

MILK

Milk Type	Portion	Carbohydrates (g)	Sodium (mg)	Allergens and Other Ingredients of Concern
fat-free white	8 oz.	11	120	milk
1% white	8 oz.	11	120	milk
fat-free chocolate	8 oz.	19	210	milk
1% chocolate	8 oz.	24	230	milk
fat-free strawberry	8 oz.	22	100	milk

11.29.2022-Reviewed by Christine Cliff, MPH, RDN, LDN, CLT, FAND- School District U-46 District Dietitian
Questions? Please email me at ChristineCliff@u-46.org