GREAT FALLS PUBLIC SCHOOLS

Nov 2, 2026 thru Nov 30, 2026

Base Menu Spreadsheet

Elementary Lunch

Weighted Values - Detailed

Generated on: 10/30/2026 11:49:13 AM

	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)
Mon - 11/02/2026															
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
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		845	86	1373	10.89	*4.35	*380.2	*7070	*170.38	*34	39.78	105.77	30.27	10.12	*0.00
% of Calories										*16.0%	18.8%	50.0%	32.2%	10.8%	*0.0%
Nutrient Guideline		664				3.50	286.00	1120	15.00		10.00		<=30.0	<10.00	
Tue - 11/03/2026															
Elementary Lunch	Total														
Beef, SWT Thai Chili Meatballs	2.5 oz	250	55	394	2.05	0.52	267.4	0	0.0	3	15.27	18.65	13.12	4.72	0.80
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: frozen, boiled	1/2 CUP	26	0	10	2.76	0.56	30.4	930	36.89	1	2.85	4.92	0.11	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		674	65	1023	13.49	3.34	645.3	8028	207.35	*37	30.61	100.49	19.65	6.64	*0.91
% of Calories										*22.0%	18.2%	59.6%	26.2%	8.9%	*1.2%
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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GREAT FALLS PUBLIC SCHOOLS

Nov 2, 2026 thru Nov 30, 2026

Base Menu Spreadsheet

Elementary Lunch

Weighted Values - Detailed

Generated on: 10/30/2026 11:49:13 AM

	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)
Wed - 11/04/2026															
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	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		911	91	1728	24.14	7.72	491.3	22795	189.32	*43	54.27	138.39	18.22	4.46	*0.00
% of Calories										*19.0%	23.8%	60.7%	18.0%	4.4%	*0.0%
Nutrient Guideline		664				3.50	286.00	1120	15.00		10.00		<=30.0	<10.00	
Thu - 11/05/2026															
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	
Fri - 11/06/2026															
Elementary Lunch	Total														
Cheese Sticks & Sauce	3.87 oz	369	10	887	5.33	3.41	282.6	842	34.43	*N/A*	17.47	45.93	13.2	4.57	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	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

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Elementary Lunch

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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		688	20	1260	14.07	9.11	644.7	10156	217.18	*33	28.79	107.24	18.36	6.23	*0.00
% of Calories										*19.3%	16.7%	62.3%	24.0%	8.1%	*0.0%
Nutrient Guideline		664				3.50	286.00	1120	15.00		10.00		<=30.0	<10.00	
Mon - 11/09/2026															
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
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		818	56	1334	12.89	3.53	769.8	26552	173.38	*33	34.70	113.74	27.15	7.46	*0.00
% of Calories										*16.1%	17.0%	55.6%	29.9%	8.2%	*0.0%
Nutrient Guideline		664				3.50	286.00	1120	15.00		10.00		<=30.0	<10.00	
Tue - 11/10/2026															
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
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
Salsa	1 oz	8	0	98	0.32	0.51	2.7	125	0.91	*N/A*	0.34	1.59	0.05	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		687	72	1166	12.96	4.28	1058.2	7715	185.73	*42	32.33	103.60	18.55	6.39	*0.00
% of Calories										*24.6%	18.8%	60.4%	24.3%	8.4%	*0.0%
Nutrient Guideline		664				3.50	286.00	1120	15.00		10.00		<=30.0	<10.00	

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Nov 2, 2026 thru Nov 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)
Wed - 11/11/2026															
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*
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	

	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 - 11/12/2026															
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	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 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		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	

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Elementary Lunch

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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)
Fri - 11/13/2026															
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*
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
Goldfish Baked WG Chedder	1 each	100	0	170	1.00	0.72	20.0	0	0.0	0	2.0	14.0	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		730	40	1750	11.41	30.96	4064.0	8031	212.12	*35	32.90	111.41	20.08	8.93	*0.00
% of Calories										*19.3%	18.0%	61.0%	24.7%	11.0%	*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)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat[1] (g)
Mon - 11/16/2026															
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	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 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	79	1007	11.89	*5.22	*379.9	*7070	*172.78	*34	34.86	105.79	26.81	9.18	*0.76
% of Calories										*17.3%	17.6%	53.3%	30.4%	10.4%	*0.9%
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

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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)
Tue - 11/17/2026															
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:frozen, boiled	1/2 CUP	27	0	43	2.41	0.39	25.5	12357	1.68	3	0.42	5.64	0.5	0.09	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	1076	11.09	3.72	393.1	19555	172.14	*50	27.92	96.56	9.41	3.00	*0.11
% of Calories										*34.9%	19.5%	67.6%	14.8%	4.7%	*0.2%
Nutrient Guideline		664				3.50	286.00	1120	15.00		10.00		<=30.0	<10.00	
Wed - 11/18/2026															
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 - 11/19/2026															
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
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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GREAT FALLS PUBLIC SCHOOLS

Nov 2, 2026 thru Nov 30, 2026

Base Menu Spreadsheet

Elementary Lunch

Weighted Values - Detailed

Generated on: 10/30/2026 11:49:13 AM

	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		530	40	1481	12.12	7.22	392.9	7665	184.13	*33	23.76	89.48	9.20	2.78	*0.00
% of Calories										*24.8%	17.9%	67.5%	15.6%	4.7%	*0.0%
Nutrient Guideline		664				3.50	286.00	1120	15.00		10.00		<=30.0	<10.00	
Fri - 11/20/2026															
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
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	
Mon - 11/23/2026															
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
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	

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GREAT FALLS PUBLIC SCHOOLS

Nov 2, 2026 thru Nov 30, 2026

Base Menu Spreadsheet

Elementary Lunch

Weighted Values - Detailed

Generated on: 10/30/2026 11:49:13 AM

	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)
Tue - 11/24/2026															
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		764	33	1001	13.76	*5.30	*440.4	*8096	*199.54	*39	29.68	123.86	18.86	8.19	*0.00
% of Calories										*20.2%	15.5%	64.8%	22.2%	9.7%	*0.0%
Nutrient Guideline		664				3.50	286.00	1120	15.00		10.00		<=30.0	<10.00	
Wed - 11/25/2026															
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	
Thu - 11/26/2026															
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	
Fri - 11/27/2026															
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

Nov 2, 2026 thru Nov 30, 2026

Base Menu Spreadsheet

Elementary Lunch

Weighted Values - Detailed

Generated on: 10/30/2026 11:49:13 AM

	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)
Mon - 11/30/2026															
Elementary Lunch	Total														
Pork, BBQ Pork Rib Patty w/ Sa	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
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		771	50	1154	11.89	4.35	362.2	7170	171.38	*38	32.72	106.75	25.16	6.66	*0.00
% of Calories										*19.7%	17.0%	55.4%	29.4%	7.8%	*0.0%
Nutrient Guideline		664				3.50	286.00	1120	15.00		10.00		<=30.0	<10.00	
Weighted Average		742	*52	1289	13.75	*7.17	*731.6	*10429	*187.01	*38	33.40	112.87	19.60	5.71	*0.18
										*46.3%	18.0%	60.9%	23.8%	6.9%	*0.2%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	742		664	112%				
Cholesterol (mg)	52				Missing			
Sodium 1 (mg)	1289						1289	
Sodium 2 (mg)	1289						1289	
Fiber (g)	13.75							
Iron (mg)	7.17		3.50	205%	Missing			
Calcium (mg)	731.6		286.00	256%	Missing			
Vitamin A (IU)	10429		1120	931%	Missing			
Sugars (g)	38	20.58%			Missing			
Vitamin C (mg)	187.01		15.00	1247%	Missing			
Protein (g)	33.40	18.02%	10.00	334%				
Carbohydrate (g)	112.87	60.89%						
Total Fat (g)	19.60	23.79%	<=30.00%					
Saturated Fat (g)	5.71	6.94%	<10.00%					
Trans Fat[1] (g)	0.18	0.22%			Missing			

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