

Evanston Township High School

Recipe No. 000029 E, PIZZA, PERSONAL CHEESE: GIL: ETHS 202

Number of Portions: 1

Size of Portion: EACH

*Nutrients are based upon 1 Portion Size (EACH)

Calories	390	kcal	Cholesterol	75.00	mg	Protein	17.00	g	Calcium	330.00	mg	39.23%	Calories from Total Fat
Total Fat	17.00	g	Sodium	980.00	mg	Vitamin A	*N/A*	RE	Iron	4.68	mg	13.85%	Calories from Sat Fat
Saturated Fat	6.00	g	Carbohydrate	41.00	g	Vitamin A	*N/A*	IU	Water ¹	*N/A*	g	*N/A*	Calories from Trans Fat
Trans Fat ¹	*N/A*	g	Dietary Fiber	2.00	g	Vitamin C	4.80	mg	Ash ¹	*N/A*	g	42.05%	Calories from Carbohydrates
												17.44%	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

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.

Evanston Township High School

Recipe No. 000030 E, PIZZA, PERSONAL PEPP: GILAR: ETHS 202

Number of Portions: 1

Size of Portion: EACH

*Nutrients are based upon 1 Portion Size (EACH)

Calories	396	kcal	Cholesterol	78.00	mg	Protein	17.40	g	Calcium	327.00	mg	42.05%	Calories from Total Fat
Total Fat	18.50	g	Sodium	1009.00	mg	Vitamin A	96.60	RE	Iron	4.70	mg	13.41%	Calories from Sat Fat
Saturated Fat	5.90	g	Carbohydrate	39.90	g	Vitamin A	483.00	IU	Water ¹	*N/A*	g	*N/A*	Calories from Trans Fat
Trans Fat ¹	*N/A*	g	Dietary Fiber	2.40	g	Vitamin C	327.00	mg	Ash ¹	*N/A*	g	40.30%	Calories from Carbohydrates
												17.58%	Calories from Protein

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