

# Evanston Township High School

Recipe No. 000011 E, PASTA with Marinara Sauce : ETHS 202  
 Number of Portions: 1  
 Size of Portion: SERVING

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

Calories	377	kcal	Cholesterol	*0.00*	mg	Protein	13.61	g	Calcium	*52.27*	mg	29.50%	Calories from Total Fat
Total Fat	12.36	g	Sodium	612.43	mg	Vitamin A	*74.42*	RE	Iron	3.03	mg	4.92%	Calories from Sat Fat
Saturated Fat	2.06	g	Carbohydrate	55.94	g	Vitamin A	*558.14*	IU	Water <sup>1</sup>	*N/A*	g	*0.00%*	Calories from Trans Fat
Trans Fat <sup>1</sup>	*0.00*	g	Dietary Fiber	6.49	g	Vitamin C	*8.93*	mg	Ash <sup>1</sup>	*N/A*	g	59.33%	Calories from Carbohydrates
												14.44%	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.**

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Recipe No. 000171 E, Meatballs, Pasta w/Sauce :  
 Number of Portions: 1  
 Size of Portion: 1 ea

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

Calories	450	kcal	Cholesterol	*21.00*	mg	Protein	22.79	g	Calcium	83.17	mg	27.73%	Calories from Total Fat
Total Fat	13.86	g	Sodium	782.80	mg	Vitamin A	*79.46*	RE	Iron	4.70	mg	6.06%	Calories from Sat Fat
Saturated Fat	3.03	g	Carbohydrate	62.19	g	Vitamin A	*583.34*	IU	Water <sup>1</sup>	*N/A*	g	*0.84%*	Calories from Trans Fat
Trans Fat <sup>1</sup>	*0.42*	g	Dietary Fiber	8.09	g	Vitamin C	*32.33*	mg	Ash <sup>1</sup>	*N/A*	g	55.29%	Calories from Carbohydrates
												20.26%	Calories from Protein

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Recipe No. 000172 E, Garlic Toast: ETHS 202  
 Number of Portions: 1  
 Size of Portion: ea

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

Calories	100	kcal	Cholesterol	*N/A*	mg	Protein	2.00	g	Calcium	*N/A*	mg	54.00%	Calories from Total Fat
Total Fat	6.00	g	Sodium	175.00	mg	Vitamin A	*N/A*	RE	Iron	0.20	mg	13.50%	Calories from Sat Fat
Saturated Fat	1.50	g	Carbohydrate	9.50	g	Vitamin A	*N/A*	IU	Water <sup>1</sup>	*N/A*	g	0.00%	Calories from Trans Fat
Trans Fat <sup>1</sup>	0.00	g	Dietary Fiber	0.50	g	Vitamin C	*N/A*	mg	Ash <sup>1</sup>	*N/A*	g	38.00%	Calories from Carbohydrates
												8.00%	Calories from Protein

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