

Evanston Township High School

Recipe No. 900015 E, MONTE CRISTO SANDWICH: ETHS 202
 Number of Portions: 1
 Size of Portion: SERVING

*Nutrients are based upon 1 Portion Size (SERVING)

Calories	505	kcal	Cholesterol	327.50	mg	Protein	27.00	g	Calcium	*270.00*	mg	41.88%	Calories from Total Fat
Total Fat	23.50	g	Sodium	1605.00	mg	Vitamin A	*140.00*	RE	Iron	*3.34*	mg	15.59%	Calories from Sat Fat
Saturated Fat	8.75	g	Carbohydrate	46.50	g	Vitamin A	*700.00*	IU	Water ¹	*0.00*	g	*N/A*%	Calories from Trans Fat
Trans Fat ¹	*N/A*	g	Dietary Fiber	*N/A*	g	Vitamin C	*0.00*	mg	Ash ¹	*0.00*	g	36.83%	Calories from Carbohydrates
												21.39%	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.