

# Evanston Township High School

Recipe No. 000106 E, CHICKEN CAESAR SALAD: ETHS 202

Number of Portions: 1

Size of Portion: EACH

\*Nutrients are based upon 1 Portion Size (EACH)

Calories	533	kcal	Cholesterol	*77.40*	mg	Protein	33.04	g	Calcium	*454.08*	mg	*48.35%*	Calories from Total Fat
Total Fat	*28.63*	g	Sodium	1745.05	mg	Vitamin A	*75.22*	RE	Iron	*2.37*	mg	*15.00%*	Calories from Sat Fat
Saturated Fat	*8.88*	g	Carbohydrate	34.49	g	Vitamin A	*6023.86*	IU	Water <sup>1</sup>	*20.74*	g	*N/A*%	Calories from Trans Fat
Trans Fat <sup>1</sup>	*N/A*	g	Dietary Fiber	*3.83*	g	Vitamin C	*25.55*	mg	Ash <sup>1</sup>	*2.94*	g	25.89%	Calories from Carbohydrates
												24.80%	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

<sup>1</sup> - 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.**

# Evanston Township High School

Recipe No. 000144 E, SALAD, SIDE: ETHS 202  
 Number of Portions: 1  
 Size of Portion: EACH

\*Nutrients are based upon 1 Portion Size (EACH)

Calories	24	kcal	Cholesterol	*0.00*	mg	Protein	1.23	g	Calcium	22.97	mg	*4.94%*	Calories from Total Fat
Total Fat	*0.13*	g	Sodium	6.17	mg	Vitamin A	48.74	RE	Iron	0.70	mg	*0.59%*	Calories from Sat Fat
Saturated Fat	*0.02*	g	Carbohydrate	4.58	g	Vitamin A	3732.35	IU	Water <sup>1</sup>	*40.50*	g	*N/A*%	Calories from Trans Fat
Trans Fat <sup>1</sup>	*N/A*	g	Dietary Fiber	1.45	g	Vitamin C	21.14	mg	Ash <sup>1</sup>	*0.16*	g	76.20%	Calories from Carbohydrates
												20.42%	Calories from Protein

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# Evanston Township High School

Recipe No. 000107 E, SOUTHWESTERN CHICKEN SALAD: ETHS 202

Number of Portions: 1

Size of Portion: EACH

\*Nutrients are based upon 1 Portion Size (EACH)

Calories	516	kcal	Cholesterol	*70.00*	mg	Protein	*26.79*	g	Calcium	*253.16*	mg	*44.47%*	Calories from Total Fat
Total Fat	*25.50*	g	Sodium	1320.53	mg	Vitamin A	*181.31*	RE	Iron	*1.75*	mg	*14.62%*	Calories from Sat Fat
Saturated Fat	*8.38*	g	Carbohydrate	33.47	g	Vitamin A	*6771.75*	IU	Water <sup>1</sup>	*60.22*	g	*0.00%*	Calories from Trans Fat
Trans Fat <sup>1</sup>	*0.00*	g	Dietary Fiber	*3.87*	g	Vitamin C	*35.11*	mg	Ash <sup>1</sup>	*0.55*	g	25.94%	Calories from Carbohydrates
												*20.77%*	Calories from Protein

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**\*** - denotes combined nutrient totals with either missing or incomplete nutrient data

**<sup>1</sup>** - denotes optional nutrient values

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