

Evanston Township High School District 202

Nutrient Breakdown Summary Report
 From Week 2 - Monday to Week 2 - 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	*652		550-650	100%		2.00	*
Saturated Fat	*5.79 g	*7.99%	<10.000%				*
Sodium	*1029 mg		1110	93%			*
Total Sugars	*34 g	*20.9%					*
Added Sugars	*2 g	*1.2%					*
Total Fat	*20.97 g	*28.9%					*
Trans Fat	*0.05 g	*0.1%					*
Cholesterol	*43 mg						*
Carbohydrate	*89.65 g	*55.0%					*
Fiber	*8.31 g						*
Protein	*27.86 g	*17.1%					*
Vitamin A	*1493 IU						*
Calcium	*203.0 mg						*
Vitamin C	*32.78 mg						*
Iron	*5.39 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.