

Food Buying Guide for Child Nutrition Programs
Section 4
Milk

Section 4 – Milk

1. Food As Purchased, AP	2. Purchase Unit	3. Servings Per Purchase Unit, EP	4. Serving Size per Meal Contribution	5. Purchase Units for 100 Servings	6. Additional Information
MILK, FLUID					
Milk, fluid <i>Skim or Nonfat milk (unflavored/flavored), Low-fat milk (unflavored), Low-fat lactose-free milk (unflavored), Low-fat reduced-lactose milk (unflavored), Fat-free lactose-free (unflavored/flavored), Fat-free reduced-lactose milk (unflavored/flavored)</i>	Gallon	16.00	1/2 pint milk (1 cup milk)	6.3	
	Gallon	21.30	3/4 cup milk	4.7	
	Gallon	32.00	1/2 cup milk	3.2	
	Quart	4.00	1/2 pint milk (1 cup milk)	25.0	
	Quart	5.30	3/4 cup milk	18.9	
	Quart	8.00	1/2 cup milk	12.5	
	1/2 pint (8 fl oz)	1.00	1/2 pint milk	100.0	
	3/4 cup (6 fl oz)	1.00	3/4 cup milk	100.0	
1/2 cup (4 fl oz)	1.00	1/2 cup milk	100.0		