

Evanston Township High School

Recipe No. 900003 E, CHICKEN, TENDER, HOT, TYSON: ETHS 202

Number of Portions: 1

Size of Portion: EACH

*Nutrients are based upon 1 Portion Size (EACH)

Calories	620	kcal	Cholesterol	130.00	mg	Protein	30.00	g	Calcium	40.00	mg	63.87%	Calories from Total Fat
Total Fat	44.00	g	Sodium	680.00	mg	Vitamin A	300.00	RE	Iron	2.88	mg	13.07%	Calories from Sat Fat
Saturated Fat	9.00	g	Carbohydrate	26.00	g	Vitamin A	1500.00	IU	Water ¹	*N/A*	g	*N/A*	Calories from Trans Fat
Trans Fat ¹	*N/A*	g	Dietary Fiber	4.00	g	Vitamin C	*N/A*	mg	Ash ¹	*N/A*	g	16.77%	Calories from Carbohydrates
												19.35%	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.