

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 ¹	Shortfall ¹	Overage ¹	Missing Data
Calories	*586		550-650	100%			*
Saturated Fat	*5.25 g	*8.06%	<10.000%				*
Sodium	*1012 mg		1110	91%			*
Total Sugars	*36 g	*24.6%					*
Added Sugars	*4 g	*2.7%					*
Total Fat	*18.61 g	*28.6%					*
Trans Fat	*0.00 g	*0.0%					*
Cholesterol	*37 mg						*
Carbohydrate	*83.30 g	*56.9%					*
Fiber	*7.61 g						*
Protein	*23.06 g	*15.7%					*
Vitamin A	*2669 IU						*
Calcium	*247.6 mg						*
Vitamin C	*28.88 mg						*
Iron	*4.46 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.