

## Evanston Township High School District 202

Nutrient Breakdown Summary Report  
 From Week 3 - Monday to Week 3 - 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	*592		550-650	100%			*
Saturated Fat	*5.40 g	*8.21%	<10.000%				*
Sodium	*1078 mg		1110	97%			*
Total Sugars	*32 g	*21.6%					*
Added Sugars	*4 g	*2.7%					*
Total Fat	*19.32 g	*29.4%					*
Trans Fat	*0.00 g	*0.0%					*
Cholesterol	*32 mg						*
Carbohydrate	*83.01 g	*56.1%					*
Fiber	*7.78 g						*
Protein	*22.67 g	*15.3%					*
Vitamin A	*1921 IU						*
Calcium	*246.7 mg						*
Vitamin C	*23.21 mg						*
Iron	*3.91 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.