



## MILK AND JUICE OPTION DAILY

|                             |                   | CALORIES |
|-----------------------------|-------------------|----------|
| Milk, Chocolate             | 8 ounce container | 140      |
| Milk, Strawberry            | 8 ounce container | 160      |
| MILK, 1% Low fat            | 8 ounce container | 110      |
| MILK, Skim                  | 8 ounce container | 90       |
| Juice, Apple                | 4 oz              | 60       |
| Juice, Fruit Punch          | 4 oz              | 65       |
| Juice, Grape                | 4 oz              | 80       |
| Juice, Orange Frozen Suncup | 4 oz              | 60       |



| CARBS |    |
|-------|----|
|       | 21 |
|       | 28 |
|       | 13 |
|       | 12 |
|       | 13 |
|       | 14 |
|       | 18 |
|       | 13 |