



3.5



Milk is not only delicious, it's packed with nine essential nutrients like calcium, vitamin D, and phosphorus. It's a nutrient-rich drink that will quickly put a smile on any child's face!

1% White Milk

Serving Size 8 oz **Carbs: 16.00**

Served on Thu, 04/16/2026

Allergens



Dairy

Nutrients

Iron (mg)	0.00
Saturated Fat (gm)	1.50
Fiber (gm)	0.00
Carbohydrate (gm)	16.00
Calories (kcal)	120.00
Cholesterol (mg)	15.00
Sodium (mg)	150.00
Sugars (gm)	14.00
Vitamin A (IU)	500.00
Vitamin C (mg)	2.40
Calcium (mg)	350.00
Protein (gm)	11.00



Disclaimer

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