

Evanston Township High School

Recipe No. 000170 E, Breaded Mozzarella Sticks : ETHS 202

Number of Portions: 1

Size of Portion: 6 ea

*Nutrients are based upon 1 Portion Size (6 ea)

Calories	460	kcal	Cholesterol	30.00	mg	Protein	28.00	g	Calcium	500.00	mg	50.87%	Calories from Total Fat
Total Fat	26.00	g	Sodium	860.00	mg	Vitamin A	80.00	RE	Iron	1.44	mg	19.57%	Calories from Sat Fat
Saturated Fat	10.00	g	Carbohydrate	28.00	g	Vitamin A	400.00	IU	Water ¹	*N/A*	g	*N/A*	Calories from Trans Fat
Trans Fat ¹	*N/A*	g	Dietary Fiber	1.60	g	Vitamin C	*N/A*	mg	Ash ¹	*N/A*	g	24.35%	Calories from Carbohydrates
												24.35%	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.