Fat Free Skim Milk

Size: 8 oz carton
Item Number: 9173
Case Size: 50 cartons

Nutrition Facts

1 serving per container
Serving size 1 Carton (236mL)

Calories 80

	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol <5mg	1%
Sodium 105mg	5%
Total Carbohydrate 12g	4%
Dietary Fiber 0g	0%
Total Sugars 12g	
Includes 0g Added Sugars	0%
Protein 8g	
Vitamin D 2.4mcg	10%
Calcium 299mg	25%
Iron 0mg	0%
Potassium 349mg	8%
Vitamin A 150mcg	15%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS: GRADE A SKIM MILK, VITAMIN A PALMITATE, VITAMIN D3.
CONTAINS: MILK

1% Lowfat Milk

Size: 8 oz carton
Item Number: 9171
Case Size: 50 cartons

Nutrition Facts

1 serving per container
Serving size 1 Carton (236mL)

Calories 100

	% Daily Value*
Total Fat 2.5g	3%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 105mg	5%
Total Carbohydrate 12g	4%
Dietary Fiber 0g	0%
Total Sugars 12g	
Includes 0g Added Sugars	0%
Protein 8g	
Vitamin D 2.4mcg	10%
Calcium 299mg	25%
Iron 0mg	0%
Potassium 370mg	8%
Vitamin A 150mcg	15%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS: GRADE A LOW FAT MILK, VITAMIN A PALMITATE, VITAMIN D3.
CONTAINS: MILK

2% Reduced Fat Milk

Size: 8 oz carton
Item Number: 9168
Case Size: 50 cartons

Nutrition Facts

1 serving per container
Serving size 1 Carton (236mL)

Calories 120

	% Daily Value*
Total Fat 5g	6%
Saturated Fat 3g	15%
Trans Fat 0g	
Cholesterol 20mg	7%
Sodium 115mg	5%
Total Carbohydrate 12g	4%
Dietary Fiber 0g	0%
Total Sugars 12g	
Includes 0g Added Sugars	0%
Protein 8g	
Vitamin D 2.4mcg	10%
Calcium 299mg	25%
Iron 0mg	0%
Potassium 349mg	8%
Vitamin A 150mcg	15%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS: GRADE A REDUCED FAT MILK, VITAMIN A PALMITATE, VITAMIN D3.
CONTAINS: MILK

Whole (3.25%) Milk

Size: 8 oz carton
Item Number: 9165
Case Size: 50 cartons

Nutrition Facts

1 serving per container
Serving size 1 Carton (236mL)

Calories 150

	% Daily Value*
Total Fat 8g	10%
Saturated Fat 4.5g	23%
Trans Fat 0g	
Cholesterol 25mg	8%
Sodium 105mg	5%
Total Carbohydrate 11g	4%
Dietary Fiber 0g	0%
Total Sugars 11g	
Includes 0g Added Sugars	0%
Protein 8g	
Vitamin D 2.2mcg	10%
Calcium 276mg	20%
Iron 0mg	0%
Potassium 322mg	6%
Vitamin A 150mcg	15%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS: GRADE A WHOLE MILK, VITAMIN D3.
CONTAINS: MILK

In our efforts to continue to serve the freshest products available, our formulas may be updated without prior notice. Please speak to your local branch for any variations.

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Whats For Lunch Milk

Michael Vincent O'Shea

Whats For Lunch Milk:

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This book delves into Whats For Lunch Milk. Whats For Lunch Milk is a crucial topic that must be grasped by everyone, from students and scholars to the general public. The book will furnish comprehensive and in-depth insights into Whats For Lunch Milk, encompassing both the fundamentals and more intricate discussions.

1. The book is structured into several chapters, namely:
    - Chapter 1: Introduction to Whats For Lunch Milk
    - Chapter 2: Essential Elements of Whats For Lunch Milk
    - Chapter 3: Whats For Lunch Milk in Everyday Life
    - Chapter 4: Whats For Lunch Milk in Specific Contexts
    - Chapter 5: Conclusion
2. In chapter 1, this book will provide an overview of Whats For Lunch Milk. The first chapter will explore what Whats For Lunch Milk is, why Whats For Lunch Milk is vital, and how to effectively learn about Whats For Lunch Milk.
3. In chapter 2, the author will delve into the foundational concepts of Whats For Lunch Milk. The second chapter will elucidate the essential principles that need to be understood to grasp Whats For Lunch Milk in its entirety.
4. In chapter 3, the author will examine the practical applications of Whats For Lunch Milk in daily life. This chapter will showcase real-world examples of how Whats For Lunch Milk can be effectively utilized in everyday scenarios.
5. In chapter 4, this book will scrutinize the relevance of Whats For Lunch Milk in specific contexts. The fourth chapter will explore how Whats For Lunch Milk is applied in specialized fields, such as education, business, and technology.
6. In chapter 5, this book will draw a conclusion about Whats For Lunch Milk. The final chapter will summarize the key points that have been discussed throughout the book.

This book is crafted in an easy-to-understand language and is complemented by engaging illustrations. It is highly recommended for anyone seeking to gain a comprehensive understanding of Whats For Lunch Milk.

Table of Contents Whats For Lunch Milk

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