

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 ¹	Shortfall ¹	Overage ¹	Missing Data
Calories	*648		550-650	100%			*
Saturated Fat	*6.52 g	*9.06%	<10.000%				*
Sodium	*983 mg		1110	89%			*
Total Sugars	*37 g	*22.8%					*
Added Sugars	*3 g	*1.9%					*
Total Fat	*20.99 g	*29.2%					*
Trans Fat	*0.03 g	*0.0%					*
Cholesterol	*41 mg						*
Carbohydrate	*90.81 g	*56.1%					*
Fiber	*8.56 g						*
Protein	*25.42 g	*15.7%					*
Vitamin A	*2251 IU						*
Calcium	*244.2 mg						*
Vitamin C	*30.53 mg						*
Iron	*5.82 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.