



Redlands Unified School District
Child Nutrition Services



Breakfast: Beverage options for 9th – 12th Grade

Milk & Juice Nutrition Information

Product	Calories (Kcal)	Total Fat (g)	Sat. Fat (g)	Total Trans (g)	Cholesterol (mg)	Protein (g)	Iron (mg)	Calcium (mg)	Sugars (g)	Vit A (IU)	Vit C (mg)	Sodium (mg)	Carb (g)	Dietary Fiber (g)
Milk, NF White 1/2pt	90.001	0.000	0.000	0.000	0.000	9.011	0.000	300.003	12.001	499.966	2.400	119.999	12.001	0.000
Milk, 1% White 1/2pt	119.99	2.499	1.501	0.000	15.000	11.000	0.000	350.012	14.000	499.966	2.400	149.999	16.001	0.000
Apple Juice 4 oz.	55.000	.000	.000	.000	.000	.000	.360	.000	12.500	.000	.000	12.500	14.000	0.000
Orange Juice 4 oz.	55.000	000	.000	.000	.000	.999	.000	.000	14.000	.000	30.000	15.000	14.000	0.000
Apple Berry Juice 4 oz.	55.000	.000	.000	.000	.000	.000	.000	.000	13.000	.000	.000	15.000	13.500	.000

Lunch: Beverage options for 9th – 12th Grade

Nutrition Information

Product	Calories (Kcal)	Total Fat (g)	Sat. Fat (g)	Total Trans (g)	Cholesterol (mg)	Protein (g)	Iron (mg)	Calcium (mg)	Sugars (g)	Vit A (IU)	Vit C (mg)	Sodium (mg)	Carb (g)	Dietary Fiber (g)
Milk, 1% White 12oz.	183.049	3.812	2.290	0.000	22.882	16.780	.000	533.916	21.355	762.660	3.661	228.812	24.408	0.000
Milk, NF Chocolate 12oz.	167.796	.000	.000	.000	6.102	12.204	.000	381.348	27.457	762.660	.000	205.931	30.510	0.000
Apple Juice 8 oz.	55.000	.000	.000	.000	.000	.000	.360	.000	12.500	.000	.000	12.500	14.000	0.000
Orange Juice 8 oz.	55.000	000	.000	.000	.000	.999	.000	.000	14.000	.000	30.000	15.000	14.000	0.000
Apple Berry Juice 8 oz.	55.000	.000	.000	.000	.000	.000	.000	.000	13.000	.000	.000	15.000	13.500	.000

PLEASE NOTE: The nutrition information provided in this analysis should not be used for people with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. In planning and treating allergies and medical conditions, please contact the district regarding their individual policy for accommodating special dietary needs.