

Monroe Township Board of Education

Recipe No.	Portion Size	Weight (g)	Cals (kcal)	Total Fat (g)	Saturated Fat (g)	Chol (mg)	Sodium (mg)	Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vitamin A (IU)	Vitamin C (mg)	Calcium (mg)	Iron (mg)
000412 Milk Fat Free Chocolate	Each	227	130	0.00 0.0%	0.00 0.0%	5	170	22.00 67.7%	0.00	22.00 67.7%	8.00 24.6%	500	2.4	300	0.00
000413 Milk Fat Free Vanilla	Each	227	120	0.00 0.0%	0.00 0.0%	5	100	20.00 66.7%	0.00	20.00 66.7%	8.00 26.7%	500	0.0	300	0.00
000411 Milk Fat Free White	Each	227	90	0.00 0.0%	0.00 0.0%	5	125	13.00 57.8%	0.00	12.00 53.3%	8.00 35.6%	500	0.0	500	0.00
000416 Milk Lactaid Fat Free	Each	227	90	0.00 0.0%	0.00 0.0%	5	130	13.00 57.8%	0.00	12.00 53.3%	8.00 35.6%	500	0.0	300	0.00
000414 Milk Strawberry Fat Free	Each	227	120	0.00 0.0%	0.00 0.0%	5	105	22.00 73.3%	0.00	22.00 73.3%	8.00 26.7%	500	0.0	300	0.36
000005 Milk, 1% White	Each	227	110	2.50 20.4%	1.50 12.3%	15	130	13.00 47.3%	0.00	13.00 47.3%	8.00 29.1%	500	1.2	300	0.00

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

* - denotes combined nutrient totals with either missing or incomplete nutrient data

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.