

Nonfat White Milk- Breakfast

Servings:	1.00	Category:	Milk
Serving Size:	1.00 Carton	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-57078
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