

## Evanston Township High School District 202

Nutrient Breakdown Summary Report  
From Week 1 - Monday to Week 1 - Friday  
11 - HHFKA Lunch K-5 (age 5-10)

| Nutrient      | Average   | % of Cals | Weekly Target | % of Target <sup>1</sup> | Shortfall <sup>1</sup> | Overage <sup>1</sup> | Missing Data |
|---------------|-----------|-----------|---------------|--------------------------|------------------------|----------------------|--------------|
| Calories      | *622      |           | 550-650       | 100%                     |                        |                      | *            |
| Saturated Fat | *6.18 g   | *8.94%    | <10.000%      |                          |                        |                      | *            |
| Sodium        | *1052 mg  |           | 1110          | 95%                      |                        |                      | *            |
| Total Sugars  | *30 g     | *19.3%    |               |                          |                        |                      | *            |
| Added Sugars  | *4 g      | *2.6%     |               |                          |                        |                      | *            |
| Total Fat     | *19.19 g  | *27.8%    |               |                          |                        |                      | *            |
| Trans Fat     | *0.00 g   | *0.0%     |               |                          |                        |                      | *            |
| Cholesterol   | *41 mg    |           |               |                          |                        |                      | *            |
| Carbohydrate  | *88.15 g  | *56.7%    |               |                          |                        |                      | *            |
| Fiber         | *8.35 g   |           |               |                          |                        |                      | *            |
| Protein       | *25.73 g  | *16.5%    |               |                          |                        |                      | *            |
| Vitamin A     | *1600 IU  |           |               |                          |                        |                      | *            |
| Calcium       | *268.1 mg |           |               |                          |                        |                      | *            |
| Vitamin C     | *27.87 mg |           |               |                          |                        |                      | *            |
| Iron          | *7.07 mg  |           |               |                          |                        |                      | *            |

<sup>1</sup>- Data comparisons are not available for date ranges outside of a valid menu week.

**\*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

**NOTICE:** The data contained within this report and the MOSAIC® 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.