

	MILK		
Milk Type	Portion	Carbohydrates	Allergens and Other Ingredients of Concern
fat-free white	8 oz.	11 g	milk
1% white	8 oz.	11 g	milk
fat-free chocolate	8 oz.	19 g	milk
1% chocolate	8 oz.	24 g	milk
fat-free strawberry	8 oz.	22 g	milk
1% strawberry	8 oz.	22g	milk

7.16.2020-Reviewed by Christine Cliff, MPH, RDN, LDN, CLT, School District U-46 District Dietitian
 Questions? Please email me at ChristineCliff@u-46.org

