

# GREAT FALLS PUBLIC SCHOOLS

Aug 30, 2023 thru Sep 30, 2023

Base Menu Spreadsheet

Elementary Lunch

Weighted Values - Detailed

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Generated on: 8/11/2023 8:36:14 AM

	Portion Size	Reimb Qty	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 <sup>1</sup> (g)
Wed - 08/30/2023																
Elementary Lunch	Total	1														
Hamburger on a Bun	1 Each	1	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	1	120	0	30	2.00	0.36	0.0	0	2.4	1	2.0	20.0	4.0	0.00	0.00
FRUIT CHOICE	1 EACH	1	108	0	6	3.90	0.50	21.4	1174	27.41	*10	1.19	27.69	0.21	0.03	*0.00
Daily Veggie Cup	1/2 cup	1	54	0	59	3.83	1.02	49.0	5528	142.31	*5	2.42	12.02	0.47	0.11	*0.00
MILK CHOICE	1 cup	1	120	10	123	0.16	0.38	260.9	366	0.63	18	7.01	18.3	2.13	1.22	*N/A*
RANCH DRESSING	1 TBSP	1	7	1	45	0.00	0.00	19.6	7	0.14	*N/A*	0.46	0.74	0.06	0.06	*0.06
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	

Thu - 08/31/2023																
Elementary Lunch	Total	1														
Chicken, Teriyaki	2.4 oz	1	110	67	317	0.00	0.69	0.0	0	0.0	6	14.4	5.76	3.36	0.96	0.00
Brown Rice	4 oz	1	88	0	265	0.78	0.35	7.3	28	0.08	*0	1.78	17.18	1.26	0.25	*0.11
CARROTS: canned, cooked	1/2 CUP	1	18	0	177	1.09	0.47	18.2	8154	1.97	2	0.47	4.04	0.14	0.03	0.00
Daily Veggie Cup	1/2 cup	1	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	1	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	1	120	10	123	0.16	0.38	260.9	366	0.63	18	7.01	18.3	2.13	1.22	*N/A*
RANCH DRESSING	1 TBSP	1	7	1	45	0.00	0.00	19.6	7	0.14	*N/A*	0.46	0.74	0.06	0.06	*0.06
Weighted Daily Average			504	78	991	9.77	3.40	376.6	15256	172.54	*40	27.73	85.73	7.62	2.66	*0.17
% of Calories											*32.0%	22.0%	68.0%	13.6%	4.7%	*0.3%
Nutrient Guideline			664				3.50	286.00	1120	15.00		10.00		<=30.0	<10.00	

Fri - 09/01/2023																
Elementary Lunch	Total	1														
Mexican Pizza	5.22 oz	1	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 & Veggie Blend	1 cup	1	6	0	12	0.61	3.36	14.6	1516	8.73	*0	0.49	1.09	0.0	0.00	0.00
Daily Veggie Cup	1/2 cup	1	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	1	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	1	120	10	123	0.16	0.38	260.9	366	0.63	18	7.01	18.3	2.13	1.22	*N/A*
RANCH DRESSING	1 TBSP	1	7	1	45	0.00	0.00	19.6	7	0.14	*N/A*	0.46	0.74	0.06	0.06	*0.06

\*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

<sup>1</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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# GREAT FALLS PUBLIC SCHOOLS

Aug 30, 2023 thru Sep 30, 2023

## Base Menu Spreadsheet

Elementary Lunch

### Weighted Values - Detailed

	Portion Size	Reimb Qty	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 <sup>1</sup> (g)
Weighted Daily Average % of Calories			704	36	1354	11.49	7.96	615.6	9340	179.22	*33 *18.8%	28.57 16.2%	97.84 55.6%	23.87 30.5%	2.43 3.1%	*1.56 *2.0%
Nutrient Guideline			664				3.50	286.00	1120	15.00		10.00		<=30.0	<10.00	

Mon - 09/04/2023																
Elementary Lunch	Total	1														
NO SCHOOL TODAY	SERVING	1	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	0.00	0.00	0.00	0.00	0.00
Nutrient Guideline			664				3.50	286.00	1120	15.00		10.00		<=30.0	<10.00	

Tue - 09/05/2023																
Elementary Lunch	Total	1														
PULLED PORK BAR-B-Q 5416CE	1 EACH	1	337	46	751	4.00	2.44	61.0	390	5.0	*N/A*	22.0	35.01	13.0	4.30	0.00
TATER TOTS	1/2 cup	1	187	*N/A*	366	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	1.83	22.86	10.06	*N/A*	*N/A*
Daily Veggie Cup	1/2 cup	1	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	1	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	1	120	10	123	0.16	0.38	260.9	366	0.63	18	7.01	18.3	2.13	1.22	*N/A*
RANCH DRESSING	1 TBSP	1	7	1	45	0.00	0.00	19.6	7	0.14	*N/A*	0.46	0.74	0.06	0.06	*0.06
Weighted Daily Average % of Calories			813	*57	1350	*11.89	*4.34	*412.0	*7464	*175.49	*33 *16.1%	34.92 17.2%	116.62 57.4%	25.93 28.7%	*5.73 *6.3%	*0.06 *0.1%
Nutrient Guideline			664				3.50	286.00	1120	15.00		10.00		<=30.0	<10.00	

Wed - 09/06/2023																
Elementary Lunch	Total	1														
Grilled Cheese Sandwich	4 oz	1	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	1	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	1	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	1	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	1	120	10	123	0.16	0.38	260.9	366	0.63	18	7.01	18.3	2.13	1.22	*N/A*
RANCH DRESSING	1 TBSP	1	7	1	45	0.00	0.00	19.6	7	0.14	*N/A*	0.46	0.74	0.06	0.06	*0.06

\*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient  
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Aug 30, 2023 thru Sep 30, 2023

Base Menu Spreadsheet

Elementary Lunch

Weighted Values - Detailed

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	Portion Size	Reimb Qty	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 <sup>1</sup> (g)
Weighted Daily Average % of Calories			593	41	1445	9.26	29.91	4034.1	7761	172.98	*34 *23.2%	30.03 20.3%	93.50 63.1%	14.13 21.5%	8.15 12.4%	*0.06 *0.1%
Nutrient Guideline			664				3.50	286.00	1120	15.00		10.00		<=30.0	<10.00	

Thu - 09/07/2023																
Elementary Lunch	Total	1														
Spaghetti & Meat Sauce (New)	1 Cup	1	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	1	71	0	119	1.58	0.85	0.0	0	3.8	2	2.37	12.66	1.19	0.00	0.00
Salad, Spinach & Veggie Blend	1 cup	1	6	0	12	0.61	3.36	14.6	1516	8.73	*0	0.49	1.09	0.0	0.00	0.00
Daily Veggie Cup	1/2 cup	1	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	1	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	1	120	10	123	0.16	0.38	260.9	366	0.63	18	7.01	18.3	2.13	1.22	*N/A*
RANCH DRESSING	1 TBSP	1	7	1	45	0.00	0.00	19.6	7	0.14	*N/A*	0.46	0.74	0.06	0.06	*0.06
Weighted Daily Average % of Calories			640	48	1192	15.29	9.13	424.4	9759	196.42	*39 *24.2%	29.78 18.6%	116.56 72.8%	8.87 12.5%	2.94 4.1%	*0.06 *0.1%
Nutrient Guideline			664				3.50	286.00	1120	15.00		10.00		<=30.0	<10.00	

Fri - 09/08/2023																
Elementary Lunch	Total	1														
Chicken Pattie (Tyson 70304-09)	3.54 oz	1	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	1	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	1	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	1	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	1	120	10	123	0.16	0.38	260.9	366	0.63	18	7.01	18.3	2.13	1.22	*N/A*
RANCH DRESSING	1 TBSP	1	7	1	45	0.00	0.00	19.6	7	0.14	*N/A*	0.46	0.74	0.06	0.06	*0.06
Weighted Daily Average % of Calories			798	36	994	17.34	6.44	447.9	7292	171.37	*34 *16.9%	38.30 19.2%	123.99 62.2%	19.27 21.7%	4.00 4.5%	*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

Aug 30, 2023 thru Sep 30, 2023

Base Menu Spreadsheet

Elementary Lunch

Weighted Values - Detailed

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	Portion Size	Reimb Qty	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 <sup>1</sup> (g)
Mon - 09/11/2023																
Elementary Lunch	Total	1														
BBQ Meat Ball Sub (baby ray)	1 each	1	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.	1	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	1	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	1	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	1	120	10	123	0.16	0.38	260.9	366	0.63	18	7.01	18.3	2.13	1.22	*N/A*
RANCH DRESSING	1 TBSP	1	7	1	45	0.00	0.00	19.6	7	0.14	*N/A*	0.46	0.74	0.06	0.06	*0.06
Weighted Daily Average			785	*34	975	12.38	7.03	428.2	7152	190.87	*44	32.34	145.72	10.34	3.53	*0.06
% of Calories											*22.2%	16.5%	74.2%	11.9%	4.0%	*0.1%
Nutrient Guideline			664				3.50	286.00	1120	15.00		10.00		<=30.0	<10.00	

Tue - 09/12/2023																
Elementary Lunch	Total	1														
Chicken,Tangerine	2.0 oz	1	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	1	88	0	265	0.78	0.35	7.3	28	0.08	*0	1.78	17.18	1.26	0.25	*0.11
GREEN BEANS: canned,cooked	.5 cup	1	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	1	54	0	59	3.83	1.02	49.0	5528	142.31	*5	2.42	12.02	0.47	0.11	*0.00
FORTUNE COOKIE	1 EACH	1	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	1	108	0	6	3.90	0.50	21.4	1174	27.41	*10	1.19	27.69	0.21	0.03	*0.00
RANCH DRESSING	1 TBSP	1	7	1	45	0.00	0.00	19.6	7	0.14	*N/A*	0.46	0.74	0.06	0.06	*0.06
MILK CHOICE	1 cup	1	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			636	56	1327	12.10	4.50	402.6	7696	177.88	*33	28.31	116.38	8.49	2.70	*0.17
% of Calories											*20.6%	17.8%	73.2%	12.0%	3.8%	*0.2%
Nutrient Guideline			664				3.50	286.00	1120	15.00		10.00		<=30.0	<10.00	

Wed - 09/13/2023																
Elementary Lunch	Total	1														
Turkey Hotdog on a Bun	1 Each	1	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	1	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	1	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	1	108	0	6	3.90	0.50	21.4	1174	27.41	*10	1.19	27.69	0.21	0.03	*0.00
RANCH DRESSING	1 TBSP	1	7	1	45	0.00	0.00	19.6	7	0.14	*N/A*	0.46	0.74	0.06	0.06	*0.06
MILK CHOICE	1 cup	1	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	Reimb Qty	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 <sup>1</sup> (g)
Weighted Daily Average % of Calories			638	61	834	14.34	5.72	467.9	7192	177.37	*33 *20.6%	30.30 19.0%	107.99 67.7%	13.27 18.7%	4.00 5.6%	*0.06 *0.1%
Nutrient Guideline			664				3.50	286.00	1120	15.00		10.00		<=30.0	<10.00	

Thu - 09/14/2023																
Elementary Lunch	Total	1														
CHILI BEEF	1 cup	1	253	37	602	8.11	4.51	82.2	1368	8.67	*2	20.84	27.29	7.53	2.71	*0.45
BAKED TOSTITO SCOOPS	1 EACH	1	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	1	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	1	36	0	61	2.46	0.26	29.0	14682	5.19	4	0.82	8.42	0.21	0.03	0.00
FRUIT CHOICE	1 EACH	1	108	0	6	3.90	0.50	21.4	1174	27.41	*10	1.19	27.69	0.21	0.03	*0.00
Daily Veggie Cup	1/2 cup	1	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	1	7	1	45	0.00	0.00	19.6	7	0.14	*N/A*	0.46	0.74	0.06	0.06	*0.06
MILK CHOICE	1 cup	1	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			768	48	1139	22.03	7.88	482.2	23124	188.14	*41 *21.3%	37.12 19.3%	129.11 67.3%	14.80 17.3%	4.67 5.5%	*0.51 *0.6%
Nutrient Guideline			664				3.50	286.00	1120	15.00		10.00		<=30.0	<10.00	

Fri - 09/15/2023																
Elementary Lunch	Total	1														
Pizza,Whole Grain Cheese 4x6	4.48 oz	1	300	15	550	4.00	2.70	250.0	400	0.0	9	15.0	33.0	11.0	4.00	0.00
Salad, Spinach &Veggie Blend	1 cup	1	6	0	12	0.61	3.36	14.6	1516	8.73	*0	0.49	1.09	0.0	0.00	0.00
Daily Veggie Cup	1/2 cup	1	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	1	108	0	6	3.90	0.50	21.4	1174	27.41	*10	1.19	27.69	0.21	0.03	*0.00
RANCH DRESSING	1 TBSP	1	7	1	45	0.00	0.00	19.6	7	0.14	*N/A*	0.46	0.74	0.06	0.06	*0.06
MILK CHOICE	1 cup	1	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			594	26	794	12.49	7.96	615.6	8990	179.22	*42 *28.3%	26.57 17.9%	92.84 62.5%	13.87 21.0%	5.42 8.2%	*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

Aug 30, 2023 thru Sep 30, 2023

Base Menu Spreadsheet

Elementary Lunch

Weighted Values - Detailed

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	Portion Size	Reimb Qty	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 <sup>1</sup> (g)
Mon - 09/18/2023																
Elementary Lunch	Total	1														
Cheese Burger	1 Each	1	363	69	623	2.00	*2.95	*39.7	*0	*0.0	*1	22.15	26.05	17.66	7.52	0.76
Baked Beans (New)	4 oz	1	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	1	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	1	108	0	6	3.90	0.50	21.4	1174	27.41	*10	1.19	27.69	0.21	0.03	*0.00
RANCH DRESSING	1 TBSP	1	7	1	45	0.00	0.00	19.6	7	0.14	*N/A*	0.46	0.74	0.06	0.06	*0.06
MILK CHOICE	1 cup	1	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	79	1047	14.34	*6.15	*427.5	*7192	*171.37	*33	38.44	112.03	20.92	9.02	*0.81
% of Calories											*17.3%	19.9%	58.1%	24.4%	10.5%	*1.0%
Nutrient Guideline			664				3.50	286.00	1120	15.00		10.00		<=30.0	<10.00	

Tue - 09/19/2023																
Elementary Lunch	Total	1														
Chicken Nuggets	3.5 oz	1	210	20	320	2.00	1.80	20.0	100	0.0	1	13.0	13.0	12.0	2.00	0.00
Bread, Dinner Roll WG	1 each	1	71	0	119	1.58	0.85	0.0	0	3.8	2	2.37	12.66	1.19	0.00	0.00
SCALLOPED POTATOES	1/2 CUP	1	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	1	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	1	108	0	6	3.90	0.50	21.4	1174	27.41	*10	1.19	27.69	0.21	0.03	*0.00
RANCH DRESSING	1 TBSP	1	7	1	45	0.00	0.00	19.6	7	0.14	*N/A*	0.46	0.74	0.06	0.06	*0.06
MILK CHOICE	1 cup	1	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			800	36	1184	13.19	5.10	781.8	7301	193.77	*53	40.15	121.75	19.16	4.16	*0.06
% of Calories											*26.4%	20.1%	60.9%	21.5%	4.7%	*0.1%
Nutrient Guideline			664				3.50	286.00	1120	15.00		10.00		<=30.0	<10.00	

Wed - 09/20/2023																
Elementary Lunch	Total	1														
PANCAKES	2 EACH	1	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	1	91	187	171	0.00	0.89	95.0	271	0.3	3	8.19	3.2	4.79	1.59	*0.02
BROCCOLI,raw: fresh	1/2 CUP	1	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	1	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	1	108	0	6	3.90	0.50	21.4	1174	27.41	*10	1.19	27.69	0.21	0.03	*0.00
RANCH DRESSING	2 TBSP	1	13	1	91	0.00	0.00	39.2	13	0.28	*N/A*	0.93	1.48	0.12	0.12	*0.12
MILK CHOICE	1 cup	1	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

Aug 30, 2023 thru Sep 30, 2023

## Base Menu Spreadsheet

Elementary Lunch

### Weighted Values - Detailed

	Portion Size	Reimb Qty	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 <sup>1</sup> (g)
Weighted Daily Average % of Calories			655	258	646	10.06	5.28	641.1	7712	210.34	*41 *24.9%	27.73 16.9%	98.57 60.2%	18.49 25.4%	4.97 6.8%	*0.14 *0.2%
Nutrient Guideline			664				3.50	286.00	1120	15.00		10.00		<=30.0	<10.00	

Thu - 09/21/2023																
Elementary Lunch	Total	1														
Beef Taco	1 each	1	149	30	342	1.42	0.49	178.2	444	0.39	*1	9.79	10.84	7.58	3.07	*0.07
Spanish Rice	4 oz	1	142	0	293	1.35	0.64	29.0	149	4.18	*N/A*	3.41	27.46	1.28	0.18	*0.00
Churro	1 Each	1	110	0	75	2.00	0.72	40.0	0	0.0	8	2.0	21.0	2.5	0.00	0.00
Daily Veggie Cup	1/2 cup	1	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	1	108	0	6	3.90	0.50	21.4	1174	27.41	*10	1.19	27.69	0.21	0.03	*0.00
RANCH DRESSING	1 TBSP	1	7	1	45	0.00	0.00	19.6	7	0.14	*N/A*	0.46	0.74	0.06	0.06	*0.06
Salsa	1 oz	1	8	0	98	0.32	0.51	2.7	125	0.91	*N/A*	0.34	1.59	0.05	0.01	*N/A*
MILK CHOICE	1 cup	1	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			698	40	1041	12.97	4.26	600.9	7792	175.97	*42 *24.1%	26.63 15.3%	119.63 68.6%	14.28 18.4%	4.68 6.0%	*0.13 *0.2%
Nutrient Guideline			664				3.50	286.00	1120	15.00		10.00		<=30.0	<10.00	

Fri - 09/22/2023																
Elementary Lunch	Total	1														
Chicken Noodle Soup (New)	1 CUP	1	127	13	117	1.19	1.30	24.2	2336	1.82	*1	12.19	12.93	2.66	0.69	*0.00
Uncrustable PB&J 2.8 OZ	2.8	1	320	*N/A*	350	3.00	1.44	20.0	0	0.0	*N/A*	9.0	33.0	16.0	3.00	*N/A*
CARROT STICKS	1/2 CUP	1	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	1	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	1	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	1	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	1	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			771	*24	760	14.53	4.91	424.2	24092	177.49	*38 *19.8%	33.10 17.2%	113.09 58.7%	21.74 25.4%	5.14 6.0%	*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

Aug 30, 2023 thru Sep 30, 2023

Base Menu Spreadsheet

Elementary Lunch

Weighted Values - Detailed

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	Portion Size	Reimb Qty	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 <sup>1</sup> (g)
Mon - 09/25/2023																
Elementary Lunch	Total	1														
Sloppy Joe (Manwich)	1 Each	1	303	59	635	4.93	3.70	20.0	0	0.0	*8	21.98	34.74	10.12	4.31	0.00
TATER TOTS	1/2 cup	1	187	*N/A*	366	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	1.83	22.86	10.06	*N/A*	*N/A*
Daily Veggie Cup	1/2 cup	1	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	1	108	0	6	3.90	0.50	21.4	1174	27.41	*10	1.19	27.69	0.21	0.03	*0.00
RANCH DRESSING	1 TBSP	1	7	1	45	0.00	0.00	19.6	7	0.14	*N/A*	0.46	0.74	0.06	0.06	*0.06
MILK CHOICE	1 cup	1	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			779	*70	1234	*12.82	*5.60	*371.0	*7074	*170.49	*41	34.89	116.34	23.05	*5.74	*0.06
% of Calories											*20.8%	17.9%	59.8%	26.6%	*6.6%	*0.1%
Nutrient Guideline			664				3.50	286.00	1120	15.00		10.00		<=30.0	<10.00	

Tue - 09/26/2023																
Elementary Lunch	Total	1														
Mac & Cheese	6 oz	1	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	1	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	1	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	1	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	1	108	0	6	3.90	0.50	21.4	1174	27.41	*10	1.19	27.69	0.21	0.03	*0.00
RANCH DRESSING	1 TBSP	1	7	1	45	0.00	0.00	19.6	7	0.14	*N/A*	0.46	0.74	0.06	0.06	*0.06
MILK CHOICE	1 cup	1	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			844	70	2132	12.31	4.78	1045.3	8197	216.94	*35	41.92	123.66	22.93	12.36	*0.06
% of Calories											*16.6%	19.9%	58.6%	24.5%	13.2%	*0.1%
Nutrient Guideline			664				3.50	286.00	1120	15.00		10.00		<=30.0	<10.00	

Wed - 09/27/2023																
Elementary Lunch	Total	1														
Turkey Burger with Cheese	2.70 oz	1	364	76	789	2.00	*2.44	*40.0	*0	*0.0	*1	27.06	27.04	16.11	6.96	0.00
Baked Beans (New)	4 oz	1	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	1	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	1	108	0	6	3.90	0.50	21.4	1174	27.41	*10	1.19	27.69	0.21	0.03	*0.00
RANCH DRESSING	1 TBSP	1	7	1	45	0.00	0.00	19.6	7	0.14	*N/A*	0.46	0.74	0.06	0.06	*0.06
MILK CHOICE	1 cup	1	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

Aug 30, 2023 thru Sep 30, 2023

Base Menu Spreadsheet

Elementary Lunch

Weighted Values - Detailed

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	Portion Size	Reimb Qty	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 <sup>1</sup> (g)
Weighted Daily Average % of Calories			772	87	1214	14.34	*5.64	*427.9	*7192	*171.37	*34 *17.5%	43.36 22.5%	113.02 58.5%	19.38 22.6%	8.46 9.9%	*0.06 *0.1%
Nutrient Guideline			664				3.50	286.00	1120	15.00		10.00		<=30.0	<10.00	

Thu - 09/28/2023																
Elementary Lunch	Total	1														
Chicken, Teriyaki	2.4 oz	1	110	67	317	0.00	0.69	0.0	0	0.0	6	14.4	5.76	3.36	0.96	0.00
Brown Rice	4 oz	1	88	0	265	0.78	0.35	7.3	28	0.08	*0	1.78	17.18	1.26	0.25	*0.11
CARROTS: canned, cooked	1/2 CUP	1	18	0	177	1.09	0.47	18.2	8154	1.97	2	0.47	4.04	0.14	0.03	0.00
Daily Veggie Cup	1/2 cup	1	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	1	108	0	6	3.90	0.50	21.4	1174	27.41	*10	1.19	27.69	0.21	0.03	*0.00
RANCH DRESSING	1 TBSP	1	7	1	45	0.00	0.00	19.6	7	0.14	*N/A*	0.46	0.74	0.06	0.06	*0.06
MILK CHOICE	1 cup	1	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			504	78	991	9.77	3.40	376.6	15256	172.54	*40 *32.0%	27.73 22.0%	85.73 68.0%	7.62 13.6%	2.66 4.7%	*0.17 *0.3%
Nutrient Guideline			664				3.50	286.00	1120	15.00		10.00		<=30.0	<10.00	

Fri - 09/29/2023																
Elementary Lunch	Total	1														
Mexican Pizza	5.22 oz	1	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 & Veggie Blend	1 cup	1	6	0	12	0.61	3.36	14.6	1516	8.73	*0	0.49	1.09	0.0	0.00	0.00
Daily Veggie Cup	1/2 cup	1	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	1	108	0	6	3.90	0.50	21.4	1174	27.41	*10	1.19	27.69	0.21	0.03	*0.00
RANCH DRESSING	1 TBSP	1	7	1	45	0.00	0.00	19.6	7	0.14	*N/A*	0.46	0.74	0.06	0.06	*0.06
MILK CHOICE	1 cup	1	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			704	36	1354	11.49	7.96	615.6	9340	179.22	*33 *18.8%	28.57 16.2%	97.84 55.6%	23.87 30.5%	2.43 3.1%	*1.56 *2.0%
Nutrient Guideline			664				3.50	286.00	1120	15.00		10.00		<=30.0	<10.00	

Weighted Average			707	*63	1130	*13.00	*6.96	*673.4	*9966	*181.54	*38 *48.0%	32.89 18.6%	110.58 62.6%	17.08 21.8%	*5.18 *6.6%	*0.32 *0.4%
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# GREAT FALLS PUBLIC SCHOOLS

Aug 30, 2023 thru Sep 30, 2023

Base Menu Spreadsheet

Elementary Lunch

Weighted Values - Detailed

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Nutrient	Menu AVG	Portion Size	Reimb Qty	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 <sup>1</sup> (g)
		% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)									
Calories	707		664	106%													
Cholesterol (mg)	63				Missing												
Sodium 1 (mg)	1130								1130								
Sodium 2 (mg)	1130								1130								
Fiber (g)	13.00				Missing												
Iron (mg)	6.96		3.50	199%	Missing												
Calcium (mg)	673.4		286.00	235%	Missing												
Vitamin A (IU)	9966		1120	890%	Missing												
Sugars (g)	38	21.32%			Missing												
Vitamin C (mg)	181.54		15.00	1210%	Missing												
Protein (g)	32.89	18.62%	10.00	329%													
Carbohydrate (g)	110.58	62.59%															
Total Fat (g)	17.08	21.75%	<=30.00%														
Saturated Fat (g)	5.18	6.59%	<10.00%		Missing												
Trans Fat <sup>1</sup> (g)	0.32	0.40%			Missing												

\*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

<sup>1</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

**NOTICE:** The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.