



2.8



Our skim milk is deliciously fat free! Getting your daily dose of calcium & 9 other essential nutrients has never been so tasty!

Fat Free White Milk

Serving Size 8 oz **Carbs: 12.00**

Served on Mon, 03/23/2026

Allergens



Dairy

Nutrients

Iron (mg)	0.00
Saturated Fat (gm)	0.00
Fiber (gm)	0.00
Carbohydrate (gm)	12.00
Calories (kcal)	90.00
Cholesterol (mg)	5.00
Sodium (mg)	120.00
Sugars (gm)	12.00
Vitamin A (IU)	500.00
Vitamin C (mg)	2.40
Calcium (mg)	300.00
Protein (gm)	9.00



Disclaimer

The information provided here is for general purpose use only. Yumyummi.com and the school district responsible for this data do not make any claims about the completeness, accuracy or reliability of this information. If you or your child has any food allergies, please contact your school district food and nutrition services for more information.

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