

# Evanston Township High School

Recipe No. 900004 E, FRY, JR BUFFALO, SIMPLOT: ETHS 202

Number of Portions: 1

Size of Portion: SERVING

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

Calories	200	kcal	Cholesterol	*N/A*	mg	Protein	4.00	g	Calcium	0.00	mg	42.00%	Calories from Total Fat
Total Fat	9.33	g	Sodium	520.00	mg	Vitamin A	0.00	RE	Iron	1.47	mg	12.00%	Calories from Sat Fat
Saturated Fat	2.67	g	Carbohydrate	28.00	g	Vitamin A	0.00	IU	Water <sup>1</sup>	0.00	g	0.00%	Calories from Trans Fat
Trans Fat <sup>1</sup>	0.00	g	Dietary Fiber	4.00	g	Vitamin C	0.00	mg	Ash <sup>1</sup>	0.00	g	56.00%	Calories from Carbohydrates
												8.00%	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.**