

fat (g)	5	2	trace
calories	128	105	90
<u>Milk</u>	<u>2%</u>	<u>1%</u>	<u>skim</u>

One 250 mL (1 cup) milk contains:

Choose 2%, 1% or skim!

School Cafeteria Program



Did you know?

Lower fat milk contains the same amount of high quality protein and essential calcium as the higher fat milks. They have less fat and calories and still provide the same goodness.

