

Milk

RECIPE NAME	MRS #	CALORIES	SAT. FAT	SODIUM	CREDIT	MENU CONTRIBUTION
MILK, FAT FREE, CHOCOLATE (BORDEN)	1700	120	0.00	240.00	M	1 CUP OF MILK
MILK, FAT FREE, CHOCOLATE (PRAIRIE FARMS)	1700	130	0.00	180.00	M	1 CUP OF MILK
MILK, FAT FREE, STRAWBERRY (BORDEN)	1702	120	0.00	100.00	M	1 CUP OF MILK
MILK, FAT FREE, STRAWBERRY (PRAIRIE FARMS)	1702	130	0.00	120.00	M	1 CUP OF MILK
MILK, FAT FREE, UNFLAVORED (BORDEN)	1706	90	0.00	125.00	M	1 CUP OF MILK
MILK, FAT FREE, UNFLAVORED (PRAIRIE FARMS)	1706	80	0.00	120.00	M	1 CUP MILK
MILK, FAT FREE, VANILLA (BORDEN)	1704	160	0.00	125.00	M	1 CUP OF MILK
MILK, FAT FREE, VANILLA (PRAIRIE FARMS)	1704	130	0.00	170.00	M	1 CU OF MILK
MILK, LOW FAT, UNFLAVORED (BORDON)	1708	108	1.61	129.00	M	1 CUP OF MILK
MILK, LOW FAT, UNFLAVORED (PRAIRIE FARMS)	1708	108	1.61	129.00	M	1 CUP OF MILK