

GREAT FALLS PUBLIC SCHOOLS

Oct 1, 2024 thru Oct 31, 2024

Base Menu Spreadsheet

Elementary Lunch

Weighted Values - Detailed

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Generated on: 9/3/2024 8:59:10 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 - 10/01/2024															
Elementary Lunch	Total														
CHICKEN CHILI	1 cup	373	81	1070	10.20	4.33	102.1	1043	9.95	*5	38.36	35.57	8.67	2.27	*0.00
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
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
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
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		922	95	1749	24.24	7.78	517.5	22812	189.75	*45	55.30	139.21	18.93	4.73	*0.01
% of Calories										*19.4%	24.0%	60.4%	18.5%	4.6%	*0.0%
Nutrient Guideline		664				3.50	286.00	1120	15.00		10.00		<=30.0	<10.00	

Wed - 10/02/2024															
Elementary Lunch	Total														
HOT DOG ON A BUN	2 oz	318	36	874	1.10	2.39	116.0	17	0.25	*3	12.93	30.2	15.95	0.56	*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		648	50	1269	9.94	8.16	504.1	9347	183.42	*37	25.27	92.33	21.81	2.49	*0.01
% of Calories										*23.1%	15.6%	57.0%	30.3%	3.5%	*0.0%
Nutrient Guideline		664				3.50	286.00	1120	15.00		10.00		<=30.0	<10.00	

Thu - 10/03/2024															
Elementary Lunch	Total														
Pork Roast, & Gravy (New)	4 oz	149	37	229	0.18	0.49	13.7	4	0.34	*2	11.96	5.26	8.62	3.18	*0.00
Mashed Potatoes,Recipe Ready	4oz.	70	0	115	1.00	3.42	7.2	2	6.43	0	1.0	15.0	0.0	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
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
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*

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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GREAT FALLS PUBLIC SCHOOLS

Oct 1, 2024 thru Oct 31, 2024

Base Menu Spreadsheet

Elementary Lunch

Weighted Values - Detailed

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	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)
Weighted Daily Average		572	47	650	10.65	6.66	352.3	7073	180.92	*36	25.95	90.93	12.62	4.54	*0.00
% of Calories										*25.5%	18.1%	63.6%	19.9%	7.1%	*0.0%
Nutrient Guideline		664				3.50	286.00	1120	15.00		10.00		<=30.0	<10.00	

Fri - 10/04/2024															
Elementary Lunch	Total														
Chicken Tenders	3 each	260	25	390	3.00	1.80	40.0	100	0.0	1	15.0	16.0	15.0	2.50	0.00
Potato, Smile Face	2.41 oz	130	0	180	2.00	0.36	0.0	0	2.4	0	2.0	20.0	4.5	0.50	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		712	39	944	12.99	4.13	406.4	7187	173.21	*35	28.74	96.56	25.37	4.93	*0.01
% of Calories										*19.9%	16.2%	54.3%	32.1%	6.2%	*0.0%
Nutrient Guideline		664				3.50	286.00	1120	15.00		10.00		<=30.0	<10.00	

Mon - 10/07/2024															
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
Potatoes, Crinkle Cut Fries	3 oz	120	0	40	1.00	0.72	0.0	0	0.0	0	2.0	20.0	3.5	0.50	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		805	83	1037	11.00	*5.64	*406.0	*7087	*170.81	*35	35.89	106.61	27.02	9.95	*0.77
% of Calories										*17.4%	17.8%	53.0%	30.2%	11.1%	*0.9%
Nutrient Guideline		664				3.50	286.00	1120	15.00		10.00		<=30.0	<10.00	

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	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 - 10/08/2024															
Elementary Lunch	Total														
Chicken Taco	1 each	235	61	571	1.68	1.63	209.9	520	14.28	*1	18.2	18.04	10.25	4.52	0.00
Refried Beans (santiago)	4 oz	23	1	69	1.08	0.24	5.4	0	0.16	*N/A*	1.08	3.23	0.6	0.20	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
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
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		662	73	993	12.64	3.77	1085.9	7601	185.07	*42	32.83	101.75	16.27	6.20	*0.12
% of Calories										*25.4%	19.8%	61.5%	22.1%	8.4%	*0.2%
Nutrient Guideline		664				3.50	286.00	1120	15.00		10.00		<=30.0	<10.00	

Wed - 10/09/2024															
Elementary Lunch	Total														
Dutch Waffle	1 Each	300	20	350	3.00	1.80	40.0	0	0.0	12	4.0	43.0	13.0	3.00	0.00
Pork, Sausage Patty	2.3 oz	132	34	140	1.00	0.18	280.0	600	0.0	0	13.0	1.0	8.0	2.80	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
BLUEBERRIES, Fresh	1/4 CUP	21	0	0	0.89	0.10	2.2	20	3.59	4	0.27	5.36	0.12	0.01	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*
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
Weighted Daily Average		777	65	784	15.23	4.25	702.2	22376	179.26	*53	29.18	116.53	24.20	7.26	*0.06
% of Calories										*27.1%	15.0%	60.0%	28.0%	8.4%	*0.1%
Nutrient Guideline		664				3.50	286.00	1120	15.00		10.00		<=30.0	<10.00	

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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)
Thu - 10/10/2024															
Elementary Lunch	Total														
Oriental Meatball Rice Bowl	1 cup	546	51	952	5.22	1.54	315.2	1679	52.57	*23	18.36	88.95	13.71	4.60	*0.75
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
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*
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
Weighted Daily Average		875	62	1202	14.45	3.76	686.9	9028	262.31	*57	31.09	156.42	16.94	6.08	*0.81
% of Calories										*26.0%	14.2%	71.5%	17.4%	6.3%	*0.8%
Nutrient Guideline		664				3.50	286.00	1120	15.00		10.00		<=30.0	<10.00	

Fri - 10/11/2024															
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
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*
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
Weighted Daily Average		737	41	1383	10.74	8.40	622.8	9718	182.86	*33	27.69	106.32	24.87	11.43	*0.06
% of Calories										*17.9%	15.0%	57.7%	30.4%	14.0%	*0.1%
Nutrient Guideline		664				3.50	286.00	1120	15.00		10.00		<=30.0	<10.00	

Mon - 10/14/2024															
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 Wedges	3 oz.	137	0	44	2.13	1.78	13.6	0	19.99	*N/A*	4.18	30.77	0.28	0.07	*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
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*
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

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	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)
Weighted Daily Average		762	57	1028	14.01	5.30	794.3	26557	193.47	*33	37.26	124.52	16.14	5.79	*0.06
% of Calories										*17.2%	19.6%	65.4%	19.1%	6.8%	*0.1%
Nutrient Guideline		664				3.50	286.00	1120	15.00		10.00		<=30.0	<10.00	

Tue - 10/15/2024															
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
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*
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
Weighted Daily Average		798	36	994	17.34	6.44	447.9	7292	171.37	*34	38.30	123.99	19.27	4.00	*0.06
% of Calories										*16.9%	19.2%	62.2%	21.7%	4.5%	*0.1%
Nutrient Guideline		664				3.50	286.00	1120	15.00		10.00		<=30.0	<10.00	

Wed - 10/16/2024															
Elementary Lunch	Total														
SPAGHETTI AND MEAT SAUCE	1 CUP	347	52	500	2.58	4.22	55.4	264	5.46	*4	20.88	37.37	12.32	4.54	*0.66
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
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
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
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*
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
Weighted Daily Average		715	63	872	12.90	10.77	428.2	9582	192.12	*38	34.95	110.35	16.38	5.97	*0.72
% of Calories										*21.3%	19.5%	61.7%	20.6%	7.5%	*0.9%
Nutrient Guideline		664				3.50	286.00	1120	15.00		10.00		<=30.0	<10.00	

Thu - 10/17/2024															
Elementary Lunch	Total														
NO SCHOOL TODAY	SERVING	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00

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GREAT FALLS PUBLIC SCHOOLS

Oct 1, 2024 thru Oct 31, 2024

Base Menu Spreadsheet

Elementary Lunch

Weighted Values - Detailed

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	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)
Weighted Daily Average		0	0	0	0.00	0.00	0.0	0	0.00	0	0.00	0.00	0.00	0.00	0.00
% of Calories										0.0%	0.0%	0.0%	0.0%	0.0%	0.0%
Nutrient Guideline		664				3.50	286.00	1120	15.00		10.00		<=30.0	<10.00	

Fri - 10/18/2024															
Elementary Lunch	Total														
NO SCHOOL TODAY	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		0	0	0	0.00	0.00	0.0	0	0.00	0	0.00	0.00	0.00	0.00	0.00
% of Calories										0.0%	0.0%	0.0%	0.0%	0.0%	0.0%
Nutrient Guideline		664				3.50	286.00	1120	15.00		10.00		<=30.0	<10.00	

Mon - 10/21/2024															
Elementary Lunch	Total														
Marinara Meatball Sub	1 EACH	242	58	1152	2.45	1.11	278.1	1390	2.89	*1	14.6	17.86	13.3	4.83	0.85
POTATO CUBES	1/2 cup	142	*N/A*	320	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	1.83	19.21	6.4	*N/A*	*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
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*
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
Weighted Daily Average		672	*69	1705	*10.34	*3.01	*629.1	*8464	*173.38	*34	27.52	95.81	22.57	*6.26	*0.90
% of Calories										*20.2%	16.4%	57.0%	30.2%	*8.4%	*1.2%
Nutrient Guideline		664				3.50	286.00	1120	15.00		10.00		<=30.0	<10.00	

Tue - 10/22/2024															
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
GREEN BEANS	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
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*
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

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GREAT FALLS PUBLIC SCHOOLS

Oct 1, 2024 thru Oct 31, 2024

Base Menu Spreadsheet

Elementary Lunch

Weighted Values - Detailed

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	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)
Weighted Daily Average		636	56	1277	14.10	5.04	402.6	7696	180.28	*33	28.31	116.38	8.49	2.70	*0.17
% of Calories										*20.6%	17.8%	73.2%	12.0%	3.8%	*0.2%
Nutrient Guideline		664				3.50	286.00	1120	15.00		10.00		<=30.0	<10.00	

Wed - 10/23/2024															
Elementary Lunch	Total														
Turkey Hotdog on a Bun	1 Each	230	50	410	2.00	2.52	80.0	0	6.0	*0	14.0	22.01	10.0	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 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		638	61	834	14.34	5.72	467.9	7192	177.37	*33	30.30	107.99	13.27	4.00	*0.06
% of Calories										*20.6%	19.0%	67.7%	18.7%	5.6%	*0.1%
Nutrient Guideline		664				3.50	286.00	1120	15.00		10.00		<=30.0	<10.00	

Thu - 10/24/2024															
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
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
CARROT STICKS	1 CUP	72	0	121	4.92	0.53	58.0	29364	10.37	8	1.63	16.84	0.42	0.06	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
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		804	48	1200	24.50	8.15	511.2	37806	193.33	*45	37.93	137.53	15.01	4.69	*0.51
% of Calories										*22.4%	18.9%	68.4%	16.8%	5.3%	*0.6%
Nutrient Guideline		664				3.50	286.00	1120	15.00		10.00		<=30.0	<10.00	

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GREAT FALLS PUBLIC SCHOOLS

Oct 1, 2024 thru Oct 31, 2024

Base Menu Spreadsheet

Elementary Lunch

Weighted Values - Detailed

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	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 - 10/25/2024															
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	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		673	26	1118	10.73	8.40	592.4	9624	183.00	*33	24.16	107.06	18.92	8.48	*0.12
% of Calories										*19.6%	14.4%	63.6%	25.3%	11.3%	*0.2%
Nutrient Guideline		664				3.50	286.00	1120	15.00		10.00		<=30.0	<10.00	

Mon - 10/28/2024															
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
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
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
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		800	36	1184	13.19	5.10	781.8	7301	193.77	*53	40.15	121.75	19.16	4.16	*0.06
% of Calories										*26.4%	20.1%	60.9%	21.5%	4.7%	*0.1%
Nutrient Guideline		664				3.50	286.00	1120	15.00		10.00		<=30.0	<10.00	

Tue - 10/29/2024															
Elementary Lunch	Total														
BEEF BURRITO BOWL	1 CUP	392	17	161	3.81	1.77	114.7	160	0.91	*1	12.53	71.82	5.65	1.87	0.00
Black Beans	4 OZ	291	25	542	2.01	1.81	200.7	301	1.2	*N/A*	15.05	34.12	10.04	5.02	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
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
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*

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GREAT FALLS PUBLIC SCHOOLS

Oct 1, 2024 thru Oct 31, 2024

Base Menu Spreadsheet

Elementary Lunch

Weighted Values - Detailed

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	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)
Weighted Daily Average		1081	53	1011	15.71	5.48	1166.4	7535	172.60	*41	40.67	185.69	21.06	8.31	*0.06
% of Calories										*15.3%	15.1%	68.7%	17.5%	6.9%	*0.0%
Nutrient Guideline		664				3.50	286.00	1120	15.00		10.00		<=30.0	<10.00	

Wed - 10/30/2024															
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	1/2 CUP	27	0	32	2.57	0.52	31.2	1207	50.62	1	1.86	5.6	0.32	0.06	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
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*
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
Weighted Daily Average		660	258	618	11.49	5.49	632.1	8639	221.57	*41	27.89	100.51	18.59	4.93	*0.08
% of Calories										*24.9%	16.9%	60.9%	25.3%	6.7%	*0.1%
Nutrient Guideline		664				3.50	286.00	1120	15.00		10.00		<=30.0	<10.00	

Thu - 10/31/2024															
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
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		776	85	1012	14.34	6.64	433.9	7192	171.37	*33	40.30	111.99	20.27	8.10	*1.06
% of Calories										*16.9%	20.8%	57.7%	23.5%	9.4%	*1.2%
Nutrient Guideline		664				3.50	286.00	1120	15.00		10.00		<=30.0	<10.00	

Weighted Average		749	*67	1089	*14.04	*6.10	*598.7	*11767	*187.20	*39	33.32	116.68	18.91	*5.95	*0.27
										*47.2%	17.8%	62.3%	22.7%	*7.2%	*0.3%

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GREAT FALLS PUBLIC SCHOOLS

Oct 1, 2024 thru Oct 31, 2024

Base Menu Spreadsheet

Elementary Lunch

Weighted Values - Detailed

Nutrient	Menu AVG	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)	Error Messages (if any)
		% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage										
Calories	749		664	113%													
Cholesterol (mg)	67				Missing												
Sodium 1 (mg)	1089								1089								
Sodium 2 (mg)	1089								1089								
Fiber (g)	14.04				Missing												
Iron (mg)	6.10		3.50	174%	Missing												
Calcium (mg)	598.7		286.00	209%	Missing												
Vitamin A (IU)	11767		1120	1051%	Missing												
Sugars (g)	39	20.96%			Missing												
Vitamin C (mg)	187.20		15.00	1248%	Missing												
Protein (g)	33.32	17.80%	10.00	333%													
Carbohydrate (g)	116.68	62.32%															
Total Fat (g)	18.91	22.73%	<=30.00%														
Saturated Fat (g)	5.95	7.15%	<10.00%		Missing												
Trans Fat ¹ (g)	0.27	0.33%			Missing												

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