

Nonfat White Milk- Lunch

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|----------------------|-------------------------------|-----------------------|---------|
| Servings: | 1.00 | Category: | Milk |
| Serving Size: | 1.00 Carton | HACCP Process: | No Cook |
| Meal Type: | Lunch | Recipe ID: | R-57079 |
| School: | Somerset Academy: Crave-It | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|-------------------------------|-------------|-------------------|------------|
| Milk, Fat Free Skim, 1/2 pint | 1 1 count | | |

Preparation Instructions

No Preparation Instructions available.

Meal Components

Amount Per Serving

| | |
|---------------------------------|-------|
| Meat/Meat Alternate | 0.000 |
| Grain | 0.000 |
| Fruit | 0.000 |
| DarkGreen | 0.000 |
| Red/Orange | 0.000 |
| OtherVeg | 0.000 |
| Beans, Peas, and Lentils | 0.000 |
| Starchy | 0.000 |

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Carton

| Amount Per Serving | |
|----------------------------|-------------------------|
| Calories | 80.00 |
| Fat | 0.00g |
| Saturated Fat | 0.00g |
| Trans Fat | 0.00g |
| Cholesterol | 5.00mg |
| Sodium | 120.00mg |
| Carbohydrates | 12.00g |
| Fiber | 0.00g |
| Total Sugar | 12.00g |
| Added Sugar | 0.00g |
| Protein | 8.00g |
| Vitamin A 500.00mcg | Vitamin C 2.40mg |
| Calcium 300.00mg | Iron 0.00mg |

Nutrition - Per 100g

No 100g Conversion Available