



RECIPE LIST

Milk

RECIPE NAME	MRS #	CALORIES	SAT. FAT	SODIUM	CREDIT	MENU CONTRIBUTION
MILK, FAT FREE, CHOCOLATE-BORDEN	120	120	0.00	140.00	M,	1 CUP OF MILK
MILK, FAT FREE, CHOCOLATE-PRAIRIE FARMS	120	110	0.00	215.00	M,	1 CUP OF MILK
MILK, FAT FREE, STRAWBERRY-BORDEN	130	110	0.00	135.00	M,	1 CUP OF MILK
MILK, FAT FREE, STRAWBERRY-PRAIRIE FARMS	130	120	0.00	120.00	M,	1 CUP OF MILK
MILK, FAT FREE, UNFLAVORED-BORDEN	100	90	0.00	130.00	M,	1 CUP OF MILK
MILK, FAT FREE, UNFLAVORED-PRAIRIE FARMS	100	80	0.00	120.00	M,	1 CUP OF MILK
MILK, FAT FREE, VANILLA-PRAIRIE FARMS	140	120	0.00	100.00	M,	1 CUP OF MILK
MILK, LOW FAT, UNFLAVORED-BORDEN	110	110	1.50	130.00	M,	1 CUP OF MILK
MILK, LOW FAT, UNFLAVORED-PRAIRIE FARMS	110	100	1.50	120.00	M,	1 CUP OF MILK
MILK, LOW FREE, CHOCOLATE (SHELF STABLE)	160	140	1.50	150.00	M,	1 CUP OF MILK