

HOW THE TYPE OF MILK AFFECTS THE FAT CONTENT OF LUNCHES

Source: White Paper on Utah School Lunch Nutrition, December 1990

MEAL	TYPE OF MILK	TOTAL CALORIES	GRAMS OF FAT	% OF CALORIES FROM FAT
GRILLED CHEESE, PEAS	WHOLE	648	29.8	41.4
	1%	598	24.6	37.0
	SKIM	583	22	34.0
HOT DOG, CORN, BANANA	WHOLE	585	21.5	33.1
	1%	535	16.3	27.4
	SKIM	520	13.7	23.7
CHICKEN NUGGETS, FRIES	WHOLE	889	41.5	42.0
	1%	839	36.3	38.9
	SKIM	824	33.7	36.8
BURGER, VEGETABLES WITH DIP	WHOLE	652	30.1	41.5
	1%	602	24.9	37.2
	SKIM	587	22.3	34.2