

GREAT FALLS PUBLIC SCHOOLS

Nov 1, 2022 thru Nov 30, 2022

Base Menu Spreadsheet

Elementary Lunch

Weighted Values - Detailed

Page 1

Generated on: 10/17/2022 10:54:22 AM

	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 ¹ (g)
Tue - 11/01/2022																
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	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*
Weighted Daily Average			850	71	2177	12.31	4.78	1064.9	8204	217.08	*35	42.38	124.39	22.98	12.42	*0.12
% of Calories											*16.5%	19.9%	58.5%	24.3%	13.1%	*0.1%
Nutrient Guideline			664				3.50	286.00	1120	15.00		10.00		<=30.0	<10.00	

Wed - 11/02/2022																
Elementary Lunch	Total	1														
Turkey Burger	2.70 oz	1	253	51	516	2.00	2.44	40.0	0	0.0	*N/A*	22.0	25.01	7.0	1.90	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
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			661	62	940	14.34	5.64	427.9	7192	171.37	*33	38.30	110.99	10.27	3.40	*0.06
% of Calories											*19.8%	23.2%	67.2%	14.0%	4.6%	*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

* - 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.

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.

GREAT FALLS PUBLIC SCHOOLS

Nov 1, 2022 thru Nov 30, 2022

Base Menu Spreadsheet

Elementary Lunch

Weighted Values - Detailed

Page 2

Generated on: 10/17/2022 10:54:22 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 ¹ (g)
Thu - 11/03/2022																
Elementary Lunch	Total	1														
Chicken, Teriyaki	2.85 oz	1	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	1	88	0	265	0.78	0.35	7.3	28	0.08	*0	1.78	17.18	1.26	0.25	*0.11
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
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
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			584	64	975	11.33	3.59	407.3	21884	175.75	*51	29.08	104.15	7.03	2.70	*0.17
% of Calories											*34.9%	19.9%	71.4%	10.8%	4.2%	*0.3%
Nutrient Guideline			664				3.50	286.00	1120	15.00		10.00		<=30.0	<10.00	

Fri - 11/04/2022																
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	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*
Weighted Daily Average			711	36	1400	11.49	7.96	635.1	9347	179.36	*33	29.03	98.57	23.92	2.48	*1.62
% of Calories											*18.6%	16.3%	55.5%	30.3%	3.1%	*2.0%
Nutrient Guideline			664				3.50	286.00	1120	15.00		10.00		<=30.0	<10.00	

Mon - 11/07/2022																
Elementary Lunch	Total	1														
Meat Balls Sub, Beef tyson	1 Each	1	290	35	620	2.00	4.14	80.0	0	0.0	*N/A*	22.0	26.01	10.0	3.00	0.00
Potato, French Fries	1/2 cup	1	90	0	62	0.91	0.22	5.4	0	2.94	*N/A*	1.15	11.27	4.72	1.43	*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
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*

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.

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.

GREAT FALLS PUBLIC SCHOOLS

Nov 1, 2022 thru Nov 30, 2022

Base Menu Spreadsheet

Elementary Lunch

Weighted Values - Detailed

	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 ¹ (g)
Weighted Daily Average % of Calories			668	46	915	10.80	6.26	436.4	7074	173.42	*33 *19.6%	34.24 20.5%	96.03 57.5%	17.59 23.7%	5.85 7.9%	*0.06 *0.1%
Nutrient Guideline			664				3.50	286.00	1120	15.00		10.00		<=30.0	<10.00	

Tue - 11/08/2022																
Elementary Lunch	Total	1														
CHICKEN CHILI	1 cup	1	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	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
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	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
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			895	92	1653	24.13	7.71	521.7	22806	189.57	*43 *19.3%	55.11 24.6%	138.13 61.7%	15.99 16.1%	4.28 4.3%	*0.12 *0.1%
Nutrient Guideline			664				3.50	286.00	1120	15.00		10.00		<=30.0	<10.00	

Wed - 11/09/2022																
Elementary Lunch	Total	1														
Corn Dog, Chicken	4 oz	1	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	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
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			651	51	819	17.40	5.02	468.9	7192	171.37	*38 *23.3%	25.41 15.6%	116.36 71.5%	11.37 15.7%	4.03 5.6%	*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
 * - 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.

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.

GREAT FALLS PUBLIC SCHOOLS

Nov 1, 2022 thru Nov 30, 2022

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 ¹ (g)
Thu - 11/10/2022																
Elementary Lunch	Total	1														
Chicken Tenders, WG	3 each	1	202	56	688	1.01	1.82	20.2	101	0.0	*N/A*	14.16	12.14	10.12	2.02	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
Corn, Frozen	1/2 CUP	1	67	0	1	1.98	0.39	2.5	164	2.89	3	2.1	15.92	0.55	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
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			628	66	1040	12.46	4.96	373.7	7339	177.17	*37	29.73	99.47	14.72	3.53	*0.06
% of Calories											*23.5%	18.9%	63.3%	21.1%	5.1%	*0.1%
Nutrient Guideline			664				3.50	286.00	1120	15.00		10.00		<=30.0	<10.00	

Fri - 11/11/2022																
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
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
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			647	48	1237	15.29	9.13	444.0	9766	196.56	*39	30.24	117.30	8.93	3.00	*0.12
% of Calories											*23.9%	18.7%	72.5%	12.4%	4.2%	*0.2%
Nutrient Guideline			664				3.50	286.00	1120	15.00		10.00		<=30.0	<10.00	

Mon - 11/14/2022																
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
Potato, Criss Cut Fries	1/2 cup	1	194	0	387	2.00	0.87	17.0	38	5.71	1	2.0	23.5	10.0	2.50	0.25
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	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
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*

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.

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.

GREAT FALLS PUBLIC SCHOOLS

Nov 1, 2022 thru Nov 30, 2022

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 ¹ (g)
Weighted Daily Average % of Calories			852	80	1288	11.89	*5.72	*427.3	*7119	*176.34	*34 *15.9%	35.69 16.8%	109.03 51.2%	30.58 32.3%	11.50 12.2%	*1.12 *1.2%
Nutrient Guideline			664				3.50	286.00	1120	15.00		10.00		<=30.0	<10.00	

Tue - 11/15/2022																
Elementary Lunch	Total	1														
Chicken Taco	1 each	1	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	1	23	1	69	1.08	0.24	5.4	0	0.16	*N/A*	1.08	3.23	0.6	0.20	0.00
Lettuce & Tom	1 lf,2 slc	1	5	0	2	0.36	0.09	3.4	230	3.51	1	0.26	1.11	0.06	0.01	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
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*
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			559	73	972	11.31	4.37	572.4	7949	189.34	*35 *24.9%	30.97 22.2%	82.71 59.2%	13.82 22.3%	6.16 9.9%	*0.06 *0.1%
Nutrient Guideline			664				3.50	286.00	1120	15.00		10.00		<=30.0	<10.00	

Wed - 11/16/2022																
Elementary Lunch	Total	1														
Dutch Waffle	1 Each	1	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	1	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	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	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
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			811	77	985	13.35	3.96	679.6	23763	175.81	*49 *24.2%	28.37 14.0%	110.90 54.7%	30.14 33.5%	9.51 10.6%	*0.12 *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
 * - 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.

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.

GREAT FALLS PUBLIC SCHOOLS

Nov 1, 2022 thru Nov 30, 2022

Base Menu Spreadsheet

Elementary Lunch

Weighted Values - Detailed

Page 6

Generated on: 10/17/2022 10:54:22 AM

	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 ¹ (g)
Thu - 11/17/2022																
Elementary Lunch	Total	1														
Chicken, Cherry Blossom	3.9 oz	1	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	1	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 CUP	1	30	0	29	2.29	0.64	41.4	548	78.5	1	2.48	5.84	0.33	0.10	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
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
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			625	55	834	13.16	4.15	380.1	7644	251.32	*34 *21.9%	28.28 18.1%	113.83 72.8%	8.59 12.4%	2.71 3.9%	*0.11 *0.2%
Nutrient Guideline			664				3.50	286.00	1120	15.00		10.00		<=30.0	<10.00	

Fri - 11/18/2022																
Elementary Lunch	Total	1														
Pizza, Deep Dish Pepperoni	1 Each	1	360	35	570	3.00	1.80	400.0	500	9.0	4	20.0	34.0	16.0	7.00	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
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
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			661	46	860	11.49	7.06	785.1	9097	188.36	*37 *22.4%	32.03 19.4%	94.57 57.3%	18.92 25.8%	8.48 11.6%	*0.12 *0.2%
Nutrient Guideline			664				3.50	286.00	1120	15.00		10.00		<=30.0	<10.00	

Mon - 11/21/2022																
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
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*

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.

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.

GREAT FALLS PUBLIC SCHOOLS

Nov 1, 2022 thru Nov 30, 2022

Base Menu Spreadsheet

Elementary Lunch

Weighted Values - Detailed

Page 7

Generated on: 10/17/2022 10:54:22 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 ¹ (g)
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	

Tue - 11/22/2022																
Elementary Lunch	Total	1														
Turkey and Gravy	4 OZ	1	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	1/2 cup	1	63	3	531	0.47	0.33	15.1	53	3.03	*0	1.55	10.07	1.71	0.39	*0.14
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
Bread, Dinner Roll WG	2 each	1	142	0	237	3.17	1.71	0.0	0	7.6	3	4.75	25.32	2.37	0.00	0.00
CRANBERRY SAUCE: canned,s wtnd	.25 CUP	1	110	0	3	0.76	0.28	2.1	23	0.69	22	0.62	27.98	0.1	0.00	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			719	43	1590	12.28	4.59	369.5	7150	181.81	*58 *32.5%	28.01 15.6%	129.20 71.9%	10.93 13.7%	2.90 3.6%	*0.20 *0.3%
Nutrient Guideline			664				3.50	286.00	1120	15.00		10.00		<=30.0	<10.00	

Wed - 11/23/2022																
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	

Thu - 11/24/2022																
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	

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.

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.

GREAT FALLS PUBLIC SCHOOLS

Nov 1, 2022 thru Nov 30, 2022

Base Menu Spreadsheet

Elementary Lunch

Weighted Values - Detailed

	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 ¹ (g)
Fri - 11/25/2022																
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			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	

Mon - 11/28/2022																
Elementary Lunch	Total	1														
Meat Balls Sub, Beef tyson	1 Each	1	290	35	620	2.00	4.14	80.0	0	0.0	*N/A*	22.0	26.01	10.0	3.00	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
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			715	46	897	12.01	7.82	444.6	7074	190.48	*33	37.27	115.53	13.15	4.49	*0.06
% of Calories											*18.3%	20.9%	64.6%	16.5%	5.7%	*0.1%
Nutrient Guideline			664				3.50	286.00	1120	15.00		10.00		<=30.0	<10.00	

Tue - 11/29/2022																
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	1/2 cup	1	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	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
Ranch Dressing	1 oz	1	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	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			580	55	1255	11.58	4.33	387.2	7664	177.70	*33	26.53	101.64	9.60	2.77	*0.00
% of Calories											*22.7%	18.3%	70.1%	14.9%	4.3%	*0.0%
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

¹ - 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.

GREAT FALLS PUBLIC SCHOOLS

Nov 1, 2022 thru Nov 30, 2022

Base Menu Spreadsheet

Elementary Lunch

Weighted Values - Detailed

Page 9

Generated on: 10/17/2022 10:54:22 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 ¹ (g)
Wed - 11/30/2022																
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
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			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	

Weighted Average			697	58	1140	13.59	*5.75	*512.7	*10144	*185.87	*38	33.12	110.25	15.85	5.17	*0.22
											*49.0%	19.0%	63.2%	20.4%	6.7%	*0.3%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	697		664	105%				
Cholesterol (mg)	58							
Sodium 1 (mg)	1140					1140		
Sodium 2 (mg)	1140					1140		
Fiber (g)	13.59							
Iron (mg)	5.75		3.50	164%	Missing			
Calcium (mg)	512.7		286.00	179%	Missing			
Vitamin A (IU)	10144		1120	906%	Missing			
Sugars (g)	38	21.76%			Missing			
Vitamin C (mg)	185.87		15.00	1239%	Missing			
Protein (g)	33.12	18.99%	10.00	331%				
Carbohydrate (g)	110.25	63.23%						
Total Fat (g)	15.85	20.45%	<=30.00%					
Saturated Fat (g)	5.17	6.67%	<10.00%					
Trans Fat ¹ (g)	0.22	0.29%			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

¹ - 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.