

# 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

1.18.2022-Reviewed by Christine Cliff, MPH, RDN, LDN, CLT, FAND- School District U-46 District Dietitian  
Questions? Please email me at [ChristineCliff@u-46.org](mailto:ChristineCliff@u-46.org)