

Evanston Township High School

Recipe No. 900006 E, PIZZA: BIG DADDY HARVEST CH: ETHS 202

Number of Portions: 1

Size of Portion: EACH

*Nutrients are based upon 1 Portion Size (EACH)

Calories	350	kcal	Cholesterol	25.00	mg	Protein	20.00	g	Calcium	250.00	mg	30.86%	Calories from Total Fat
Total Fat	12.00	g	Sodium	620.00	mg	Vitamin A	80.00	RE	Iron	2.70	mg	11.57%	Calories from Sat Fat
Saturated Fat	4.50	g	Carbohydrate	41.00	g	Vitamin A	400.00	IU	Water ¹	0.00	g	0.00%	Calories from Trans Fat
Trans Fat ¹	0.00	g	Dietary Fiber	2.00	g	Vitamin C	*N/A*	mg	Ash ¹	0.00	g	46.86%	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.

Evanston Township High School

Recipe No. 900012 E, CHEESE, LOL RF ULTM CHEDDAR: ETHS 202

Number of Portions: 1

Size of Portion: SERVING

*Nutrients are based upon 1 Portion Size (SERVING)

Calories	160	kcal	Cholesterol	32.00	mg	Protein	9.60	g	Calcium	400.00	mg	63.00%	Calories from Total Fat
Total Fat	11.20	g	Sodium	912.00	mg	Vitamin A	96.00	RE	Iron	0.64	mg	40.50%	Calories from Sat Fat
Saturated Fat	7.20	g	Carbohydrate	4.80	g	Vitamin A	480.00	IU	Water ¹	0.00	g	0.00%	Calories from Trans Fat
Trans Fat ¹	0.00	g	Dietary Fiber	0.00	g	Vitamin C	0.00	mg	Ash ¹	0.00	g	12.00%	Calories from Carbohydrates
												24.00%	Calories from Protein

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