

Evanston Township High School

Recipe No. 900017 E, MAC & CHEESE, RF, LOL: ETHS 202
 Number of Portions: 1
 Size of Portion: SERVING

*Nutrients are based upon 1 Portion Size (SERVING)

Calories	151	kcal	Cholesterol	16.20	mg	Protein	8.64	g	Calcium	216.00	mg	34.28%	Calories from Total Fat
Total Fat	5.76	g	Sodium	525.59	mg	Vitamin A	72.00	RE	Iron	0.65	mg	19.28%	Calories from Sat Fat
Saturated Fat	3.24	g	Carbohydrate	17.28	g	Vitamin A	359.99	IU	Water ¹	0.00	g	1.07%	Calories from Trans Fat
Trans Fat ¹	0.18	g	Dietary Fiber	0.36	g	Vitamin C	0.00	mg	Ash ¹	0.00	g	45.72%	Calories from Carbohydrates
												22.86%	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.