

Variety of Milk



| | | | |
|----------------------|--------------|-----------------------|---------|
| Servings: | 4.00 | Category: | Milk |
| Serving Size: | 1.00 Serving | HACCP Process: | No Cook |
| Meal Type: | Breakfast | Recipe ID: | 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

| | |
|---------------------------------|-------|
| 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: 4.00

Serving Size: 1.00 Serving

| Amount Per Serving | |
|-------------------------------|-------------------------|
| Calories | 108.44 |
| Fat | 1.95g |
| Saturated Fat | 1.17g |
| Trans Fat | 0.00g |
| Cholesterol | 11.56mg |
| Sodium | 135.04mg |
| Carbohydrates | 15.41g |
| Fiber | 0.00g |
| Total Sugar | 13.88g |
| Added Sugar | 0.00g |
| Protein | 6.25g |
| Vitamin A 11.72mcg RAE | Vitamin C 0.00mg |
| Calcium 19.53mg | Iron 0.00mg |

Nutrition - Per 100g

No 100g Conversion Available
