

Evanston Township High School District 202

Nutrient Breakdown Summary Report

From Aug 28, 2023 to Sep 1, 2023

12 - HHFKA Lunch K-5 (age 5-10)

Nutrient	Average	% of Cals	Weekly Target	% of Target ¹	Shortfall ¹	Overage ¹	Missing Data
Calories	*636		550-650	100%			*
Saturated Fat	*4.96 g	*7.02%	<10.000%				*
Sodium	*1067 mg		1110	96%			*
Total Sugars	*34 g	*21.4%					*
Added Sugars	*5 g	*3.1%					*
Total Fat	*20.01 g	*28.3%					*
Trans Fat	*0.02 g	*0.0%					*
Cholesterol	*40 mg						*
Carbohydrate	*89.70 g	*56.4%					*
Fiber	*7.73 g						*
Protein	*24.22 g	*15.2%					*
Vitamin A	*2106 IU						*
Calcium	*231.5 mg						*
Vitamin C	*28.07 mg						*
Iron	*5.92 mg						*

¹- 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.