



4.2



An excellent source of many essential nutrients, including calcium, protein, and vitamin D, Milk serves as a vital part of a balanced diet. From improving bone health to helping reduce the risks of memory loss, drinking milk offer many health benefits.

## Milk Lactose Free

Serving Size 1 Each **Carbs: 12.00**  
Served on Mon, 12/22/2025

### Allergens



Dairy

### Nutrients

Carbohydrate (gm)	12.00
Fiber (gm)	0.00
Total Fat (gm)	0.00
Saturated Fat (gm)	0.00
Total Sugar (g)	12.00
Protein (gm)	7.99
Calories	90.00

### Ingredients

guar gum CARRAGEENAN calcium  
tribasic calcium phosphate vitamin D  
vitamins A palmitate  
lactase enzyme



### 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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