

# Variety of Milk

<b>Servings:</b>	4.00	<b>Category:</b>	Milk
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-44300

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
TRU MOO CHOCOLATE MILK	3 Serving		47282
1% Lowfat White Milk	1 Serving		51796

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 4.00

Serving Size: 1.00 Serving

Amount Per Serving	
<b>Calories</b>	108.44
<b>Fat</b>	1.95g
<b>SaturatedFat</b>	1.17g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	11.56mg
<b>Sodium</b>	135.04mg
<b>Carbohydrates</b>	15.41g
<b>Fiber</b>	0.00g
<b>Sugar</b>	13.88g
<b>Protein</b>	6.25g
<b>Vitamin A</b> 11.72IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 19.53mg	<b>Iron</b> 0.00mg

\*All reporting of TransFat is for information only, and is not used for evaluation purposes

### Nutrition - Per 100g

No 100g Conversion Available