

GREAT FALLS PUBLIC SCHOOLS

Oct 1, 2026 thru Oct 30, 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)	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 - 10/01/2026															
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 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		640	41	1445	12.21	29.91	4034.1	9009	241.02	*34	33.20	102.00	14.13	8.15	*0.06
% of Calories										*21.5%	20.7%	63.7%	19.9%	11.5%	*0.1%
Nutrient Guideline		664				3.50	286.00	1120	15.00		10.00		<=30.0	<10.00	

Fri - 10/02/2026															
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
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
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 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		692	66	1220	12.48	4.94	371.2	7175	176.69	*34	29.62	103.55	18.67	3.95	*0.06
% of Calories										*19.9%	17.1%	59.9%	24.3%	5.1%	*0.1%
Nutrient Guideline		664				3.50	286.00	1120	15.00		10.00		<=30.0	<10.00	

Mon - 10/05/2026															
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	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*

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, 2026 thru Oct 30, 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 % of Calories		771	79	896	10.89	*5.57	*390.7	*7074	*170.49	*33 *17.3%	35.23 18.3%	104.79 54.3%	24.02 28.0%	9.45 11.0%	*0.81 *0.9%
Nutrient Guideline		664				3.50	286.00	1120	15.00		10.00		<=30.0	<10.00	

Tue - 10/06/2026															
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
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 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
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		617	56	914	10.01	3.29	379.0	7376	209.81	*34 *21.8%	27.51 17.8%	111.65 72.4%	8.49 12.4%	2.72 4.0%	*0.17 *0.2%
Nutrient Guideline		664				3.50	286.00	1120	15.00		10.00		<=30.0	<10.00	

Wed - 10/07/2026															
Elementary Lunch	Total														
Philly Cheese Steak Sandwich	1 each	273	36	783	2.13	1.56	222.7	764	4.7	*1	17.71	27.34	9.21	4.18	0.00
Potato, Sweet Fries	3 oz	150	0	190	1.00	0.90	30.0	1490	0.0	7	1.0	23.0	6.0	1.00	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 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 % of Calories		712	47	1206	11.02	4.36	603.7	9328	175.19	*41 *23.1%	29.80 16.8%	109.08 61.3%	18.07 22.9%	6.61 8.4%	*0.06 *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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Base Menu Spreadsheet

Elementary Lunch

Weighted Values - Detailed

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	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 - 10/08/2026															
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 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	

Fri - 10/09/2026															
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
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 - 10/12/2026															
Elementary Lunch	Total														
Bison, Lientil Chili	8 oz	212	25	442	7.55	4.33	104.0	1070	22.97	*6	16.28	27.97	4.69	1.54	*0.00
corn bread	1 each	139	27	318	0.94	0.99	87.6	155	0.2	*7	3.5	21.45	4.44	2.53	*0.15
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 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*

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

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Oct 1, 2026 thru Oct 30, 2026

Base Menu Spreadsheet

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	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)
Weighted Daily Average % of Calories		676	63	1054	18.84	7.49	571.6	22981	198.85	*50 *29.5%	31.68 18.8%	116.58 69.0%	12.21 16.3%	5.52 7.4%	*0.21 *0.3%
Nutrient Guideline		664				3.50	286.00	1120	15.00		10.00		<=30.0	<10.00	

Tue - 10/13/2026															
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
Potato, Seasoned Cubes	3 oz	160	0	360	1.00	0.36	0.0	0	0.0	1	1.0	18.0	9.0	1.00	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
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 % of Calories		934	65	1128	15.83	4.24	690.6	8928	238.67	*46 *19.6%	32.72 14.0%	129.99 55.7%	32.92 31.7%	8.28 8.0%	*0.12 *0.1%
Nutrient Guideline		664				3.50	286.00	1120	15.00		10.00		<=30.0	<10.00	

Wed - 10/14/2026															
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
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 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 % of Calories		815	36	847	15.01	6.92	424.6	7174	190.48	*34 *16.6%	37.27 18.3%	127.53 62.6%	19.15 21.1%	3.99 4.4%	*0.06 *0.1%
Nutrient Guideline		664				3.50	286.00	1120	15.00		10.00		<=30.0	<10.00	

Thu - 10/15/2026															
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)	Calcm (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 0.0%	0.00 0.0%	0.00 0.0%	0.00 0.0%	0.00 0.0%	0.00 0.0%
Nutrient Guideline		664				3.50	286.00	1120	15.00		10.00		<=30.0	<10.00	

Fri - 10/16/2026															
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 0.0%	0.00 0.0%	0.00 0.0%	0.00 0.0%	0.00 0.0%	0.00 0.0%
Nutrient Guideline		664				3.50	286.00	1120	15.00		10.00		<=30.0	<10.00	

Mon - 10/19/2026															
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 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 % of Calories		767	29	1023	11.71	5.31	472.3	7136	170.56	*34 *17.6%	26.80 14.0%	112.02 58.4%	25.07 29.4%	6.34 7.4%	*0.06 *0.1%
Nutrient Guideline		664				3.50	286.00	1120	15.00		10.00		<=30.0	<10.00	

Tue - 10/20/2026															
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	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*

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GREAT FALLS PUBLIC SCHOOLS

Oct 1, 2026 thru Oct 30, 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)	Calcm (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		591	56	862	11.81	3.83	379.0	7376	212.21	*34 *22.7%	27.11 18.4%	105.85 71.7%	8.29 12.6%	2.72 4.1%	*0.17 *0.3%
Nutrient Guideline		664				3.50	286.00	1120	15.00		10.00		<=30.0	<10.00	

Wed - 10/21/2026															
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	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 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 % of Calories		668	48	1607	17.91	7.30	454.0	8837	195.00	*38 *23.0%	31.33 18.8%	123.13 73.7%	9.04 12.2%	2.98 4.0%	*0.06 *0.1%
Nutrient Guideline		664				3.50	286.00	1120	15.00		10.00		<=30.0	<10.00	

Thu - 10/22/2026															
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	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
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 % of Calories		800	56	1264	11.19	3.30	761.8	7201	193.77	*52 *25.9%	39.15 19.6%	130.75 65.4%	17.16 19.3%	4.16 4.7%	*0.06 *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

Oct 1, 2026 thru Oct 30, 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)
Fri - 10/23/2026															
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 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		743	41	1428	10.74	8.40	642.4	9724	183.00	*33	28.16	107.06	24.92	11.48	*0.12
% of Calories										*17.8%	15.2%	57.6%	30.2%	13.9%	*0.1%
Nutrient Guideline		664				3.50	286.00	1120	15.00		10.00		<=30.0	<10.00	

Mon - 10/26/2026															
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	3 oz	120	0	30	2.00	0.36	0.0	0	2.4	1	2.0	20.0	4.0	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 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	851	11.89	5.70	397.0	7074	172.89	*34	37.09	104.76	23.87	8.02	*1.06
% of Calories										*17.4%	19.1%	54.0%	27.7%	9.3%	*1.2%
Nutrient Guideline		664				3.50	286.00	1120	15.00		10.00		<=30.0	<10.00	

Tue - 10/27/2026															
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
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
Churro	1 Each	110	0	75	2.00	0.72	40.0	0	0.0	8	2.0	21.0	2.5	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*

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GREAT FALLS PUBLIC SCHOOLS

Oct 1, 2026 thru Oct 30, 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)	Calcm (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		838	70	1286	14.07	4.24	776.4	8111	175.46	*43 *20.6%	36.08 17.2%	128.88 61.5%	21.81 23.4%	7.74 8.3%	*0.19 *0.2%
Nutrient Guideline		664				3.50	286.00	1120	15.00		10.00		<=30.0	<10.00	

Wed - 10/28/2026															
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
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 % of Calories		675	36	859	15.34	5.00	447.4	7298	171.51	*34 *20.0%	31.76 18.8%	102.72 60.9%	18.33 24.5%	4.06 5.4%	*0.12 *0.2%
Nutrient Guideline		664				3.50	286.00	1120	15.00		10.00		<=30.0	<10.00	

Thu - 10/29/2026															
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
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*
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 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 % of Calories		855	*258	1034	*11.87	*4.96	*600.9	*8679	*238.99	*40 *18.7%	31.04 14.5%	126.27 59.1%	26.50 27.9%	*4.87 *5.1%	*0.08 *0.1%
Nutrient Guideline		664				3.50	286.00	1120	15.00		10.00		<=30.0	<10.00	

Fri - 10/30/2026															
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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GREAT FALLS PUBLIC SCHOOLS

Oct 1, 2026 thru Oct 30, 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)
Weighted Daily Average % of Calories		0	0	0	0.00	0.00	0.0	0	0.00	0 0.0%	0.00 0.0%	0.00 0.0%	0.00 0.0%	0.00 0.0%	0.00 0.0%
Nutrient Guideline		664				3.50	286.00	1120	15.00		10.00		<=30.0	<10.00	

Weighted Average		731	*64	1099	*13.05	*6.78	*708.3	*8805	*193.42	*38 *46.2%	31.58 17.3%	113.77 62.3%	18.68 23.0%	*5.98 *7.4%	*0.19 *0.2%
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Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	731		664	110%				
Cholesterol (mg)	64				Missing			
Sodium 1 (mg)	1099						1099	
Sodium 2 (mg)	1099						1099	
Fiber (g)	13.05				Missing			
Iron (mg)	6.78		3.50	194%	Missing			
Calcium (mg)	708.3		286.00	248%	Missing			
Vitamin A (IU)	8805		1120	786%	Missing			
Sugars (g)	38	20.55%			Missing			
Vitamin C (mg)	193.42		15.00	1289%	Missing			
Protein (g)	31.58	17.29%	10.00	316%				
Carbohydrate (g)	113.77	62.29%						
Total Fat (g)	18.68	23.01%	<=30.00%					
Saturated Fat (g)	5.98	7.36%	<10.00%		Missing			
Trans Fat ¹ (g)	0.19	0.23%			Missing			

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