

Evanston Township High School

Recipe No. 000178 E, Turkey, Bacon and Swiss San: ETHS 202
 Number of Portions: 1
 Size of Portion: ea

*Nutrients are based upon 1 Portion Size (ea)

Calories	393	kcal	Cholesterol	*34.26*	mg	Protein	26.47	g	Calcium	*240.00*	mg	31.37%	Calories from Total Fat
Total Fat	13.70	g	Sodium	989.94	mg	Vitamin A	*60.00*	RE	Iron	*2.16*	mg	13.13%	Calories from Sat Fat
Saturated Fat	5.73	g	Carbohydrate	*39.50*	g	Vitamin A	*300.00*	IU	Water ¹	*N/A*	g	*0.00%*	Calories from Trans Fat
Trans Fat ¹	*0.00*	g	Dietary Fiber	*1.00*	g	Vitamin C	*0.00*	mg	Ash ¹	*N/A*	g	*40.18%*	Calories from Carbohydrates
												26.93%	Calories from Protein

**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*

¹ - denotes optional nutrient values

NOTICE: The data contained within this report and the NUTRIKIDS® 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.