

GREAT FALLS PUBLIC SCHOOLS

Dec 2, 2024 thru Dec 20, 2024

Base Menu Spreadsheet

Elementary Lunch

Weighted Values - Detailed

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Generated on: 10/9/2024 8:53:43 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 - 12/02/2024															
Elementary Lunch	Total														
BBQ Meat Ball Sub (baby ray)	1 each	360	*24	698	2.37	3.36	63.6	78	0.4	*11	17.07	56.2	7.2	2.04	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
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		808	*34	1096	12.39	7.04	417.4	7148	190.77	*44	31.97	146.71	12.64	3.77	*0.00
% of Calories										*21.7%	15.8%	72.6%	14.1%	4.2%	*0.0%
Nutrient Guideline		664				3.50	286.00	1120	15.00		10.00		<=30.0	<10.00	

Tue - 12/03/2024															
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
BEANS,GREEN,CANNED,DRAINE	1/2 cup	9	0	113	0.85	0.40	11.7	157	1.93	*N/A*	0.54	2.02	0.04	0.01	*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
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		608	55	1132	9.53	3.38	359.2	7255	172.39	*33	26.03	105.94	10.46	2.92	*0.11
% of Calories										*21.7%	17.1%	69.8%	15.5%	4.3%	*0.2%
Nutrient Guideline		664				3.50	286.00	1120	15.00		10.00		<=30.0	<10.00	

Wed - 12/04/2024															
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 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*

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

Dec 2, 2024 thru Dec 20, 2024

Base Menu Spreadsheet

Elementary Lunch

Weighted Values - Detailed

Page 2

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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		661	60	955	14.35	5.72	457.1	7187	177.27	*33	29.93	108.99	15.56	4.24	*0.00
% of Calories										*19.9%	18.1%	66.0%	21.2%	5.8%	*0.0%
Nutrient Guideline		664				3.50	286.00	1120	15.00		10.00		<=30.0	<10.00	

Thu - 12/05/2024															
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	1/2 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 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		820	48	1426	22.05	7.90	480.2	23122	188.07	*41	36.83	131.84	19.44	5.20	*0.45
% of Calories										*20.1%	18.0%	64.3%	21.3%	5.7%	*0.5%
Nutrient Guideline		664				3.50	286.00	1120	15.00		10.00		<=30.0	<10.00	

Fri - 12/06/2024															
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 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		719	25	1360	10.75	8.41	570.8	9616	182.79	*33	23.41	109.04	23.51	8.96	*0.00
% of Calories										*18.5%	13.0%	60.7%	29.4%	11.2%	*0.0%
Nutrient Guideline		664				3.50	286.00	1120	15.00		10.00		<=30.0	<10.00	

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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Dec 2, 2024 thru Dec 20, 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)
Mon - 12/09/2024															
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
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
SCALLOPED POTATOES	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
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		794	36	1139	13.19	5.10	762.2	7295	193.63	*53	39.69	121.01	19.10	4.11	*0.00
% of Calories										*26.6%	20.0%	61.0%	21.7%	4.7%	*0.0%
Nutrient Guideline		664				3.50	286.00	1120	15.00		10.00		<=30.0	<10.00	

Tue - 12/10/2024															
Elementary Lunch	Total														
Beef Nacho	1 Each	467	49	725	0.77	1.35	336.3	*579	*0.0	*1	16.09	38.49	27.7	9.74	*0.00
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
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*
Weighted Daily Average		858	59	987	10.65	3.25	1167.7	*7646	*170.35	*42	28.71	117.49	33.01	11.10	*0.00
% of Calories										*19.5%	13.4%	54.8%	34.6%	11.6%	*0.0%
Nutrient Guideline		664				3.50	286.00	1120	15.00		10.00		<=30.0	<10.00	

Wed - 12/11/2024															
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 CUP	30	0	29	2.29	0.64	41.4	548	78.5	1	2.48	5.84	0.33	0.10	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*

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Dec 2, 2024 thru Dec 20, 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		715	257	902	11.22	5.62	640.2	7978	249.38	*42	28.23	103.47	23.24	5.50	*0.03
% of Calories										*23.3%	15.8%	57.9%	29.2%	6.9%	*0.0%
Nutrient Guideline		664				3.50	286.00	1120	15.00		10.00		<=30.0	<10.00	

Thu - 12/12/2024															
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 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		799	84	1133	14.35	6.64	423.1	7187	171.27	*33	39.93	112.99	22.56	8.34	*1.00
% of Calories										*16.5%	20.0%	56.6%	25.4%	9.4%	*1.1%
Nutrient Guideline		664				3.50	286.00	1120	15.00		10.00		<=30.0	<10.00	

Fri - 12/13/2024															
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	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		794	*23	881	14.54	4.91	413.3	24087	177.39	*38	32.72	114.08	24.03	5.38	*0.00
% of Calories										*19.3%	16.5%	57.5%	27.3%	6.1%	*0.0%
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)
Mon - 12/16/2024															
Elementary Lunch	Total														
Sloppy Joe Totchos (Manwich)	1 Each	471	84	1348	4.71	2.61	197.7	354	7.0	*7	23.53	40.36	25.37	10.46	*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
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		853	94	1821	14.19	5.37	537.8	7424	181.18	*41	36.62	112.76	31.72	12.12	*0.00
% of Calories										*19.3%	17.2%	52.9%	33.5%	12.8%	*0.0%
Nutrient Guideline		664				3.50	286.00	1120	15.00		10.00		<=30.0	<10.00	

Tue - 12/17/2024															
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
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
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
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		896	70	2419	12.33	4.79	1043.2	8195	216.87	*35	41.64	126.38	27.57	12.89	*0.00
% of Calories										*15.8%	18.6%	56.4%	27.7%	13.0%	*0.0%
Nutrient Guideline		664				3.50	286.00	1120	15.00		10.00		<=30.0	<10.00	

Wed - 12/18/2024															
Elementary Lunch	Total														
Turkey Burger with Cheese	2.70 oz	364	76	789	2.00	*2.44	*40.0	*0	*0.0	*1	27.06	27.04	16.11	6.96	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
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

Dec 2, 2024 thru Dec 20, 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		795	86	1334	14.35	*5.64	*417.1	*7187	*171.27	*34	42.99	114.01	21.67	8.70	*0.00
% of Calories										*17.1%	21.6%	57.3%	24.5%	9.8%	*0.0%
Nutrient Guideline		664				3.50	286.00	1120	15.00		10.00		<=30.0	<10.00	

Thu - 12/19/2024															
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
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
CRANBERRY SAUCE: canned, swt	.25 CUP	110	0	3	0.76	0.28	2.1	23	0.69	22	0.62	27.98	0.1	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		640	47	701	9.83	6.10	363.2	7099	177.85	*57	24.29	107.98	13.89	4.84	*0.00
% of Calories										*35.6%	15.2%	67.4%	19.5%	6.8%	*0.0%
Nutrient Guideline		664				3.50	286.00	1120	15.00		10.00		<=30.0	<10.00	

Fri - 12/20/2024															
Elementary Lunch	Total														
Fiestada Pizza	5.22	410	25	1110	3.00	2.70	250.0	750	0.0	*N/A*	17.0	38.0	21.0	1.00	1.50
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		759	35	1650	11.75	8.41	620.8	10066	182.79	*33	28.41	101.04	28.51	2.96	*1.50
% of Calories										*17.5%	15.0%	53.3%	33.8%	3.5%	*1.8%
Nutrient Guideline		664				3.50	286.00	1120	15.00		10.00		<=30.0	<10.00	

Weighted Average		768	*68	1262	13.03	*5.89	*578.2	*9899	*186.88	*39	32.76	115.58	21.79	6.73	*0.21
										*46.3%	17.1%	60.2%	25.5%	7.9%	*0.2%

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GREAT FALLS PUBLIC SCHOOLS

Dec 2, 2024 thru Dec 20, 2024

Base Menu Spreadsheet

Elementary Lunch

Weighted Values - Detailed

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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)
		% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)								
Calories	768		664	116%												
Cholesterol (mg)	68				Missing											
Sodium 1 (mg)	1262								1262							
Sodium 2 (mg)	1262								1262							
Fiber (g)	13.03															
Iron (mg)	5.89		3.50	168%	Missing											
Calcium (mg)	578.2		286.00	202%	Missing											
Vitamin A (IU)	9899		1120	884%	Missing											
Sugars (g)	39	20.56%			Missing											
Vitamin C (mg)	186.88		15.00	1246%	Missing											
Protein (g)	32.76	17.07%	10.00	328%												
Carbohydrate (g)	115.58	60.21%														
Total Fat (g)	21.79	25.54%	<=30.00%													
Saturated Fat (g)	6.73	7.89%	<10.00%													
Trans Fat ¹ (g)	0.21	0.24%			Missing											

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