

GREAT FALLS PUBLIC SCHOOLS

Mar 2, 2026 thru Mar 31, 2026

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 - 03/02/2026															
Elementary Lunch	Total														
Muffin, Wild Blueberry WG	2 oz	190	30	130	2.00	1.08	20.0	0	0.0	16	3.0	30.0	6.0	2.00	0.00
Green Eggs and Ham	2.0 oz	99	204	251	0.09	0.84	23.3	638	0.17	*1	8.18	1.04	6.75	2.33	*0.00
potatoe cubes	1/2 cup	174	*N/A*	448	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	1.83	22.86	8.23	*N/A*	*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 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		840	*244	1410	*12.45	*4.10	*421.3	*22392	*175.78	*54	24.63	123.79	28.70	*6.32	*0.00
% of Calories										*25.7%	11.7%	59.0%	30.8%	*6.8%	*0.0%
Nutrient Guideline		664				3.50	286.00	1120	15.00		10.00		<=30.0	<10.00	

Tue - 03/03/2026															
Elementary Lunch	Total														
Egg Rolls	4.2 oz	300	105	670	3.00	2.70	60.0	400	4.8	*N/A*	15.0	27.0	15.0	5.00	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
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
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
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		710	115	1139	13.01	5.27	419.4	7770	214.47	*34	29.04	110.91	19.43	6.66	*0.11
% of Calories										*18.9%	16.4%	62.5%	24.6%	8.4%	*0.1%
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

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Mar 2, 2026 thru Mar 31, 2026

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)
Wed - 03/04/2026															
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	

	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 - 03/05/2026															
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
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	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		859	36	1366	15.66	5.37	800.0	21979	198.85	*57	40.60	131.16	21.66	4.43	*0.00
% of Calories										*26.6%	18.9%	61.1%	22.7%	4.6%	*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)
Fri - 03/06/2026															
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	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		663	40	1566	12.22	29.92	4023.3	9004	240.91	*34	32.83	103.00	16.42	8.38	*0.00
% of Calories										*20.8%	19.8%	62.1%	22.3%	11.4%	*0.0%
Nutrient Guideline		664				3.50	286.00	1120	15.00		10.00		<=30.0	<10.00	

Mon - 03/09/2026															
Elementary Lunch	Total														
Corn Dog,Chicken	4 oz	243	40	395	5.06	1.82	81.0	0	0.0	5	9.11	30.37	8.1	2.53	0.00
Potatoes, Crinkle Cut Fries	4 oz	160	0	53	1.33	0.96	0.0	0	0.0	0	2.67	26.67	4.67	0.67	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		714	51	802	14.29	4.69	421.2	7070	170.38	*38	22.49	116.78	17.92	4.86	*0.00
% of Calories										*21.3%	12.6%	65.4%	22.6%	6.1%	*0.0%
Nutrient Guideline		664				3.50	286.00	1120	15.00		10.00		<=30.0	<10.00	

Tue - 03/10/2026															
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
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
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
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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Base Menu Spreadsheet

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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		691	47	1728	17.92	7.30	443.2	8833	194.90	*39	30.96	124.12	11.33	3.21	*0.00
% of Calories										*22.3%	17.9%	71.8%	14.8%	4.2%	*0.0%
Nutrient Guideline		664				3.50	286.00	1120	15.00		10.00		<=30.0	<10.00	

Wed - 03/11/2026															
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	

Thu - 03/12/2026															
Elementary Lunch	Total														
CHICKEN, BURRITO BOWL	1 CUP	384	20	206	3.57	1.76	62.3	160	0.91	*1	12.74	71.32	4.88	1.65	0.00
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
Black Bean and Corn Salad	1/2 cup	81	0	132	3.95	1.11	19.9	415	18.96	*2	3.57	13.95	2.04	0.34	*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		889	30	819	16.76	5.41	442.6	7792	194.39	*36	30.34	170.73	11.01	3.53	*0.00
% of Calories										*16.3%	13.6%	76.8%	11.1%	3.6%	*0.0%
Nutrient Guideline		664				3.50	286.00	1120	15.00		10.00		<=30.0	<10.00	

Fri - 03/13/2026															
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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	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%

Mon - 03/16/2026															
Elementary Lunch	Total														
Beef, Gyro	1 Each	316	23	603	3.75	*1.61	*86.6	*1026	*9.17	*6	14.78	33.35	13.42	6.46	*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 % of Calories		764	33	1001	13.76	*5.30	*440.4	*8096	*199.54	*39	29.68	123.86	18.86	8.19	*0.00
Nutrient Guideline		664				3.50	286.00	1120	15.00	*20.2%	15.5%	64.8%	22.2%	9.7%	*0.0%

Tue - 03/17/2026															
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
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
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
Weighted Daily Average % of Calories		642	25	931	16.77	5.48	156.1	6922	174.44	*17	26.28	97.34	19.61	3.02	*0.00
Nutrient Guideline		664				3.50	286.00	1120	15.00	*10.9%	16.4%	60.6%	27.5%	4.2%	*0.0%

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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)
Wed - 03/18/2026															
Elementary Lunch	Total														
Pork, BBQ Pork Rib Patty w/ Sa cole slaw	1 Each	290	40	570	3.00	2.44	22.0	100	1.0	*5	20.0	28.01	11.0	3.50	0.00
Daily Veggie Cup	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
Ranch Dressing	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 oz	29	0	166	0.01	0.01	8.8	2	0.03	*0	0.09	1.73	2.35	0.29	*0.00
MILK 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
	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		666	50	1002	12.03	4.60	382.0	7214	188.00	*45	31.31	96.52	19.49	5.63	*0.00
% of Calories										*27.3%	18.8%	57.9%	26.3%	7.6%	*0.0%
Nutrient Guideline		664				3.50	286.00	1120	15.00		10.00		<=30.0	<10.00	

Thu - 03/19/2026															
Elementary Lunch	Total														
CHILI BEEF	1 cup	269	40	642	8.65	4.81	87.7	1459	9.25	*3	22.23	29.11	8.04	2.89	*0.48
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
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
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		757	50	1088	21.26	8.24	459.8	8801	222.64	*38	38.47	124.70	15.20	4.81	*0.48
% of Calories										*19.9%	20.3%	65.9%	18.1%	5.7%	*0.6%
Nutrient Guideline		664				3.50	286.00	1120	15.00		10.00		<=30.0	<10.00	

Fri - 03/20/2026															
Elementary Lunch	Total														
Turkey Burger	2.70 oz	253	51	516	2.00	2.44	40.0	0	0.0	*N/A*	22.0	25.01	7.0	1.90	0.00
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

Mar 2, 2026 thru Mar 31, 2026

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		734	61	1100	10.89	4.35	380.2	7070	170.38	*33	34.72	103.75	21.16	5.06	*0.00
% of Calories										*17.9%	18.9%	56.5%	25.9%	6.2%	*0.0%
Nutrient Guideline		664				3.50	286.00	1120	15.00		10.00		<=30.0	<10.00	

Mon - 03/23/2026															
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	4 oz	160	0	53	1.33	0.96	0.0	0	0.0	0	2.67	26.67	4.67	0.67	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		839	84	995	11.23	6.31	386.2	7070	170.38	*33	37.38	112.42	26.82	8.93	*1.00
% of Calories										*15.7%	17.8%	53.6%	28.8%	9.6%	*1.1%
Nutrient Guideline		664				3.50	286.00	1120	15.00		10.00		<=30.0	<10.00	

Tue - 03/24/2026															
Elementary Lunch	Total														
Chicken, Teriyaki	2.85 oz	146	53	414	0.00	1.08	20.0	100	0.0	14	15.0	14.0	2.5	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
CARROTS: fresh, boiled	1/2 CUP	27	0	45	2.34	0.27	23.4	13286	2.81	3	0.59	6.41	0.14	0.02	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 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		572	63	1078	11.02	3.60	390.9	20484	173.27	*50	28.09	97.33	9.05	2.93	*0.11
% of Calories										*34.7%	19.6%	68.1%	14.3%	4.6%	*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

Mar 2, 2026 thru Mar 31, 2026

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)
Wed - 03/25/2026															
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		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 - 03/26/2026															
Elementary Lunch	Total														
Mexican Pizza	5.22 oz	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	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		748	35	1554	13.56	25.02	683.6	17159	206.40	*33	29.72	102.41	26.16	2.66	*1.50
% of Calories										*17.6%	15.9%	54.8%	31.5%	3.2%	*1.8%
Nutrient Guideline		664				3.50	286.00	1120	15.00		10.00		<=30.0	<10.00	

Fri - 03/27/2026															
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	

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GREAT FALLS PUBLIC SCHOOLS

Mar 2, 2026 thru Mar 31, 2026

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 - 03/30/2026															
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
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*
Weighted Daily Average		871	35	1154	13.89	5.15	400.2	7170	170.38	*34	34.72	116.75	30.16	5.66	*0.00
% of Calories										*15.6%	15.9%	53.6%	31.2%	5.9%	*0.0%
Nutrient Guideline		664				3.50	286.00	1120	15.00		10.00		<=30.0	<10.00	

Tue - 03/31/2026															
Elementary Lunch	Total														
Fiesta Taco Mac Bowl	7. oz	446	101	1481	2.15	1.42	651.2	507	2.03	*0	34.35	33.99	19.09	9.67	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	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
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		843	111	1968	12.77	4.50	1012.1	7851	215.46	*35	48.68	109.31	25.60	11.38	*0.00
% of Calories										*16.7%	23.1%	51.9%	27.3%	12.2%	*0.0%
Nutrient Guideline		664				3.50	286.00	1120	15.00		10.00		<=30.0	<10.00	

Weighted Average		750	*64	1211	*14.04	*8.60	*659.2	*10688	*191.78	*37	32.23	114.95	20.01	*5.86	*0.21
										*44.8%	17.2%	61.3%	24.0%	*7.0%	*0.3%

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GREAT FALLS PUBLIC SCHOOLS

Mar 2, 2026 thru Mar 31, 2026

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)
		% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)								
Calories	750		664	113%												
Cholesterol (mg)	64				Missing											
Sodium 1 (mg)	1211								1211							
Sodium 2 (mg)	1211								1211							
Fiber (g)	14.04				Missing											
Iron (mg)	8.60		3.50	246%	Missing											
Calcium (mg)	659.2		286.00	231%	Missing											
Vitamin A (IU)	10688		1120	954%	Missing											
Sugars (g)	37	19.93%			Missing											
Vitamin C (mg)	191.78		15.00	1279%	Missing											
Protein (g)	32.23	17.19%	10.00	322%												
Carbohydrate (g)	114.95	61.31%														
Total Fat (g)	20.01	24.01%	<=30.00%													
Saturated Fat (g)	5.86	7.03%	<10.00%		Missing											
Trans Fat ¹ (g)	0.21	0.25%			Missing											

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