

# 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

Amount Per Serving

<b>Meat/Meat Alternate</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>DarkGreen</b>	0.000
<b>Red/Orange</b>	0.000
<b>OtherVeg</b>	0.000
<b>Beans, Peas, and Lentils</b>	0.000
<b>Starchy</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>Saturated Fat</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>Total Sugar</b>	13.88g		
<b>Added Sugar</b>	0.00g		
<b>Protein</b>	6.25g		
<b>Vitamin A</b>	11.72mcg	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	19.53mg	<b>Iron</b>	0.00mg

## **Nutrition - Per 100g**

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No 100g Conversion Available

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