

Evanston Township High School

Recipe No. 000005 E, Bosco Sticks: ETHS 202
 Number of Portions: 1
 Size of Portion: 2 each

*Nutrients are based upon 1 Portion Size (2 each)

Calories	216	kcal	Cholesterol	15.00	mg	Protein	12.00	g	Calcium	210.00	mg	29.17%	Calories from Total Fat
Total Fat	7.00	g	Sodium	355.00	mg	Vitamin A	30.00	RE	Iron	1.98	mg	15.42%	Calories from Sat Fat
Saturated Fat	3.70	g	Carbohydrate	26.00	g	Vitamin A	150.00	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	*N/A*	mg	Ash ¹	*N/A*	g	48.15%	Calories from Carbohydrates
												22.22%	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.