

GREAT FALLS PUBLIC SCHOOLS

May 1, 2025 thru Jun 6, 2025

Base Menu Spreadsheet

Elementary Lunch

Weighted Values - Detailed

Page 1

Generated on: 1/29/2025 3:07:53 PM

	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 - 05/01/2025															
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	

Fri - 05/02/2025															
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
Garden Salad, NEW	1 cup	27	0	90	2.67	20.41	93.4	9339	36.02	*N/A*	2.0	4.67	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		777	35	1720	13.57	25.02	692.4	17161	206.44	*33	29.81	104.14	28.51	2.96	*1.50
% of Calories										*17.0%	15.3%	53.6%	33.0%	3.4%	*1.7%
Nutrient Guideline		664				3.50	286.00	1120	15.00		10.00		<=30.0	<10.00	

Mon - 05/05/2025															
Elementary Lunch	Total														
Corn Dog,Chicken:FOSTER FARM	1 each	243	40	395	5.06	1.82	81.0	0	0.0	5	9.11	30.37	8.1	2.53	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

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

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GREAT FALLS PUBLIC SCHOOLS

May 1, 2025 thru Jun 6, 2025

Base Menu Spreadsheet

Elementary Lunch

Weighted Values - Detailed

Page 2

Generated on: 1/29/2025 3:07:53 PM

	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		674	51	940	17.41	5.02	458.1	7187	171.27	*38	25.03	117.35	13.66	4.27	*0.00
% of Calories										*22.5%	14.9%	69.7%	18.2%	5.7%	*0.0%
Nutrient Guideline		664				3.50	286.00	1120	15.00		10.00		<=30.0	<10.00	

Tue - 05/06/2025															
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
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		869	91	1776	22.56	6.87	500.1	22797	185.56	*42	51.99	127.46	19.39	4.76	*0.00
% of Calories										*19.2%	23.9%	58.6%	20.1%	4.9%	*0.0%
Nutrient Guideline		664				3.50	286.00	1120	15.00		10.00		<=30.0	<10.00	

Wed - 05/07/2025															
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
Garden Salad, NEW	1 cup	27	0	90	2.67	20.41	93.4	9339	36.02	*N/A*	2.0	4.67	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		609	68	1763	13.02	23.44	720.5	17801	209.33	*34	27.41	83.99	20.81	6.79	*0.85
% of Calories										*22.5%	18.0%	55.1%	30.7%	10.0%	*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

May 1, 2025 thru Jun 6, 2025

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)
Thu - 05/08/2025															
Elementary Lunch	Total														
Turkey and Gravy	4 OZ	115	30	585	0.00	0.36	1.3	0	0.0	*N/A*	10.0	7.09	3.87	1.08	*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
CRANBERRY SAUCE: canned, swt	1/4 CUP	110	0	3	0.76	0.28	2.1	23	0.69	22	0.62	27.98	0.1	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		678	40	1176	11.24	6.83	350.8	7095	181.31	*56	24.71	122.46	10.32	2.75	*0.00
% of Calories										*33.3%	14.6%	72.3%	13.7%	3.6%	*0.0%
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 - 05/09/2025															
Elementary Lunch	Total														
Chicken Tenders, WG	3 each	202	56	688	1.01	1.82	20.2	101	0.0	*N/A*	14.16	12.14	10.12	2.02	0.00
CORN: canned, yellow	1/2 CUP	55	0	168	1.64	0.22	2.5	38	1.48	4	1.88	11.76	1.0	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 oz	59	0	332	0.01	0.01	17.6	5	0.07	*0	0.18	3.46	4.7	0.59	*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		669	66	1495	12.13	4.81	371.7	7211	175.69	*38	29.22	98.03	19.81	4.18	*0.00
% of Calories										*22.9%	17.5%	58.6%	26.7%	5.6%	*0.0%
Nutrient Guideline		664				3.50	286.00	1120	15.00		10.00		<=30.0	<10.00	

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May 1, 2025 thru Jun 6, 2025

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 - 05/12/2025															
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
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	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	982	10.89	6.07	386.2	7070	170.38	*33	36.72	105.75	25.66	8.76	*1.00
% of Calories										*16.5%	18.4%	52.9%	28.9%	9.9%	*1.1%
Nutrient Guideline		664				3.50	286.00	1120	15.00		10.00		<=30.0	<10.00	

Tue - 05/13/2025															
Elementary Lunch	Total														
Chicken Nacho	1 each	435	53	862	4.00	0.00	263.1	426	0.0	2	17.01	42.79	21.97	7.65	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
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
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		1040	88	1759	14.11	3.77	806.1	7925	173.41	*35	42.93	137.27	37.20	14.33	*0.00
% of Calories										*13.5%	16.5%	52.8%	32.2%	12.4%	*0.0%
Nutrient Guideline		664				3.50	286.00	1120	15.00		10.00		<=30.0	<10.00	

Wed - 05/14/2025															
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	2.5 OZ	180	46	296	0.00	0.00	240.0	2000	0.0	0	12.0	0.0	14.0	5.00	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*

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Page 5

Generated on: 1/29/2025 3:07:53 PM

	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		856	76	1227	13.36	3.97	658.0	23754	175.60	*49	27.62	112.89	34.72	9.98	*0.00
% of Calories										*23.0%	12.9%	52.7%	36.5%	10.5%	*0.0%
Nutrient Guideline		664				3.50	286.00	1120	15.00		10.00		<=30.0	<10.00	

Thu - 05/15/2025															
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	1/2 cup	35	0	74	0.45	0.17	2.8	0	0.0	*0	0.78	7.25	0.27	0.07	*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		590	55	958	11.50	3.66	372.4	7346	212.07	*34	25.82	98.64	11.95	3.08	*0.00
% of Calories										*22.9%	17.5%	66.9%	18.2%	4.7%	*0.0%
Nutrient Guideline		664				3.50	286.00	1120	15.00		10.00		<=30.0	<10.00	

Fri - 05/16/2025															
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
Garden Salad, NEW	1 cup	27	0	90	2.67	20.41	93.4	9339	36.02	*N/A*	2.0	4.67	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		807	40	1740	12.57	25.02	692.4	16811	206.44	*33	28.81	112.14	29.51	11.96	*0.00
% of Calories										*16.4%	14.3%	55.6%	32.9%	13.3%	*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

May 1, 2025 thru Jun 6, 2025

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 - 05/19/2025															
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
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		768	56	1296	16.34	4.82	806.7	26670	174.26	*33	37.91	121.98	18.55	6.03	*0.00
% of Calories										*17.1%	19.8%	63.6%	21.7%	7.1%	*0.0%
Nutrient Guideline		664				3.50	286.00	1120	15.00		10.00		<=30.0	<10.00	

Tue - 05/20/2025															
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
Garden Salad, NEW	1 cup	27	0	90	2.67	20.41	93.4	9339	36.02	*N/A*	2.0	4.67	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
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		713	47	1558	17.36	26.19	501.2	17580	223.64	*39	31.01	122.86	13.51	3.47	*0.00
% of Calories										*21.7%	17.4%	68.9%	17.1%	4.4%	*0.0%
Nutrient Guideline		664				3.50	286.00	1120	15.00		10.00		<=30.0	<10.00	

Wed - 05/21/2025															
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
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

May 1, 2025 thru Jun 6, 2025

Base Menu Spreadsheet

Elementary Lunch

Weighted Values - Detailed

Page 7

Generated on: 1/29/2025 3:07:53 PM

	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		823	36	1305	13.20	5.11	771.0	7297	193.67	*53	39.78	122.74	21.45	4.40	*0.00
% of Calories										*25.7%	19.3%	59.7%	23.5%	4.8%	*0.0%
Nutrient Guideline		664				3.50	286.00	1120	15.00		10.00		<=30.0	<10.00	

Thu - 05/22/2025															
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*
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
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
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		692	40	1732	12.22	29.92	4032.1	9007	240.95	*35	32.92	104.73	18.77	8.68	*0.00
% of Calories										*20.0%	19.0%	60.5%	24.4%	11.3%	*0.0%
Nutrient Guideline		664				3.50	286.00	1120	15.00		10.00		<=30.0	<10.00	

Fri - 05/23/2025															
Elementary Lunch	Total														
CHEESE STICKS WITH SAUCE	1 EACH	275	5	1306	5.13	1.53	308.7	1263	16.82	*N/A*	15.75	39.73	7.19	1.60	*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		651	15	1887	15.48	3.70	686.7	23017	192.42	*37	27.37	109.61	14.91	3.58	*0.00
% of Calories										*22.8%	16.8%	67.3%	20.6%	5.0%	*0.0%
Nutrient Guideline		664				3.50	286.00	1120	15.00		10.00		<=30.0	<10.00	

Mon - 05/26/2025															
Elementary Lunch	Total														
HOLIDAY	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

May 1, 2025 thru Jun 6, 2025

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)
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	0.0%	10.00	0.0%	<=30.0	<10.00	0.0%

Tue - 05/27/2025															
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*
Weighted Daily Average % of Calories		661	60	955	14.35	5.72	457.1	7187	177.27	*33 *19.9%	29.93 18.1%	108.99 66.0%	15.56 21.2%	4.24 5.8%	*0.00 *0.0%
Nutrient Guideline		664				3.50	286.00	1120	15.00		10.00		<=30.0	<10.00	

Wed - 05/28/2025															
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	1/2 cup	35	0	74	0.45	0.17	2.8	0	0.0	*0	0.78	7.25	0.27	0.07	*0.00
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
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
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 % of Calories		606	55	1257	11.78	4.33	387.2	7664	177.70	*33 *21.8%	26.93 17.8%	107.44 70.9%	9.80 14.6%	2.77 4.1%	*0.00 *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

May 1, 2025 thru Jun 6, 2025

Base Menu Spreadsheet

Elementary Lunch

Weighted Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 05/29/2025															
Elementary Lunch	Total														
Sausage Pancake Street Tacos	2 each	540	193	927	3.66	*1.09	*357.8	*2278	*0.21	*5	25.66	45.62	28.16	8.34	0.05
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	204	1462	12.71	*3.32	*727.4	*9625	*209.88	*39	37.71	110.01	35.83	10.35	*0.05
% of Calories										*17.5%	16.8%	49.1%	36.0%	10.4%	*0.0%
Nutrient Guideline		664				3.50	286.00	1120	15.00		10.00		<=30.0	<10.00	

Fri - 05/30/2025															
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
Garden Salad, NEW	1 cup	27	0	90	2.67	20.41	93.4	9339	36.02	*N/A*	2.0	4.67	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		737	25	1430	12.57	25.02	642.4	16711	206.44	*33	24.81	112.14	23.51	8.96	*0.00
% of Calories										*17.9%	13.5%	60.9%	28.7%	10.9%	*0.0%
Nutrient Guideline		664				3.50	286.00	1120	15.00		10.00		<=30.0	<10.00	

Mon - 06/02/2025															
Elementary Lunch	Total														
PORK PATTY SANDWICH	SANDWIC	309	18	560	2.82	3.41	121.3	62	0.07	*1	13.72	34.28	13.2	3.42	*N/A*
POTATOES, TATER TOTS	84 GRAMS	170	0	230	1.00	0.00	0.0	0	0.0	0	2.0	19.0	9.0	1.50	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	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

May 1, 2025 thru Jun 6, 2025

Base Menu Spreadsheet

Elementary Lunch

Weighted Values - Detailed

Page 10

Generated on: 1/29/2025 3:07:53 PM

	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		790	28	1144	11.71	5.31	461.5	7132	170.46	*34	26.43	113.01	27.36	6.58	*0.00
% of Calories										*17.1%	13.4%	57.2%	31.2%	7.5%	*0.0%
Nutrient Guideline		664				3.50	286.00	1120	15.00		10.00		<=30.0	<10.00	

Tue - 06/03/2025															
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
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		821	35	1115	17.35	6.44	437.1	7287	171.27	*34	37.93	124.99	21.56	4.24	*0.00
% of Calories										*16.5%	18.5%	60.9%	23.6%	4.6%	*0.0%
Nutrient Guideline		664				3.50	286.00	1120	15.00		10.00		<=30.0	<10.00	

Wed - 06/04/2025															
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
cole slaw	1/2 cup	65	0	78	1.14	0.26	19.8	44	16.61	*8	0.59	8.77	3.33	0.47	*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		606	60	842	11.03	4.68	440.0	7114	193.00	*40	25.31	90.52	18.49	4.63	*0.00
% of Calories										*26.7%	16.7%	59.7%	27.4%	6.9%	*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

May 1, 2025 thru Jun 6, 2025

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)
Thu - 06/05/2025															
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
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		744	84	1169	12.36	5.62	424.0	21754	175.60	*37	35.63	95.90	24.72	8.58	*1.00
% of Calories										*20.0%	19.1%	51.5%	29.9%	10.4%	*1.2%
Nutrient Guideline		664				3.50	286.00	1120	15.00		10.00		<=30.0	<10.00	

Fri - 06/06/2025															
Elementary Lunch	Total														
Turkey & Cheese Sandwich	1 each	237	39	1095	1.37	*3.06	*80.7	*85	*5.83	7	20.49	29.39	3.53	0.75	0.01
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
Sun Chip, WG	28gram	140	0	110	2.00	0.36	10.0	0	0.0	2	2.0	19.0	6.0	0.50	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	49	1392	11.26	*5.32	*422.1	*7152	*176.18	*42	33.11	106.39	12.34	2.62	*0.01
% of Calories										*25.3%	20.1%	64.6%	16.9%	3.6%	*0.0%
Nutrient Guideline		664				3.50	286.00	1120	15.00		10.00		<=30.0	<10.00	

Weighted Average		747	60	1404	13.63	*9.80	*701.8	*12521	*191.04	*38	32.25	111.45	21.36	6.38	*0.17
										*45.5%	17.3%	59.7%	25.7%	7.7%	*0.2%

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GREAT FALLS PUBLIC SCHOOLS

May 1, 2025 thru Jun 6, 2025

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	747		664	113%													
Cholesterol (mg)	60																
Sodium 1 (mg)	1404								1404								
Sodium 2 (mg)	1404								1404								
Fiber (g)	13.63																
Iron (mg)	9.80		3.50	280%	Missing												
Calcium (mg)	701.8		286.00	245%	Missing												
Vitamin A (IU)	12521		1120	1118%	Missing												
Sugars (g)	38	20.22%			Missing												
Vitamin C (mg)	191.04		15.00	1274%	Missing												
Protein (g)	32.25	17.26%	10.00	322%													
Carbohydrate (g)	111.45	59.65%															
Total Fat (g)	21.36	25.73%	<=30.00%														
Saturated Fat (g)	6.38	7.68%	<10.00%														
Trans Fat ¹ (g)	0.17	0.20%			Missing												

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