

Food Item	Portion Size	Carb Count
FF Chocolate Milk	1/2 pint	24 grams
FF Strawberry Milk	1/2 pint	24 grams
1% White Milk	1/2 pint	12 grams
Lactaid Milk	1/2 pint	13 grams
Whole Milk	1/2 pint	12 grams
Skim Milk	1/2 pint	12 grams