

Chocolate 1% Milk

Servings:	1.00	Category:	Milk
Serving Size:	8.00 Ounce	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-25898
School:	FRANKLIN COMMUNITY HIGH SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Chocolate 1% Milk	1 Cup	READY_TO_DRINK	13875

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 8.00 Ounce

Amount Per Serving			
Calories	150.00		
Fat	2.50g		
SaturatedFat	1.50g		
Trans Fat	0.00g		
Cholesterol	10.00mg		
Sodium	230.00mg		
Carbohydrates	24.00g		
Fiber	0.00g		
Sugar	22.00g		
Protein	8.00g		
Vitamin A	173.00IU	Vitamin C	0.00mg
Calcium	277.00mg	Iron	0.00mg

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

Nutrition - Per 100g

Calories	66.14		
Fat	1.10g		
SaturatedFat	0.66g		
Trans Fat	0.00g		
Cholesterol	4.41mg		
Sodium	101.41mg		
Carbohydrates	10.58g		
Fiber	0.00g		
Sugar	9.70g		
Protein	3.53g		
Vitamin A	76.28IU	Vitamin C	0.00mg
Calcium	122.14mg	Iron	0.00mg

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