French Fries	1/2 cup	90	0	62	0.91	0.22	5.4	0	2.94	*N/A*	1.15	11.27	4.72	1.43	*N/A*
Daily Veggie Cup	1/2 cup	54	0	59	3.83	1.02	49.0	5528	142.31	*5	2.42	12.02	0.47	0.11	*0.00
Ranch Dressing	1 oz	29	0	166	0.01	0.01	8.8	2	0.03	*0	0.09	1.73	2.35	0.29	*0.00
Ketchup	1 oz	26	0	231	0.08	0.09	3.8	134	1.04	5	0.26	6.98	0.03	0.00	0.00
MUSTARD YELLOW PREPARED	1 tsp	0	0	55	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
FRUIT CHOICE	1 EACH	108	0	6	3.90	0.50	21.4	1174	27.41	*10	1.19	27.69	0.21	0.03	*0.00
MILK CHOICE	1 cup	120	10	123	0.16	0.38	260.9	366	0.63	18	7.01	18.3	2.13	1.22	*N/A*
Weighted Daily Average % of Calories		790	79	1324	10.88	*5.16	*389.1	*7204	*174.36	*39 *19.7%	34.27 17.4%	104.04 52.7%	27.56 31.4%	10.61 12.1%	*0.76 *0.9%
Nutrient Guideline		664				3.50	286.00	1120	15.00		10.00		<=30.0	<10.00	

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GREAT FALLS PUBLIC SCHOOLS

Apr 1, 2024 thru Apr 30, 2024

Base Menu Spreadsheet

Elementary Lunch

Weighted Values - Detailed

Page 2

Generated on: 1/29/2024 8:04:22 AM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 04/04/2024															
Elementary Lunch	Total														
Chicken, Cherry Blossom	3.9 oz	200	45	350	2.00	1.26	0.0	0	2.4	*N/A*	13.0	27.0	4.0	1.00	0.00
Brown Rice	4 oz	88	0	265	0.78	0.35	7.3	28	0.08	*0	1.78	17.18	1.26	0.25	*0.11
BROCCOLI,raw: fresh	1/2 CUP	15	0	15	1.14	0.32	20.7	274	39.25	1	1.24	2.92	0.16	0.05	0.00
Daily Veggie Cup	1/2 cup	54	0	59	3.83	1.02	49.0	5528	142.31	*5	2.42	12.02	0.47	0.11	*0.00
Ranch Dressing	2 oz	59	0	332	0.01	0.01	17.6	5	0.07	*0	0.18	3.46	4.7	0.59	*0.00
FORTUNE COOKIE	1 EACH	26	0	2	0.20	0.00	0.0	0	0.0	*N/A*	0.4	5.8	0.2	0.00	0.00
FRUIT CHOICE	1 EACH	108	0	6	3.90	0.50	21.4	1174	27.41	*10	1.19	27.69	0.21	0.03	*0.00
MILK CHOICE	1 cup	120	10	123	0.16	0.38	260.9	366	0.63	18	7.01	18.3	2.13	1.22	*N/A*
Weighted Daily Average		669	55	1152	12.03	3.84	377.0	7374	212.14	*34	27.22	114.37	13.13	3.25	*0.11
% of Calories										*20.2%	16.3%	68.4%	17.7%	4.4%	*0.2%
Nutrient Guideline		664				3.50	286.00	1120	15.00		10.00		<=30.0	<10.00	

Fri - 04/05/2024															
Elementary Lunch	Total														
Personal Pan Pepperoni Pizza	1 EACH	440	30	1130	2.00	2.70	250.0	400	0.0	*N/A*	16.0	46.0	22.0	10.00	0.00
Salad, Spinach,Veg Blend & Rom	1 cup	8	0	20	0.85	3.80	21.8	2244	12.37	*0	0.61	1.58	0.0	0.00	0.00
Daily Veggie Cup	1/2 cup	54	0	59	3.83	1.02	49.0	5528	142.31	*5	2.42	12.02	0.47	0.11	*0.00
Ranch Dressing	2 oz	59	0	332	0.01	0.01	17.6	5	0.07	*0	0.18	3.46	4.7	0.59	*0.00
FRUIT CHOICE	1 EACH	108	0	6	3.90	0.50	21.4	1174	27.41	*10	1.19	27.69	0.21	0.03	*0.00
MILK CHOICE	1 cup	120	10	123	0.16	0.38	260.9	366	0.63	18	7.01	18.3	2.13	1.22	*N/A*
Weighted Daily Average		789	40	1670	10.75	8.41	620.8	9716	182.79	*33	27.41	109.05	29.51	11.96	*0.00
% of Calories										*16.9%	13.9%	55.3%	33.7%	13.6%	*0.0%
Nutrient Guideline		664				3.50	286.00	1120	15.00		10.00		<=30.0	<10.00	

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GREAT FALLS PUBLIC SCHOOLS

Apr 1, 2024 thru Apr 30, 2024

Base Menu Spreadsheet

Elementary Lunch

Weighted Values - Detailed

Page 3

Generated on: 1/29/2024 8:04:22 AM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 04/08/2024															
Elementary Lunch	Total														
Chicken Pattie (Tyson 70304-09)	3.54 oz	390	25	570	5.00	3.24	60.0	100	0.0	*1	22.0	38.01	16.0	2.50	0.00
Baked Beans (New)	4 oz	120	0	191	4.45	1.30	36.9	117	0.88	*N/A*	5.21	27.24	0.4	0.08	*0.00
Daily Veggie Cup	1/2 cup	54	0	59	3.83	1.02	49.0	5528	142.31	*5	2.42	12.02	0.47	0.11	*0.00
Ranch Dressing	1 oz	29	0	166	0.01	0.01	8.8	2	0.03	*0	0.09	1.73	2.35	0.29	*0.00
MAYONNAISE,LoFat,No Cholester	1 tbsp	4	0	12	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.18	0.37	0.05	*N/A*
MUSTARD YELLOW PREPARED	1 tsp	0	0	55	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Ketchup	1 oz	26	0	231	0.08	0.09	3.8	134	1.04	5	0.26	6.98	0.03	0.00	0.00
FRUIT CHOICE	1 EACH	108	0	6	3.90	0.50	21.4	1174	27.41	*10	1.19	27.69	0.21	0.03	*0.00
MILK CHOICE	1 cup	120	10	123	0.16	0.38	260.9	366	0.63	18	7.01	18.3	2.13	1.22	*N/A*
Weighted Daily Average		851	35	1413	17.42	6.53	440.9	7422	172.31	*39	38.19	132.15	21.95	4.29	*0.00
% of Calories										*18.5%	18.0%	62.1%	23.2%	4.5%	*0.0%
Nutrient Guideline		664				3.50	286.00	1120	15.00		10.00		<=30.0	<10.00	

Tue - 04/09/2024															
Elementary Lunch	Total														
Grilled Cheese Sandwich	4 oz	292	30	1138	1.18	27.90	3679.9	611	0.0	*N/A*	18.66	31.81	11.18	6.70	0.00
Tomato Soup	1 cup	13	0	74	0.20	0.11	3.2	76	2.49	2	0.28	2.95	0.08	0.02	*N/A*
Snap Peas	1/2 Cup	48	0	0	2.95	0.00	0.0	1247	68.04	0	3.18	8.5	0.0	0.00	0.00
Daily Veggie Cup	1/2 cup	54	0	59	3.83	1.02	49.0	5528	142.31	*5	2.42	12.02	0.47	0.11	*0.00
RANCH DRESSING	2 TBSP	13	1	91	0.00	0.00	39.2	13	0.28	*N/A*	0.93	1.48	0.12	0.12	*0.12
FRUIT CHOICE	1 EACH	108	0	6	3.90	0.50	21.4	1174	27.41	*10	1.19	27.69	0.21	0.03	*0.00
MILK CHOICE	1 cup	120	10	123	0.16	0.38	260.9	366	0.63	18	7.01	18.3	2.13	1.22	*N/A*
Weighted Daily Average		647	42	1490	12.21	29.91	4053.7	9015	241.16	*34	33.66	102.74	14.19	8.20	*0.12
% of Calories										*21.3%	20.8%	63.5%	19.7%	11.4%	*0.2%
Nutrient Guideline		664				3.50	286.00	1120	15.00		10.00		<=30.0	<10.00	

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Apr 1, 2024 thru Apr 30, 2024

Base Menu Spreadsheet

Elementary Lunch

Weighted Values - Detailed

Page 4

Generated on: 1/29/2024 8:04:22 AM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 04/10/2024															
Elementary Lunch	Total														
Pork, Pulled Pork Sandwich (JT)	4 oz	337	46	751	4.00	1.62	429.6	19482	3.0	*N/A*	21.99	35.0	12.99	4.30	0.00
Potato, French Fries	1/2 cup	90	0	62	0.91	0.22	5.4	0	2.94	*N/A*	1.15	11.27	4.72	1.43	*N/A*
Daily Veggie Cup	1/2 cup	54	0	59	3.83	1.02	49.0	5528	142.31	*5	2.42	12.02	0.47	0.11	*0.00
RANCH DRESSING	1 TBSP	7	1	45	0.00	0.00	19.6	7	0.14	*N/A*	0.46	0.74	0.06	0.06	*0.06
FRUIT CHOICE	1 EACH	108	0	6	3.90	0.50	21.4	1174	27.41	*10	1.19	27.69	0.21	0.03	*0.00
MILK CHOICE	1 cup	120	10	123	0.16	0.38	260.9	366	0.63	18	7.01	18.3	2.13	1.22	*N/A*
Weighted Daily Average		715	57	1045	12.80	3.74	786.1	26557	176.42	*33	34.22	105.02	20.58	7.15	*0.06
% of Calories										*18.3%	19.2%	58.8%	25.9%	9.0%	*0.1%
Nutrient Guideline		664				3.50	286.00	1120	15.00		10.00		<=30.0	<10.00	

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 04/11/2024															
Elementary Lunch	Total														
Spaghetti & Meat Sauce (New)	1 Cup	275	37	829	5.21	3.01	58.8	1169	13.4	*4	15.83	44.07	4.82	1.52	*0.00
Salad, Spinach, Veg Blend & Rom	1 cup	8	0	20	0.85	3.80	21.8	2244	12.37	*0	0.61	1.58	0.0	0.00	0.00
Daily Veggie Cup	1/2 cup	54	0	59	3.83	1.02	49.0	5528	142.31	*5	2.42	12.02	0.47	0.11	*0.00
Bread, Dinner Roll WG	1 each	71	0	119	1.58	0.85	0.0	0	3.8	2	2.37	12.66	1.19	0.00	0.00
RANCH DRESSING	1 TBSP	7	1	45	0.00	0.00	19.6	7	0.14	*N/A*	0.46	0.74	0.06	0.06	*0.06
FRUIT CHOICE	1 EACH	108	0	6	3.90	0.50	21.4	1174	27.41	*10	1.19	27.69	0.21	0.03	*0.00
MILK CHOICE	1 cup	120	10	123	0.16	0.38	260.9	366	0.63	18	7.01	18.3	2.13	1.22	*N/A*
Weighted Daily Average		643	48	1200	15.53	9.57	431.6	10487	200.06	*39	29.90	117.05	8.87	2.94	*0.06
% of Calories										*24.1%	18.6%	72.8%	12.4%	4.1%	*0.1%
Nutrient Guideline		664				3.50	286.00	1120	15.00		10.00		<=30.0	<10.00	

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Base Menu Spreadsheet

Elementary Lunch

Weighted Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 04/12/2024															
Elementary Lunch	Total														
Fish, Breaded Sticks	4 oz.	210	40	400	0.00	0.00	0.0	0	0.0	0	12.0	22.0	10.0	2.00	0.00
SCALLOPED POTATOES (DEHYD)	1/2 CUP	231	6	513	1.72	0.55	410.8	127	19.49	*17	13.69	37.34	3.1	0.74	*0.00
Daily Veggie Cup	1/2 cup	54	0	59	3.83	1.02	49.0	5528	142.31	*5	2.42	12.02	0.47	0.11	*0.00
Bread, Dinner Roll WG	1 each	71	0	119	1.58	0.85	0.0	0	3.8	2	2.37	12.66	1.19	0.00	0.00
TARTAR SAUCE	1 TBSP	38	3	118	0.11	0.10	2.8	62	0.25	*2	0.2	2.74	3.18	0.31	*0.01
RANCH DRESSING	1 TBSP	7	1	45	0.00	0.00	19.6	7	0.14	*N/A*	0.46	0.74	0.06	0.06	*0.06
FRUIT CHOICE	1 EACH	108	0	6	3.90	0.50	21.4	1174	27.41	*10	1.19	27.69	0.21	0.03	*0.00
MILK CHOICE	1 cup	120	10	123	0.16	0.38	260.9	366	0.63	18	7.01	18.3	2.13	1.22	*N/A*
Weighted Daily Average		838	59	1383	11.30	3.40	764.6	7263	194.02	*54	39.35	133.49	20.33	4.47	*0.07
% of Calories										*25.6%	18.8%	63.7%	21.8%	4.8%	*0.1%
Nutrient Guideline		664				3.50	286.00	1120	15.00		10.00		<=30.0	<10.00	

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 04/15/2024															
Elementary Lunch	Total														
BBQ Meatballs (TysonBabyRay)	6 pieces	346	36	999	0.00	2.75	61.1	0	6.66	*N/A*	16.3	46.66	9.17	3.06	0.00
Potato, French Fries	1/2 cup	90	0	62	0.91	0.22	5.4	0	2.94	*N/A*	1.15	11.27	4.72	1.43	*N/A*
Daily Veggie Cup	1/2 cup	54	0	59	3.83	1.02	49.0	5528	142.31	*5	2.42	12.02	0.47	0.11	*0.00
Ranch Dressing	1 oz	29	0	166	0.01	0.01	8.8	2	0.03	*0	0.09	1.73	2.35	0.29	*0.00
Ketchup	1 oz	26	0	231	0.08	0.09	3.8	134	1.04	5	0.26	6.98	0.03	0.00	0.00
FRUIT CHOICE	1 EACH	108	0	6	3.90	0.50	21.4	1174	27.41	*10	1.19	27.69	0.21	0.03	*0.00
MILK CHOICE	1 cup	120	10	123	0.16	0.38	260.9	366	0.63	18	7.01	18.3	2.13	1.22	*N/A*
Weighted Daily Average		772	46	1646	8.88	4.96	410.6	7204	181.03	*38	28.43	124.65	19.08	6.15	*0.00
% of Calories										*19.9%	14.7%	64.6%	22.2%	7.2%	*0.0%
Nutrient Guideline		664				3.50	286.00	1120	15.00		10.00		<=30.0	<10.00	

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Base Menu Spreadsheet

Elementary Lunch

Weighted Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 04/16/2024															
Elementary Lunch	Total														
Chicken,Tangerine	2.0 oz	200	45	400	0.00	0.72	0.0	0	0.0	*N/A*	13.0	27.0	4.0	1.00	0.00
Brown Rice	4 oz	88	0	265	0.78	0.35	7.3	28	0.08	*0	1.78	17.18	1.26	0.25	*0.11
GREEN BEANS: canned,cooked	1/2 cup	34	0	427	3.23	1.53	44.2	594	7.31	*N/A*	2.04	7.65	0.17	0.03	*N/A*
Daily Veggie Cup	1/2 cup	54	0	59	3.83	1.02	49.0	5528	142.31	*5	2.42	12.02	0.47	0.11	*0.00
FORTUNE COOKIE	1 EACH	26	0	2	0.20	0.00	0.0	0	0.0	*N/A*	0.4	5.8	0.2	0.00	0.00
Ranch Dressing	1 oz	29	0	166	0.01	0.01	8.8	2	0.03	*0	0.09	1.73	2.35	0.29	*0.00
FRUIT CHOICE	1 EACH	108	0	6	3.90	0.50	21.4	1174	27.41	*10	1.19	27.69	0.21	0.03	*0.00
MILK CHOICE	1 cup	120	10	123	0.16	0.38	260.9	366	0.63	18	7.01	18.3	2.13	1.22	*N/A*
Weighted Daily Average		659	55	1448	12.11	4.50	391.8	7692	177.78	*33	27.93	117.37	10.78	2.94	*0.11
% of Calories										*20.0%	17.0%	71.3%	14.7%	4.0%	*0.2%
Nutrient Guideline		664				3.50	286.00	1120	15.00		10.00		<=30.0	<10.00	

Wed - 04/17/2024															
Elementary Lunch	Total														
Hawaiian Hot Dog	1 Each	359	50	605	4.94	*2.92	*38.0	21	*4.16	*4	17.7	50.01	10.57	3.01	0.00
Baked Beans (New)	4 oz	120	0	191	4.45	1.30	36.9	117	0.88	*N/A*	5.21	27.24	0.4	0.08	*0.00
Daily Veggie Cup	1/2 cup	54	0	59	3.83	1.02	49.0	5528	142.31	*5	2.42	12.02	0.47	0.11	*0.00
Ranch Dressing	1 oz	29	0	166	0.01	0.01	8.8	2	0.03	*0	0.09	1.73	2.35	0.29	*0.00
MUSTARD YELLOW PREPARED	1 tsp	0	0	55	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Ketchup	1 oz	26	0	231	0.08	0.09	3.8	134	1.04	5	0.26	6.98	0.03	0.00	0.00
FRUIT CHOICE	1 EACH	108	0	6	3.90	0.50	21.4	1174	27.41	*10	1.19	27.69	0.21	0.03	*0.00
MILK CHOICE	1 cup	120	10	123	0.16	0.38	260.9	366	0.63	18	7.01	18.3	2.13	1.22	*N/A*
Weighted Daily Average		816	60	1436	17.36	*6.21	*418.8	7343	*176.47	*42	33.89	143.96	16.15	4.75	*0.00
% of Calories										*20.8%	16.6%	70.6%	17.8%	5.2%	*0.0%
Nutrient Guideline		664				3.50	286.00	1120	15.00		10.00		<=30.0	<10.00	

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GREAT FALLS PUBLIC SCHOOLS

Apr 1, 2024 thru Apr 30, 2024

Base Menu Spreadsheet

Elementary Lunch

Weighted Values - Detailed

Page 7

Generated on: 1/29/2024 8:04:22 AM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 04/18/2024															
Elementary Lunch	Total														
CHILI BEEF	1 cup	253	37	602	8.11	4.51	82.2	1368	8.67	*2	20.84	27.29	7.53	2.71	*0.45
BAKED TOSTITO SCOOPS	1 EACH	120	0	125	2.00	0.36	20.0	0	0.0	*N/A*	2.0	22.0	3.0	0.50	0.00
CARROT STICKS	1/2 CUP	36	0	61	2.46	0.26	29.0	14682	5.19	4	0.82	8.42	0.21	0.03	0.00
Daily Veggie Cup	1/2 cup	54	0	59	3.83	1.02	49.0	5528	142.31	*5	2.42	12.02	0.47	0.11	*0.00
RANCH DRESSING	2 TBSP	40	4	186	0.11	0.07	34.9	20	0.46	*2	1.12	2.55	3.06	0.56	*0.01
Bread, Dinner Roll WG	1 each	71	0	119	1.58	0.85	0.0	0	3.8	2	2.37	12.66	1.19	0.00	0.00
FRUIT CHOICE	1 EACH	108	0	6	3.90	0.50	21.4	1174	27.41	*10	1.19	27.69	0.21	0.03	*0.00
MILK CHOICE	1 cup	120	10	123	0.16	0.38	260.9	366	0.63	18	7.01	18.3	2.13	1.22	*N/A*
Weighted Daily Average		801	52	1280	22.14	7.95	497.5	23137	188.46	*43	37.77	130.92	17.80	5.17	*0.46
% of Calories										*21.3%	18.9%	65.3%	20.0%	5.8%	*0.5%
Nutrient Guideline		664				3.50	286.00	1120	15.00		10.00		<=30.0	<10.00	

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 04/19/2024															
Elementary Lunch	Total														
Personal Pan Cheese Pizza	1 Each	370	15	820	2.00	2.70	200.0	300	0.0	*N/A*	12.0	46.0	16.0	7.00	0.00
Salad, Spinach, Veg Blend & Rom	1 cup	8	0	20	0.85	3.80	21.8	2244	12.37	*0	0.61	1.58	0.0	0.00	0.00
Daily Veggie Cup	1/2 cup	54	0	59	3.83	1.02	49.0	5528	142.31	*5	2.42	12.02	0.47	0.11	*0.00
RANCH DRESSING	2 TBSP	40	4	186	0.11	0.07	34.9	20	0.46	*2	1.12	2.55	3.06	0.56	*0.01
FRUIT CHOICE	1 EACH	108	0	6	3.90	0.50	21.4	1174	27.41	*10	1.19	27.69	0.21	0.03	*0.00
MILK CHOICE	1 cup	120	10	123	0.16	0.38	260.9	366	0.63	18	7.01	18.3	2.13	1.22	*N/A*
Weighted Daily Average		700	29	1214	10.84	8.47	588.2	9631	183.18	*35	24.35	108.13	21.87	8.93	*0.01
% of Calories										*19.8%	13.9%	61.8%	28.1%	11.5%	*0.0%
Nutrient Guideline		664				3.50	286.00	1120	15.00		10.00		<=30.0	<10.00	

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GREAT FALLS PUBLIC SCHOOLS

Apr 1, 2024 thru Apr 30, 2024

Base Menu Spreadsheet

Elementary Lunch

Weighted Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 04/22/2024															
Elementary Lunch	Total														
Chicken Nuggets	3.5 oz	210	20	320	2.00	1.80	20.0	100	0.0	1	13.0	13.0	12.0	2.00	0.00
SCALLOPED POTATOES (DEHYD)	1/2 CUP	231	6	513	1.72	0.55	410.8	127	19.49	*17	13.69	37.34	3.1	0.74	*0.00
Daily Veggie Cup	1/2 cup	54	0	59	3.83	1.02	49.0	5528	142.31	*5	2.42	12.02	0.47	0.11	*0.00
RANCH DRESSING	2 TBSP	40	4	186	0.11	0.07	34.9	20	0.46	*2	1.12	2.55	3.06	0.56	*0.01
Ketchup	1 oz	26	0	231	0.08	0.09	3.8	134	1.04	5	0.26	6.98	0.03	0.00	0.00
Bread, Dinner Roll WG	1 each	71	0	119	1.58	0.85	0.0	0	3.8	2	2.37	12.66	1.19	0.00	0.00
FRUIT CHOICE	1 EACH	108	0	6	3.90	0.50	21.4	1174	27.41	*10	1.19	27.69	0.21	0.03	*0.00
MILK CHOICE	1 cup	120	10	123	0.16	0.38	260.9	366	0.63	18	7.01	18.3	2.13	1.22	*N/A*
Weighted Daily Average		859	40	1556	13.38	5.26	801.0	7448	195.14	*60	41.07	130.54	22.18	4.67	*0.01
% of Calories										*27.9%	19.1%	60.8%	23.2%	4.9%	*0.0%
Nutrient Guideline		664				3.50	286.00	1120	15.00		10.00		<=30.0	<10.00	

Tue - 04/23/2024															
Elementary Lunch	Total														
Beef Taco	2 each	298	60	685	2.84	0.99	356.4	887	0.79	*2	19.59	21.68	15.16	6.14	*0.14
Spanish Rice	4 oz	142	0	293	1.35	0.64	29.0	149	4.18	*N/A*	3.41	27.46	1.28	0.18	*0.00
Lettuce & Tom	1 lf, 1 slc	3	0	1	0.21	0.05	2.1	128	1.83	0	0.15	0.63	0.03	0.00	0.00
Daily Veggie Cup	1/2 cup	54	0	59	3.83	1.02	49.0	5528	142.31	*5	2.42	12.02	0.47	0.11	*0.00
Ranch Dressing	1 oz	29	0	166	0.01	0.01	8.8	2	0.03	*0	0.09	1.73	2.35	0.29	*0.00
Salsa	1 oz	8	0	98	0.32	0.51	2.7	125	0.91	*N/A*	0.34	1.59	0.05	0.01	*N/A*
Churro Crackers	1 Each	110	0	75	2.00	0.00	500.0	0	0.0	8	2.0	21.0	2.5	0.00	0.00
MILK CHOICE	1 cup	120	10	123	0.16	0.38	260.9	366	0.63	18	7.01	18.3	2.13	1.22	*N/A*
Weighted Daily Average		764	70	1499	10.70	3.59	1209.0	7185	150.68	*34	35.01	104.40	23.97	7.95	*0.14
% of Calories										*17.6%	18.3%	54.6%	28.2%	9.4%	*0.2%
Nutrient Guideline		664				3.50	286.00	1120	15.00		10.00		<=30.0	<10.00	

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GREAT FALLS PUBLIC SCHOOLS

Apr 1, 2024 thru Apr 30, 2024

Base Menu Spreadsheet

Elementary Lunch

Weighted Values - Detailed

Page 9

Generated on: 1/29/2024 8:04:22 AM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 04/24/2024															
Elementary Lunch	Total														
PANCAKES	2 EACH	254	60	182	1.03	2.17	154.9	87	0.16	*4	6.76	32.96	10.61	1.85	*0.01
SCRAMBLED EGGS	1/4 CUP	91	187	171	0.00	0.89	95.0	271	0.3	3	8.19	3.2	4.79	1.59	*0.02
BROCCOLI,raw: fresh	1/2 CUP	15	0	15	1.14	0.32	20.7	274	39.25	1	1.24	2.92	0.16	0.05	0.00
Daily Veggie Cup	1/2 cup	54	0	59	3.83	1.02	49.0	5528	142.31	*5	2.42	12.02	0.47	0.11	*0.00
RANCH DRESSING	2 TBSP	40	4	186	0.11	0.07	34.9	20	0.46	*2	1.12	2.55	3.06	0.56	*0.01
FRUIT CHOICE	1 EACH	108	0	6	3.90	0.50	21.4	1174	27.41	*10	1.19	27.69	0.21	0.03	*0.00
MILK CHOICE	1 cup	120	10	123	0.16	0.38	260.9	366	0.63	18	7.01	18.3	2.13	1.22	*N/A*
Weighted Daily Average		682	261	741	10.17	5.35	636.9	7719	210.52	*42	27.93	99.64	21.44	5.42	*0.04
% of Calories										*24.9%	16.4%	58.5%	28.3%	7.2%	*0.0%
Nutrient Guideline		664				3.50	286.00	1120	15.00		10.00		<=30.0	<10.00	

Thu - 04/25/2024															
Elementary Lunch	Total														
Hamburger on a Bun	1 Each	368	74	588	2.00	3.44	46.0	0	0.0	*0	24.0	26.01	17.0	6.60	1.00
Baked Beans (New)	4 oz	120	0	191	4.45	1.30	36.9	117	0.88	*N/A*	5.21	27.24	0.4	0.08	*0.00
Daily Veggie Cup	1/2 cup	54	0	59	3.83	1.02	49.0	5528	142.31	*5	2.42	12.02	0.47	0.11	*0.00
RANCH DRESSING	1 TBSP	7	1	45	0.00	0.00	19.6	7	0.14	*N/A*	0.46	0.74	0.06	0.06	*0.06
Ketchup	1 oz	26	0	231	0.08	0.09	3.8	134	1.04	5	0.26	6.98	0.03	0.00	0.00
MUSTARD YELLOW PREPARED	1 tsp	0	0	55	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
FRUIT CHOICE	1 EACH	108	0	6	3.90	0.50	21.4	1174	27.41	*10	1.19	27.69	0.21	0.03	*0.00
MILK CHOICE	1 cup	120	10	123	0.16	0.38	260.9	366	0.63	18	7.01	18.3	2.13	1.22	*N/A*
Weighted Daily Average		802	85	1298	14.42	6.73	437.7	7326	172.42	*38	40.56	118.97	20.30	8.10	*1.06
% of Calories										*19.1%	20.2%	59.4%	22.8%	9.1%	*1.2%
Nutrient Guideline		664				3.50	286.00	1120	15.00		10.00		<=30.0	<10.00	

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GREAT FALLS PUBLIC SCHOOLS

Apr 1, 2024 thru Apr 30, 2024

Base Menu Spreadsheet

Elementary Lunch

Weighted Values - Detailed

Page 10

Generated on: 1/29/2024 8:04:22 AM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 04/26/2024															
Elementary Lunch	Total														
Chicken Noodle Soup (New)	1 CUP	127	13	117	1.19	1.30	24.2	2336	1.82	*1	12.19	12.93	2.66	0.69	*0.00
Uncrustable PB&J 2.8 OZ	2.8	320	*N/A*	350	3.00	1.44	20.0	0	0.0	*N/A*	9.0	33.0	16.0	3.00	*N/A*
CARROT STICKS	1/2 CUP	36	0	61	2.46	0.26	29.0	14682	5.19	4	0.82	8.42	0.21	0.03	0.00
Daily Veggie Cup	1/2 cup	54	0	59	3.83	1.02	49.0	5528	142.31	*5	2.42	12.02	0.47	0.11	*0.00
RANCH DRESSING	2 TBSP	13	1	91	0.00	0.00	39.2	13	0.28	*N/A*	0.93	1.48	0.12	0.12	*0.12
FRUIT CHOICE	1 EACH	108	0	6	3.90	0.50	21.4	1174	27.41	*10	1.19	27.69	0.21	0.03	*0.00
MILK CHOICE	1 cup	120	10	123	0.16	0.38	260.9	366	0.63	18	7.01	18.3	2.13	1.22	*N/A*
Weighted Daily Average		777	*24	805	14.53	4.91	443.7	24098	177.63	*38	33.56	113.83	21.80	5.20	*0.12
% of Calories										*19.6%	17.3%	58.6%	25.2%	6.0%	*0.1%
Nutrient Guideline		664				3.50	286.00	1120	15.00		10.00		<=30.0	<10.00	

Mon - 04/29/2024															
Elementary Lunch	Total														
Sloppy Joe (Manwich)	1 Each	303	59	635	4.93	3.70	20.0	0	0.0	*8	21.98	34.74	10.12	4.31	0.00
Potato, French Fries	1/2 cup	90	0	62	0.91	0.22	5.4	0	2.94	*N/A*	1.15	11.27	4.72	1.43	*N/A*
Daily Veggie Cup	1/2 cup	54	0	59	3.83	1.02	49.0	5528	142.31	*5	2.42	12.02	0.47	0.11	*0.00
RANCH DRESSING	1 TBSP	7	1	45	0.00	0.00	19.6	7	0.14	*N/A*	0.46	0.74	0.06	0.06	*0.06
Ketchup	1 oz	26	0	231	0.08	0.09	3.8	134	1.04	5	0.26	6.98	0.03	0.00	0.00
FRUIT CHOICE	1 EACH	108	0	6	3.90	0.50	21.4	1174	27.41	*10	1.19	27.69	0.21	0.03	*0.00
MILK CHOICE	1 cup	120	10	123	0.16	0.38	260.9	366	0.63	18	7.01	18.3	2.13	1.22	*N/A*
Weighted Daily Average		707	70	1161	13.81	5.91	380.2	7208	174.47	*46	34.48	111.74	17.74	7.16	*0.06
% of Calories										*26.0%	19.5%	63.2%	22.6%	9.1%	*0.1%
Nutrient Guideline		664				3.50	286.00	1120	15.00		10.00		<=30.0	<10.00	

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GREAT FALLS PUBLIC SCHOOLS

Apr 1, 2024 thru Apr 30, 2024

Base Menu Spreadsheet

Elementary Lunch

Weighted Values - Detailed

Page 11

Generated on: 1/29/2024 8:04:22 AM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 04/30/2024															
Elementary Lunch	Total														
Mac & Cheese	6 oz	469	60	1766	1.70	1.70	673.6	849	3.4	*N/A*	27.22	49.33	18.71	10.89	0.00
BROCCOLI,raw: fresh	1/2 CUP	15	0	15	1.14	0.32	20.7	274	39.25	1	1.24	2.92	0.16	0.05	0.00
Daily Veggie Cup	1/2 cup	54	0	59	3.83	1.02	49.0	5528	142.31	*5	2.42	12.02	0.47	0.11	*0.00
Bread, Dinner Roll WG	1 each	71	0	119	1.58	0.85	0.0	0	3.8	2	2.37	12.66	1.19	0.00	0.00
RANCH DRESSING	2 TBSP	13	1	91	0.00	0.00	39.2	13	0.28	*N/A*	0.93	1.48	0.12	0.12	*0.12
FRUIT CHOICE	1 EACH	108	0	6	3.90	0.50	21.4	1174	27.41	*10	1.19	27.69	0.21	0.03	*0.00
MILK CHOICE	1 cup	120	10	123	0.16	0.38	260.9	366	0.63	18	7.01	18.3	2.13	1.22	*N/A*
Weighted Daily Average		850	71	2177	12.31	4.78	1064.9	8204	217.08	*35	42.38	124.39	22.98	12.42	*0.12
% of Calories										*16.5%	19.9%	58.5%	24.3%	13.1%	*0.1%
Nutrient Guideline		664				3.50	286.00	1120	15.00		10.00		<=30.0	<10.00	

Weighted Average		756	*64	1347	13.18	*6.96	*757.2	*10462	*187.91	*39	33.58	117.32	19.61	6.59	*0.16
										*46.9%	17.8%	62.0%	23.3%	7.8%	*0.2%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	756		664	114%				
Cholesterol (mg)	64				Missing			
Sodium 1 (mg)	1347						1347	
Sodium 2 (mg)	1347						1347	
Fiber (g)	13.18							
Iron (mg)	6.96		3.50	199%	Missing			
Calcium (mg)	757.2		286.00	265%	Missing			
Vitamin A (IU)	10462		1120	934%	Missing			
Sugars (g)	39	20.86%			Missing			
Vitamin C (mg)	187.91		15.00	1253%	Missing			
Protein (g)	33.58	17.76%	10.00	336%				
Carbohydrate (g)	117.32	62.04%						
Total Fat (g)	19.61	23.33%	<=30.00%					
Saturated Fat (g)	6.59	7.84%	<10.00%					
Trans Fat ¹ (g)	0.16	0.20%			Missing			

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

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

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.