

## 1% Low Fat Milk



Size: 8 oz. carton  
Item Number: 9171  
Case Size: 50 cartons

### Nutrition Facts

Serving Size 8 fl oz. (236mL)	
Servings Per Container 1	
<b>Amount Per Serving</b>	
<b>Calories 100</b>	
	<b>%Daily Value*</b>
<b>Total Fat</b> 2.5g	<b>3%</b>
Saturated Fat 1.5g	<b>8%</b>
Trans Fat 0g	
<b>Cholesterol</b> 10mg	<b>3%</b>
<b>Sodium</b> 105mg	<b>5%</b>
<b>Total Carbohydrate</b> 12g	<b>4%</b>
Dietary Fiber 0g	<b>0%</b>
Total Sugars 13g	
Added sugars 0g	<b>0%</b>
<b>Protein</b> 8g	
Vitamin A 15%	Iron 0%
Calcium 25%	Vitamin D 10%
Potassium 8%	

\* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat. Fat	than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	than	2,400mg	2,400mg
Total		300g	375g
Carbohydrate		25g	30g

Calories per gram:  
Fat 9 • Carbohydrate 4 • Protein 4

**INGREDIENTS:** GRADE A LOWFAT MILK, VITAMIN A PALMITATE AND VITAMIN D3.  
**CONTAINS: MILK**

## 1% Low Fat Chocolate Milk



Size: 8 oz. carton  
Item Number: 9175  
Case Size: 50 cartons

### Nutrition Facts

Serving Size 8 fl oz. (236mL)	
Servings Per Container 1	
<b>Amount Per Serving</b>	
<b>Calories 130</b>	
	<b>%Daily Value*</b>
<b>Total Fat</b> 2.5g	<b>3%</b>
Saturated Fat 1.5g	<b>8%</b>
Trans Fat 0g	
<b>Cholesterol</b> 10mg	<b>3%</b>
<b>Sodium</b> 130mg	<b>6%</b>
<b>Total Carbohydrate</b> 19g	<b>7%</b>
Dietary Fiber 0g	<b>0%</b>
Total Sugars 18g	
Added sugars 6g	<b>12%</b>
<b>Protein</b> 8g	
Vitamin A 15%	Iron 0%
Calcium 25%	Vitamin D 15%
Potassium 8%	

\* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat. Fat	than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	than	2,400mg	2,400mg
Total		300g	375g
Carbohydrate		25g	30g

Calories per gram:  
Fat 9 • Carbohydrate 4 • Protein 4

**INGREDIENTS:** GRADE A LOWFAT MILK, SUGAR, CORN STARCH, COCOA (PROCESSED WITH ALKALI), NATURAL FLAVOR, CARRAGEENAN, SALT, VITAMIN A PALMITATE AND VITAMIN D3.  
**CONTAINS: MILK**

## Fat Free Strawberry Milk



Size: 8 oz. carton  
Item Number: 9177  
Case Size: 50 cartons

### Nutrition Facts

Serving Size 8 fl oz. (236mL)	
Servings Per Container 1	
<b>Amount Per Serving</b>	
<b>Calories 120</b>	
	<b>%Daily Value*</b>
<b>Total Fat</b> 0g	<b>0%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> <5mg	<b>1%</b>
<b>Sodium</b> 95mg	<b>4%</b>
<b>Total Carbohydrate</b> 22g	<b>8%</b>
Dietary Fiber 0g	<b>0%</b>
Total Sugars 22g	
Added sugars 11g	<b>22%</b>
<b>Protein</b> 8g	
Vitamin A 15%	Iron 0%
Calcium 20%	Vitamin D 15%
Potassium 8%	

\* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat. Fat	than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	than	2,400mg	2,400mg
Total		300g	375g
Carbohydrate		25g	30g

Calories per gram:  
Fat 9 • Carbohydrate 4 • Protein 4

**INGREDIENTS:** GRADE A SKIM MILK, SUGAR, WATER, NATURAL FLAVOR, VEGETABLE JUICE COLOR, VITAMIN A PALMITATE AND VITAMIN D3.  
**CONTAINS: MILK**

## Skim Milk



Size: 8 oz. carton  
Item Number: 9173  
Case Size: 50 cartons

### Nutrition Facts

Serving Size 8 fl oz. (236mL)	
Servings Per Container 1	
<b>Amount Per Serving</b>	
<b>Calories 80</b>	
	<b>%Daily Value*</b>
<b>Total Fat</b> 0g	<b>0%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> <5mg	<b>1%</b>
<b>Sodium</b> 105mg	<b>5%</b>
<b>Total Carbohydrate</b> 12g	<b>4%</b>
Dietary Fiber 0g	<b>0%</b>
Total Sugars 12g	
Added sugars 0g	<b>0%</b>
<b>Protein</b> 9g	
Vitamin A 15%	Iron 0%
Calcium 20%	Vitamin D 10%
Potassium 8%	

\* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat. Fat	than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	than	2,400mg	2,400mg
Total		300g	375g
Carbohydrate		25g	30g

Calories per gram:  
Fat 9 • Carbohydrate 4 • Protein 4

**INGREDIENTS:** GRADE A SKIM MILK, VITAMIN A PALMITATE AND VITAMIN D3.  
**CONTAINS: MILK**

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## Vitamin D Milk



Size: 8 oz. carton  
Item Number: 9165  
Case Size: 50 cartons

### Nutrition Facts

Serving Size 8 fl oz. (236mL)  
Servings Per Container 1

Amount Per Serving

**Calories 150**

	%Daily Value*
<b>Total Fat</b> 8g	<b>10%</b>
Saturated Fat 4.5g	<b>23%</b>
Trans Fat 0g	
<b>Cholesterol</b> 25mg	<b>8%</b>
<b>Sodium</b> 105mg	<b>5%</b>
<b>Total Carbohydrate</b> 11g	<b>4%</b>
Dietary Fiber 0g	<b>0%</b>
Total Sugars 11g	
Added sugars 0g	<b>0%</b>

**Protein** 8g

Vitamin A 10% • Iron 0%  
Calcium 20% • Vitamin D 15%  
Potassium 6%

\* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat. Fat	than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	than	2,400mg	2,400mg
Total		300g	375g
Carbohydrate		25g	30g

Calories per gram:  
Fat 9 • Carbohydrate 4 • Protein 4

**INGREDIENTS:** GRADE A WHOLE MILK AND VITAMIN D3.  
**CONTAINS:** MILK

## 2% Reduced Fat Milk



Size: 8 oz. carton  
Item Number: 9168  
Case Size: 50 cartons

### Nutrition Facts

Serving Size 8 fl oz. (236mL)  
Servings Per Container 1

Amount Per Serving

**Calories 120**

	%Daily Value*
<b>Total Fat</b> 5g	<b>6%</b>
Saturated Fat 3g	<b>15%</b>
Trans Fat 0g	
<b>Cholesterol</b> 20mg	<b>7%</b>
<b>Sodium</b> 115mg	<b>5%</b>
<b>Total Carbohydrate</b> 12g	<b>4%</b>
Dietary Fiber 0g	<b>0%</b>
Total Sugars 12g	
Added sugars 0g	<b>0%</b>

**Protein** 8g

Vitamin A 15% • Iron 0%  
Calcium 20% • Vitamin D 10%  
Potassium 8%

\* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat. Fat	than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	than	2,400mg	2,400mg
Total		300g	375g
Carbohydrate		25g	30g

Calories per gram:  
Fat 9 • Carbohydrate 4 • Protein 4

**INGREDIENTS:** GRADE A REDUCED FAT MILK, VITAMIN A PALMITATE AND VITAMIN D3.  
**CONTAINS:** MILK

## Chocolate Milk



Size: 8 oz. carton  
Item Number: 25482  
Case Size: 50 cartons

### Nutrition Facts

Serving Size 8 fl oz. (236mL)  
Servings Per Container 1

Amount Per Serving

**Calories 210**

	%Daily Value*
<b>Total Fat</b> 7g	<b>9%</b>
Saturated Fat 4.5g	<b>23%</b>
Trans Fat 0g	
<b>Cholesterol</b> 20mg	<b>7%</b>
<b>Sodium</b> 180mg	<b>8%</b>
<b>Total Carbohydrate</b> 27g	<b>10%</b>
Dietary Fiber <1g	<b>3%</b>
Total Sugars 25g	
Added sugars 13g	<b>26%</b>

**Protein** 8g

Vitamin A 10% • Iron 6%  
Calcium 20% • Vitamin D 15%  
Potassium 8%

\* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat. Fat	than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	than	2,400mg	2,400mg
Total		300g	375g
Carbohydrate		25g	30g

Calories per gram:  
Fat 9 • Carbohydrate 4 • Protein 4

**INGREDIENTS:** GRADE A MILK, SUGAR, NONFAT DRY MILK, COCOA (PROCESSED WITH ALKALI), CORN STARCH, SALT, CARRAGEENAN, VANILLIN AND VITAMIN D3.  
**CONTAINS:** MILK

## Fat Free Chocolate Milk



Size: 8 oz. carton  
Item Number: 9178  
Case Size: 50 cartons

### Nutrition Facts

Serving Size 8 fl oz. (236mL)  
Servings Per Container 1

Amount Per Serving

**Calories 130**

	%Daily Value*
<b>Total Fat</b> 0g	<b>0%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> <5mg	<b>1%</b>
<b>Sodium</b> 125mg	<b>5%</b>
<b>Total Carbohydrate</b> 23g	<b>8%</b>
Dietary Fiber 0g	<b>0%</b>
Total Sugars 22g	
Added sugars 11g	<b>22%</b>

**Protein** 8g

Vitamin A 20% • Iron 0%  
Calcium 20% • Vitamin D 10%  
Potassium 8%

\* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat. Fat	than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	than	2,400mg	2,400mg
Total		300g	375g
Carbohydrate		25g	30g

Calories per gram:  
Fat 9 • Carbohydrate 4 • Protein 4

**INGREDIENTS:** GRADE A SKIM MILK, SUGAR, CORN STARCH, COCOA [(PROCESSED WITH ALKALI)], CARRAGEENAN, SALT, NATURAL FLAVOR], VITAMIN A PALMITATE AND VITAMIN D3.  
**CONTAINS:** MILK

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## Fat Free Vanilla Shake Flavored Milk



Size: 8 oz. carton  
Item Number: 10198  
Case Size: 50 cartons

### Nutrition Facts

Serving Size 8 fl oz. (236mL)  
Servings Per Container 1

Amount Per Serving	
<b>Calories</b>	120
	<b>%Daily Value*</b>
<b>Total Fat</b> 0g	<b>0%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> <5mg	<b>1%</b>
<b>Sodium</b> 115mg	<b>5%</b>
<b>Total Carbohydrate</b> 22g	<b>8%</b>
Dietary Fiber 0g	<b>0%</b>
Total Sugars 22g	
Added sugars 11g	<b>22%</b>
<b>Protein</b> 8g	
Vitamin A 15%	• Iron 0%
Calcium 20%	• Vitamin D 15%
Potassium 8%	

\* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat. Fat	than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
		25g	30g

Calories per gram:  
Fat 9 • Carbohydrate 4 • Protein 4

**INGREDIENTS:** GRADE A SKIM MILK, SUGAR, CORN STARCH, GUAR GUM, NATURAL FLAVOR, SALT, VITAMIN A PALMITATE AND VITAMIN D3.  
**CONTAINS: MILK**

## 1% Lowfat Vanilla Shake Flavored Milk



Coming Soon and Available for the 2019-2020 School Year!

Size: 8 oz. carton  
Item Number: 30353  
Case Size: 50 cartons

### Nutrition Facts

Serving Size 8 fl oz. (236mL)  
Servings Per Container 1

Amount Per Serving	
<b>Calories</b>	140
	<b>%Daily Value*</b>
<b>Total Fat</b> 2.5g	<b>3%</b>
Saturated Fat 1.5g	<b>8%</b>
Trans Fat 0g	
<b>Cholesterol</b> 10mg	<b>3%</b>
<b>Sodium</b> 105mg	<b>5%</b>
<b>Total Carbohydrate</b> 22g	<b>8%</b>
Dietary Fiber 0g	<b>0%</b>
Total Sugars 22g	
Added sugars 10g	<b>20%</b>
<b>Protein</b> 8g	
Vitamin A 15%	• Iron 0%
Calcium 25%	• Vitamin D 15%
Potassium 8%	

\* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat. Fat	than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
		25g	30g

Calories per gram:  
Fat 9 • Carbohydrate 4 • Protein 4

**INGREDIENTS:** FAT FREE MILK, SUGAR, CARAGEENAN, NATURAL FLAVOR, VITAMIN A PALMITATE AND VITAMIN D3.  
**CONTAINS: MILK**

## 1% Lowfat Strawberry Milk



Coming Soon and Available for the 2019-2020 School Year!

Size: 8 oz. carton  
Item Number: 30352  
Case Size: 50 cartons

### Nutrition Facts

Serving Size 8 fl oz. (236mL)  
Servings Per Container 1

Amount Per Serving	
<b>Calories</b>	140
	<b>%Daily Value*</b>
<b>Total Fat</b> 2.5g	<b>3%</b>
Saturated Fat 1.5g	<b>8%</b>
Trans Fat 0g	
<b>Cholesterol</b> 10mg	<b>3%</b>
<b>Sodium</b> 105mg	<b>5%</b>
<b>Total Carbohydrate</b> 22g	<b>8%</b>
Dietary Fiber 0g	<b>0%</b>
Total Sugars 22g	
Added sugars 9g	<b>18%</b>
<b>Protein</b> 8g	
Vitamin A 15%	• Iron 0%
Calcium 25%	• Vitamin D 15%
Potassium 8%	

\* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat. Fat	than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
		25g	30g

Calories per gram:  
Fat 9 • Carbohydrate 4 • Protein 4

**INGREDIENTS:** LOWFAT MILK, SUGAR, CARRAGEENAN, NATURAL FLAVOR, BEET JUICE COLOR, VITAMIN A PALMITATE AND VITAMIN D3.  
**CONTAINS: MILK**

## Orange Juice



Size: 12 oz. bottle  
Item Number: 26181  
Case Size: 20 bottles

### Nutrition Facts

Serving Size 1 Bottle  
Servings Per Container 1

Amount Per Serving	
<b>Calories</b>	170
	Calories from Fat 0
	<b>%Daily Value*</b>
<b>Total Fat</b> 0g	<b>0%</b>
Trans Fat 0g	<b>0%</b>
<b>Potassium</b> 680mg	<b>19%</b>
<b>Sodium</b> 0mg	<b>0%</b>
<b>Total Carbohydrate</b> 39g	<b>13%</b>
Dietary Fiber 0g	<b>0%</b>
Sugars 33g	
<b>Protein</b> 3g	
Vitamin C 180%	• Niacin 6%
Calcium 4%	• Thiamin 15%
Magnesium 8%	• Vitamin B6 8%
Folate 25%	

\* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat. Fat	than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
		25g	30g

Calories per gram:  
Fat 9 • Carbohydrate 4 • Protein 4

Not a significant source of saturated fat, cholesterol, fiber, protein, Vitamin A and iron.

**Ingredients:** Filtered water, orange juice concentrate.

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## Orange Juice



Size: 4 oz. carton  
Item Number: 9508  
Case Size: 75 cartons

### Nutrition Facts

Serving Size 1/2 Cup (120mL)  
Servings Per Container 1

Amount Per Serving	
<b>Calories</b> 110	Calories from Fat 0
<b>%Daily Value*</b>	
<b>Total Fat</b> 0g	<b>0%</b>
Trans Fat 0g <b>0%</b>	
<b>Potassium</b> 450mg	<b>13%</b>
<b>Sodium</b> 0mg	<b>0%</b>
<b>Total Carbohydrate</b> 39g	<b>9%</b>
Dietary Fiber 0g <b>0%</b>	
Sugars 22g	
<b>Protein</b> 2g	
Vitamin C 120%	Folate 10%
Calcium 2%	Thiamin 10%
Magnesium 6%	Phosphorus 2%
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
Calories: 2,000 2,500	
Total Fat	Less 65g 80g
Sat. Fat	than 20g 25g
Cholesterol	Less 300mg 300mg
Sodium	than 2,400mg 2,400mg
Total	300g 375g
Carbohydrate	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

**Ingredients:** Filtered water, orange juice concentrate (contains a blend of orange juice concentrates from Florida and Brazil).

**NO PRESERVATIVES OR SUGAR ADDED.**

## Apple Juice



Size: 4 oz. carton  
Item Number: 9504  
Case Size: 75 cartons

### Nutrition Facts

Serving Size 1/2 Cup (120mL)  
Servings Per Container 1

Amount Per Serving	
<b>Calories</b> 60	Calories from Fat 0
<b>%Daily Value*</b>	
<b>Total Fat</b> 0g	<b>0%</b>
Saturated Fat 0g <b>0%</b>	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 0mg	<b>0%</b>
<b>Total Carbohydrate</b> 15g	<b>5%</b>
Dietary Fiber 0g <b>0%</b>	
Sugars 14g	
<b>Protein</b> 0g	<b>0%</b>
Vitamin A 0%	Vitamin C 0%
Calcium 0%	Iron 0%
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
Calories: 2,000 2,500	
Total Fat	Less 65g 80g
Sat. Fat	than 20g 25g
Cholesterol	Less 300mg 300mg
Sodium	than 2,400mg 2,400mg
Total	300g 375g
Carbohydrate	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

**Ingredients:** Water, apple juice concentrate.

## Apple Cherry Juice



Size: 4 oz. carton  
Item Number: 9504  
Case Size: 75 cartons

### Nutrition Facts

Serving Size 1/2 Cup (118g)  
Servings Per Container 1

Amount Per Serving	
<b>Calories</b> 60	Calories from Fat 0
<b>%Daily Value*</b>	
<b>Total Fat</b> 0g	<b>0%</b>
Saturated Fat 0g <b>0%</b>	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 10mg	<b>&lt;1%</b>
<b>Total Carbohydrate</b> 16g	<b>5%</b>
Dietary Fiber 0g <b>0%</b>	
Sugars 14g	
<b>Protein</b> 0g	<b>0%</b>
Vitamin A 0%	Vitamin C 8%
Calcium 0%	Iron 0%
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
Calories: 2,000 2,500	
Total Fat	Less 65g 80g
Sat. Fat	than 20g 25g
Cholesterol	Less 300mg 300mg
Sodium	than 2,400mg 2,400mg
Total	300g 375g
Carbohydrate	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

**Ingredients:** Water, concentrated apple, grape, cherry, pear, pineapple and plum juices, natural flavors and citric acid.

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## Fat Free Skim Milk



**Size: 1 gallon**  
**Item Number: 1413**  
**Case Size: 4/1 gallon jugs**

### Nutrition Facts

Serving Size 1 Cup (240mL)  
 Servings Per Container 16

Amount Per Serving	
<b>Calories</b> 80	Calories from Fat 0
%Daily Value*	
<b>Total Fat</b> 0g	<b>0%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 5mg	<b>2%</b>
<b>Sodium</b> 120mg	<b>5%</b>
<b>Total Carbohydrate</b> 11g	<b>4%</b>
Dietary Fiber 0g	<b>0%</b>
Sugars 11g	
<b>Protein</b> 8g	<b>16%</b>

Vitamin A 10% • Vitamin C 2%  
 Calcium 30% • Vitamin D 25%

\* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

		Calories: 2,000 2,500	
Total Fat	Less than	65g	80g
Sat. Fat	than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	than	2,400mg	2,400mg
Total		300g	375g
Carbohydrate		25g	30g

Calories per gram:  
 Fat 9 • Carbohydrate 4 • Protein 4

**Ingredients: Grade A skim (fat free) milk, Vitamin A palmitate and Vitamin D3.**

## 1% Low Fat Milk



**Size: 1 gallon**  
**Item Number: 1346**  
**Case Size: 4/1 gallon jugs**

### Nutrition Facts

Serving Size 1 Cup (240mL)  
 Servings Per Container 16

Amount Per Serving	
<b>Calories</b> 100	Calories from Fat 20
%Daily Value*	
<b>Total Fat</b> 2.5g	<b>4%</b>
Saturated Fat 1.5g	<b>8%</b>
Trans Fat 0g	
<b>Cholesterol</b> 15mg	<b>5%</b>
<b>Sodium</b> 120mg	<b>5%</b>
<b>Total Carbohydrate</b> 11g	<b>4%</b>
Dietary Fiber 0g	<b>0%</b>
Sugars 11g	
<b>Protein</b> 8g	<b>16%</b>

Vitamin A 10% • Vitamin C 2%  
 Calcium 30% • Vitamin D 25%

\* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

		Calories: 2,000 2,500	
Total Fat	Less than	65g	80g
Sat. Fat	than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	than	2,400mg	2,400mg
Total		300g	375g
Carbohydrate		25g	30g

Calories per gram:  
 Fat 9 • Carbohydrate 4 • Protein 4

**Ingredients: Grade A lowfat milk, Vitamin A palmitate and Vitamin D3.**

## 2% Reduced Fat Milk



**Size: 1 gallon**  
**Item Number: 1201**  
**Case Size: 4/1 gallon jugs**

### Nutrition Facts

Serving Size 1 Cup (240mL)  
 Servings Per Container 16

Amount Per Serving	
<b>Calories</b> 120	Calories from Fat 45
%Daily Value*	
<b>Total Fat</b> 5g	<b>8%</b>
Saturated Fat 3.5g	<b>18%</b>
Trans Fat 0g	
<b>Cholesterol</b> 25mg	<b>8%</b>
<b>Sodium</b> 120mg	<b>5%</b>
<b>Total Carbohydrate</b> 11g	<b>4%</b>
Dietary Fiber 0g	<b>0%</b>
Sugars 11g	
<b>Protein</b> 8g	<b>16%</b>

Vitamin A 10% • Vitamin C 2%  
 Calcium 30% • Vitamin D 25%

\* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

		Calories: 2,000 2,500	
Total Fat	Less than	65g	80g
Sat. Fat	than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	than	2,400mg	2,400mg
Total		300g	375g
Carbohydrate		25g	30g

Calories per gram:  
 Fat 9 • Carbohydrate 4 • Protein 4

**Ingredients: Grade A reduced fat milk, Vitamin A palmitate and Vitamin D3.**

## Vitamin D Milk



**Size: 1 gallon**  
**Item Number: 1031**  
**Case Size: 4/1 gallon jugs**

### Nutrition Facts

Serving Size 1 Cup (240mL)  
 Servings Per Container 16

Amount Per Serving	
<b>Calories</b> 150	Calories from Fat 70
%Daily Value*	
<b>Total Fat</b> 8g	<b>12%</b>
Saturated Fat 5g	<b>25%</b>
Trans Fat 0g	
<b>Cholesterol</b> 35mg	<b>12%</b>
<b>Sodium</b> 120mg	<b>5%</b>
<b>Total Carbohydrate</b> 11g	<b>4%</b>
Dietary Fiber 0g	<b>0%</b>
Sugars 11g	
<b>Protein</b> 8g	<b>16%</b>

Vitamin A 6% • Vitamin C 2%  
 Calcium 30% • Vitamin D 25%

\* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

		Calories: 2,000 2,500	
Total Fat	Less than	65g	80g
Sat. Fat	than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	than	2,400mg	2,400mg
Total		300g	375g
Carbohydrate		25g	30g

Calories per gram:  
 Fat 9 • Carbohydrate 4 • Protein 4

**Ingredients: Grade A Milk and Vitamin D3.**

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## Low Fat Raspberry Yogurt



Size: 5 lb. carton  
Item Number: 9234  
Case Size: 4/5 lb. cartons

**Ingredients:** Cultured pasteurized grade A lowfat milk, sugar, water, raspberries, natural flavors, modified corn starch, citric acid, potassium sorbate and sodium benzoate (preservatives), FD&C red #40, blue #1, nonfat dry milk solids, corn starch, whey protein concentrate and gelatin.  
**Contains:** Milk

## Low Fat Blueberry Yogurt



Size: 5 lb. carton  
Item Number: 9231  
Case Size: 4/5 lb. cartons

### Nutrition Facts

Serving Size 3/4 Cup (170g)  
Servings Per Container About 13

Amount Per Serving		%Daily Value*	
<b>Calories</b>	165	Calories from Fat	15
<b>Total Fat</b>	2g		3%
Saturated Fat	1.5g		8%
Trans Fat	0g		
<b>Cholesterol</b>	10mg		3%
<b>Sodium</b>	100mg		4%
<b>Total Carbohydrate</b>	31g		10%
Dietary Fiber	0g		0%
Sugars	31g		
<b>Protein</b>	7g		14%
Vitamin A	2%	Vitamin C	2%
Calcium	20%	Iron	0%

\* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat. Fat	than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
		25g	30g

Calories per gram:  
Fat 9 • Carbohydrate 4 • Protein 4

**Ingredients:** Cultured pasteurized grade A lowfat milk, sugar, blueberries, water, modified corn starch, citric acid, sodium citrate, potassium sorbate, and sodium benzoate (preservatives), red #40, blue #1, nonfat dry milk solids, corn starch, whey protein concentrate and gelatin.  
**Contains:** Milk

## Low Fat Peach Yogurt



Size: 5 lb. carton  
Item Number: 9232  
Case Size: 4/5 lb. cartons

### Nutrition Facts

Serving Size 3/4 Cup (170g)  
Servings Per Container About 13

Amount Per Serving		%Daily Value*	
<b>Calories</b>	175	Calories from Fat	15
<b>Total Fat</b>	2g		3%
Saturated Fat	1.5g		8%
Trans Fat	0g		
<b>Cholesterol</b>	10mg		3%
<b>Sodium</b>	90mg		5%
<b>Total Carbohydrate</b>	33g		11%
Dietary Fiber	0g		0%
Sugars	33g		
<b>Protein</b>	7g		14%
Vitamin A	2%	Vitamin C	2%
Calcium	20%	Iron	0%

\* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat. Fat	than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
		25g	30g

Calories per gram:  
Fat 9 • Carbohydrate 4 • Protein 4

**Ingredients:** Cultured pasteurized grade A lowfat milk, sugar, peaches, water, modified corn starch, natural flavors, citric acid, potassium sorbate (a preservative), FD&C yellow #6, annatto, nonfat milk solids, corn starch, whey protein concentrate and gelatin.  
**Contains:** Milk

## Low Fat Plain Yogurt



Size: 5 lb. carton  
Item Number: 9233  
Case Size: 4/5 lb. cartons

### Nutrition Facts

Serving Size 3/4 Cup (170g)  
Servings Per Container About 13

Amount Per Serving		%Daily Value*	
<b>Calories</b>	100	Calories from Fat	20
<b>Total Fat</b>	2g		3%
Saturated Fat	1.5g		8%
Trans Fat	0g		
<b>Cholesterol</b>	10mg		3%
<b>Sodium</b>	115mg		5%
<b>Total Carbohydrate</b>	12g		4%
Dietary Fiber	0g		0%
Sugars	12g		
<b>Protein</b>	8g		16%
Vitamin A	2%	Vitamin C	2%
Calcium	20%	Iron	0%

\* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat. Fat	than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
		25g	30g

Calories per gram:  
Fat 9 • Carbohydrate 4 • Protein 4

**Ingredients:** Cultured pasteurized grade A lowfat milk, nonfat dry milk solids, sugar, corn starch, whey protein concentrate and gelatin.  
**Contains:** Milk

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## Low Fat Strawberry Yogurt



Size: 5 lb. carton  
Item Number: 9235  
Case Size: 4/5 lb. cartons

### Nutrition Facts

Serving Size 3/4 Cup (170g)  
Servings Per Container About 13

Amount Per Serving			
<b>Calories</b> 165	Calories from Fat 15		
		<b>%Daily Value*</b>	
<b>Total Fat</b> 2g			<b>3%</b>
Saturated Fat 1.5g			<b>8%</b>
Trans Fat 0g			
<b>Cholesterol</b> 10mg			<b>3%</b>
<b>Sodium</b> 100mg			<b>4%</b>
<b>Total Carbohydrate</b> 32g			<b>11%</b>
Dietary Fiber 0g			<b>0%</b>
Sugars 32g			
<b>Protein</b> 7g			<b>14%</b>
Vitamin A 2%	•	Vitamin C 2%	
Calcium 20%	•	Iron 0%	

\* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat. Fat	than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
		25g	30g

Calories per gram:  
Fat 9 • Carbohydrate 4 • Protein 4

**Ingredients:** Cultured pasteurized grade A lowfat milk, sugar, strawberries, water, natural flavors, modified corn starch, citric acid, sodium citrate, potassium sorbate (a preservative), red #40, nonfat milk solids, corn starch, whey protein concentrate and gelatin. Contains: Milk

## Fat Free Blueberry Yogurt



Size: 6 oz. carton  
Item Number: 16427  
Case Size: 12 cartons

### Nutrition Facts

Serving Size 1 container (170g)  
Servings Per Container 1

Amount Per Serving			
<b>Calories</b> 90	Calories from Fat 0		
		<b>%Daily Value*</b>	
<b>Total Fat</b> 0g			<b>0%</b>
Saturated Fat 0g			<b>0%</b>
<b>Cholesterol</b> 0mg			<b>0%</b>
<b>Sodium</b> 90mg			<b>4%</b>
<b>Potassium</b> 240mg			<b>7%</b>
<b>Total Carbohydrate</b> 16g			<b>5%</b>
Dietary Fiber 3g			<b>12%</b>
Sugars 8g			
<b>Protein</b> 6g			<b>12%</b>
Vitamin C 0%	•	Vitamin A 15%	
Calcium 20%	•	Iron 0%	
Vitamin D 35%	•	Phosphorus 15%	

\* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat. Fat	than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
		25g	30g

Calories per gram:  
Fat 9 • Carbohydrate 4 • Protein 4

**Ingredients:** Cultured pasteurized skim milk and nonfat dry milk, blueberries, modified corn starch, natural flavor, carrageenan, pectin, polydextrose (fiber), sugar, aspartame, Vitamin A palmitate, Vitamin D3.

**Phenylketonurics:** Contains phenylalanine

## Fat Free Strawberry Yogurt



Size: 6 oz. carton  
Item Number: 16432  
Case Size: 12 cartons

### Nutrition Facts

Serving Size 1 container (170g)  
Servings Per Container 1

Amount Per Serving			
<b>Calories</b> 90	Calories from Fat 0		
		<b>%Daily Value*</b>	
<b>Total Fat</b> 0g			<b>0%</b>
Saturated Fat 0g			<b>0%</b>
<b>Cholesterol</b> 0mg			<b>0%</b>
<b>Sodium</b> 90mg			<b>4%</b>
<b>Potassium</b> 240mg			<b>7%</b>
<b>Total Carbohydrate</b> 16g			<b>5%</b>
Dietary Fiber 3g			<b>12%</b>
Sugars 8g			
<b>Protein</b> 6g			<b>12%</b>
Vitamin C 4%	•	Vitamin A 15%	
Calcium 20%	•	Iron 0%	
Vitamin D 35%	•	Phosphorus 15%	

\* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat. Fat	than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
		25g	30g

Calories per gram:  
Fat 9 • Carbohydrate 4 • Protein 4

**Ingredients:** Cultured pasteurized skim milk and nonfat dry milk, strawberries, modified corn starch, natural flavor, carrageenan, pectin, polydextrose (fiber), sugar, Red #40, aspartame, Vitamin A palmitate, Vitamin D3.

**Phenylketonurics:** Contains phenylalanine

## Fat Free Strawberry Banana Yogurt



Size: 6 oz. carton  
Item Number: 16431  
Case Size: 12 cartons

### Nutrition Facts

Serving Size 1 container (170g)  
Servings Per Container 1

Amount Per Serving			
<b>Calories</b> 90	Calories from Fat 0		
		<b>%Daily Value*</b>	
<b>Total Fat</b> 0g			<b>0%</b>
Saturated Fat 0g			<b>0%</b>
<b>Cholesterol</b> 0mg			<b>0%</b>
<b>Sodium</b> 90mg			<b>4%</b>
<b>Potassium</b> 240mg			<b>7%</b>
<b>Total Carbohydrate</b> 17g			<b>6%</b>
Dietary Fiber 3g			<b>12%</b>
Sugars 9g			
<b>Protein</b> 6g			<b>12%</b>
Vitamin C 4%	•	Vitamin A 15%	
Calcium 20%	•	Iron 0%	
Vitamin D 35%	•	Phosphorus 15%	

\* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat. Fat	than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
		25g	30g

Calories per gram:  
Fat 9 • Carbohydrate 4 • Protein 4

**Ingredients:** Cultured pasteurized skim milk and nonfat dry milk, strawberries, bananas, natural flavor, modified corn starch, carrageenan, pectin, polydextrose (fiber), sugar, Red #40, aspartame, Vitamin A palmitate, Vitamin D3.

**Phenylketonurics:** Contains phenylalanine

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## Fat Free Vanilla Yogurt



Size: 6 oz. carton  
Item Number: 16433  
Case Size: 12 cartons

### Nutrition Facts

Serving Size 1 container (170g)  
Servings Per Container 1

Amount Per Serving			
<b>Calories</b> 90	Calories from Fat 0		
		<b>%Daily Value*</b>	
<b>Total Fat</b> 0g			<b>0%</b>
Saturated Fat 0g			<b>0%</b>
<b>Cholesterol</b> 0mg			<b>0%</b>
<b>Sodium</b> 90mg			<b>4%</b>
<b>Potassium</b> 240mg			<b>7%</b>
<b>Total Carbohydrate</b> 17g			<b>6%</b>
Dietary Fiber 3g			<b>12%</b>
Sugars 8g			
<b>Protein</b> 6g			<b>12%</b>
Vitamin C 2%	• Vitamin A 15%		
Calcium 20%	• Iron 0%		
Vitamin D 35%	• Phosphorus 15%		

\* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less	65g	80g
Sat. Fat	than	20g	25g
Cholesterol	Less	300mg	300mg
Sodium	than	2,400mg	2,400mg
Total		300g	375g
Carbohydrate		25g	30g

Calories per gram:  
Fat 9 • Carbohydrate 4 • Protein 4

**Ingredients:** Cultured pasteurized skim milk and nonfat dry milk, modified corn starch, carrageenan, pectin, polydextrose (fiber), sugar, natural flavor, annatto-turmeric color, aspartame, Vitamin A palmitate, Vitamin D3.

**Phenylketonurics:** Contains phenylalanine

## Fat Free Peach Yogurt



Size: 6 oz. carton  
Item Number: 16429  
Case Size: 12 cartons

### Nutrition Facts

Serving Size 1 container (170g)  
Servings Per Container 1

Amount Per Serving			
<b>Calories</b> 90	Calories from Fat 0		
		<b>%Daily Value*</b>	
<b>Total Fat</b> 0g			<b>0%</b>
Saturated Fat 0g			<b>0%</b>
<b>Cholesterol</b> 0mg			<b>0%</b>
<b>Sodium</b> 90mg			<b>4%</b>
<b>Potassium</b> 240mg			<b>7%</b>
<b>Total Carbohydrate</b> 16g			<b>5%</b>
Dietary Fiber 3g			<b>12%</b>
Sugars 8g			
<b>Protein</b> 6g			<b>12%</b>
Vitamin C 2%	• Vitamin A 15%		
Calcium 20%	• Iron 0%		
Vitamin D 35%	• Phosphorus 15%		

\* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less	65g	80g
Sat. Fat	than	20g	25g
Cholesterol	Less	300mg	300mg
Sodium	than	2,400mg	2,400mg
Total		300g	375g
Carbohydrate		25g	30g

Calories per gram:  
Fat 9 • Carbohydrate 4 • Protein 4

**Ingredients:** Cultured pasteurized skim milk and nonfat dry milk, peaches, modified corn starch, carrageenan, pectin, polydextrose (fiber), sugar, natural flavor, annatto color, Red #40, aspartame, Vitamin A palmitate, Vitamin D3.

**Phenylketonurics:** Contains phenylalanine

## Fat Free Black Cherry Yogurt



Size: 6 oz. carton  
Item Number: 16426  
Case Size: 12 cartons

### Nutrition Facts

Serving Size 1 container (170g)  
Servings Per Container 1

Amount Per Serving			
<b>Calories</b> 90	Calories from Fat 0		
		<b>%Daily Value*</b>	
<b>Total Fat</b> 0g			<b>0%</b>
Saturated Fat 0g			<b>0%</b>
<b>Cholesterol</b> 0mg			<b>0%</b>
<b>Sodium</b> 90mg			<b>4%</b>
<b>Potassium</b> 240mg			<b>7%</b>
<b>Total Carbohydrate</b> 15g			<b>5%</b>
Dietary Fiber 3g			<b>12%</b>
Sugars 14g			
<b>Protein</b> 6g			<b>12%</b>
Vitamin C 0%	• Vitamin A 15%		
Calcium 20%	• Iron 0%		
Vitamin D 35%	• Phosphorus 15%		

\* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less	65g	80g
Sat. Fat	than	20g	25g
Cholesterol	Less	300mg	300mg
Sodium	than	2,400mg	2,400mg
Total		300g	375g
Carbohydrate		25g	30g

Calories per gram:  
Fat 9 • Carbohydrate 4 • Protein 4

**Ingredients:** Cultured pasteurized skim milk and nonfat dry milk, cherries, water, modified corn starch, natural flavor, carrageenan, pectin, polydextrose (fiber), sugar, red #40, Blue #1, aspartame, Vitamin A palmitate and Vitamin D3.

**phenylketonurics:** contains phenylalanine

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## Peach Greek Nonfat Yogurt



Size: 5.3 oz. carton  
Item Number: 25443  
Case Size: 12 cartons

### Nutrition Facts

Serving Size 1 Container (150g)  
Servings Per Container 1

Amount Per Serving			
<b>Calories</b>	130	<b>Calories from Fat</b>	0
<b>%Daily Value*</b>			
<b>Total Fat</b>	0g		<b>0%</b>
Saturated Fat	0g		<b>0%</b>
Trans Fat	0g		
<b>Cholesterol</b>	10mg		<b>3%</b>
<b>Sodium</b>	45mg		<b>2%</b>
<b>Potassium</b>	250mg		<b>7%</b>
<b>Total Carbohydrate</b>	21g		<b>7%</b>
Dietary Fiber	<1g		<b>4%</b>
Sugars	20g		
<b>Protein</b>	12g		<b>25%</b>
Vitamin A	0%	Vitamin C	0%
Calcium	15%	Iron	0%

\* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less	65g	80g
Sat. Fat	than	20g	25g
Cholesterol	Less	300mg	300mg
Sodium	than	2,400mg	2,400mg
Total		300g	375g
Carbohydrate		25g	30g

Calories per gram:  
Fat 9 • Carbohydrate 4 • Protein 4

**Ingredients:** Cultured pasteurized skim milk, sugar, peaches, natural flavor, locust bean gum, pectin. Contains five live active cultures including *S. Thermophilus*, *L. Bulgaricus*, *L. Acidophilus*, *Bifidus*, and *L. Casei*.  
**Contains:** Milk

## Strawberry Greek Nonfat Yogurt



Size: 5.3 oz. carton  
Item Number: 25446  
Case Size: 12 cartons

### Nutrition Facts

Serving Size 1 Container (150g)  
Servings Per Container 1

Amount Per Serving			
<b>Calories</b>	130	<b>Calories from Fat</b>	0
<b>%Daily Value*</b>			
<b>Total Fat</b>	0g		<b>0%</b>
Saturated Fat	0g		<b>0%</b>
Trans Fat	0g		
<b>Cholesterol</b>	10mg		<b>3%</b>
<b>Sodium</b>	70mg		<b>3%</b>
<b>Potassium</b>	230mg		<b>7%</b>
<b>Total Carbohydrate</b>	22g		<b>7%</b>
Dietary Fiber	<1g		<b>4%</b>
Sugars	20g		
<b>Protein</b>	12g		<b>25%</b>
Vitamin A	0%	Vitamin C	0%
Calcium	15%	Iron	0%

\* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less	65g	80g
Sat. Fat	than	20g	25g
Cholesterol	Less	300mg	300mg
Sodium	than	2,400mg	2,400mg
Total		300g	375g
Carbohydrate		25g	30g

Calories per gram:  
Fat 9 • Carbohydrate 4 • Protein 4

**Ingredients:** Cultured pasteurized skim milk, sugar, strawberries, natural flavor, lactic acid, locust bean gum, pectin, sodium citrate, fruit and vegetable juice concentrates for color, calcium chloride. Contains five live active cultures including *S. Thermophilus*, *L. Bulgaricus*, *L. Acidophilus*, *Bifidus*, and *L. Casei*.  
**Contains:** Milk

## Vanilla Greek Nonfat Yogurt



Size: 5.3 oz. carton  
Item Number: 25447  
Case Size: 12 cartons

### Nutrition Facts

Serving Size 1 Container (150g)  
Servings Per Container 1

Amount Per Serving			
<b>Calories</b>	110	<b>Calories from Fat</b>	0
<b>%Daily Value*</b>			
<b>Total Fat</b>	0g		<b>0%</b>
Saturated Fat	0g		<b>0%</b>
Trans Fat	0g		
<b>Cholesterol</b>	10mg		<b>3%</b>
<b>Sodium</b>	70mg		<b>3%</b>
<b>Potassium</b>	250mg		<b>7%</b>
<b>Total Carbohydrate</b>	22g		<b>5%</b>
Dietary Fiber	<1g		<b>3%</b>
Sugars	14g		
<b>Protein</b>	13g		<b>26%</b>
Vitamin A	0%	Vitamin C	0%
Calcium	15%	Iron	0%

\* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less	65g	80g
Sat. Fat	than	20g	25g
Cholesterol	Less	300mg	300mg
Sodium	than	2,400mg	2,400mg
Total		300g	375g
Carbohydrate		25g	30g

Calories per gram:  
Fat 9 • Carbohydrate 4 • Protein 4

**Ingredients:** Cultured pasteurized skim milk, sugar, vanilla extract, pectin, locust bean gum. Contains five live active cultures including *S. Thermophilus*, *L. Bulgaricus*, *L. Acidophilus*, *Bifidus*, and *L. Casei*.  
**Contains:** Milk

## Raspberry Greek Nonfat Yogurt



Size: 5.3 oz. carton  
Item Number: 25445  
Case Size: 12 cartons

### Nutrition Facts

Serving Size 1 Container (150g)  
Servings Per Container 1

Amount Per Serving			
<b>Calories</b>	130	<b>Calories from Fat</b>	0
<b>%Daily Value*</b>			
<b>Total Fat</b>	0g		<b>0%</b>
Saturated Fat	0g		<b>0%</b>
Trans Fat	0g		
<b>Cholesterol</b>	10mg		<b>3%</b>
<b>Sodium</b>	50mg		<b>2%</b>
<b>Potassium</b>	230mg		<b>7%</b>
<b>Total Carbohydrate</b>	20g		<b>7%</b>
Dietary Fiber	<1g		<b>4%</b>
Sugars	19g		
<b>Protein</b>	12g		<b>25%</b>
Vitamin A	0%	Vitamin C	0%
Calcium	15%	Iron	0%

\* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less	65g	80g
Sat. Fat	than	20g	25g
Cholesterol	Less	300mg	300mg
Sodium	than	2,400mg	2,400mg
Total		300g	375g
Carbohydrate		25g	30g

Calories per gram:  
Fat 9 • Carbohydrate 4 • Protein 4

**Ingredients:** Cultured pasteurized skim milk, sugar, raspberries, pectin, locust bean gum, vegetable juice for color, natural flavor and citric acid. Contains five live active cultures including *S. Thermophilus*, *L. Bulgaricus*, *L. Acidophilus*, *Bifidus*, and *L. Casei*.  
**Contains:** Milk

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## Black Cherry Greek Nonfat Yogurt



Size: 5.3 oz. carton  
Item Number: 25441  
Case Size: 12 cartons

### Nutrition Facts

Serving Size 1 Container (150g)  
Servings Per Container 1

Amount Per Serving			
<b>Calories</b> 120	Calories from Fat 0		
		%Daily Value*	
<b>Total Fat</b> 0g			<b>0%</b>
Saturated Fat 0g			<b>0%</b>
Trans Fat 0g			
<b>Cholesterol</b> 10mg			<b>3%</b>
<b>Sodium</b> 70mg			<b>3%</b>
<b>Potassium</b> 230mg			<b>7%</b>
<b>Total Carbohydrate</b> 19g			<b>6%</b>
Dietary Fiber <1g			<b>4%</b>
Sugars 18g			
<b>Protein</b> 12g			<b>25%</b>
Vitamin A 0%	•	Vitamin C 0%	
Calcium 15%	•	Iron 0%	

\* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less	65g	80g
Sat. Fat	than	20g	25g
Cholesterol	Less	300mg	300mg
Sodium	than	2,400mg	2,400mg
Total		300g	375g
Carbohydrate		25g	30g

Calories per gram:  
Fat 9 • Carbohydrate 4 • Protein 4

**Ingredients:** Cultured pasteurized skim milk, sugar, cherries, cherry juice concentrate, natural flavor, pectin, black carrot juice concentrate (for color), locust bean gum, sodium citrate, citric acid, calcium chloride. Contains five live active cultures including; *S. Thermophilus*, *L. Bulgaricus*, *L. Acidophilus*, *Bifidus* and *L. Casei*. Contains: Milk

## Blueberry Greek Nonfat Yogurt



Size: 5.3 oz. carton  
Item Number: 25442  
Case Size: 12 cartons

### Nutrition Facts

Serving Size 1 Container (150g)  
Servings Per Container 1

Amount Per Serving			
<b>Calories</b> 120	Calories from Fat 0		
		%Daily Value*	
<b>Total Fat</b> 0g			<b>0%</b>
Saturated Fat 0g			<b>0%</b>
Trans Fat 0g			
<b>Cholesterol</b> 10mg			<b>3%</b>
<b>Sodium</b> 70mg			<b>3%</b>
<b>Potassium</b> 250mg			<b>7%</b>
<b>Total Carbohydrate</b> 19g			<b>6%</b>
Dietary Fiber <1g			<b>4%</b>
Sugars 18g			
<b>Protein</b> 12g			<b>25%</b>
Vitamin A 0%	•	Vitamin C 0%	
Calcium 15%	•	Iron 0%	

\* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less	65g	80g
Sat. Fat	than	20g	25g
Cholesterol	Less	300mg	300mg
Sodium	than	2,400mg	2,400mg
Total		300g	375g
Carbohydrate		25g	30g

Calories per gram:  
Fat 9 • Carbohydrate 4 • Protein 4

**Ingredients:** Cultured pasteurized skim milk, sugar, blueberries, natural flavor, locust bean gum, pectin, sodium citrate, citric acid, fruit and vegetable juice concentrates for color, calcium chloride. Contains five live active cultures including; *S. Thermophilus*, *L. Bulgaricus*, *L. Acidophilus*, *Bifidus*, and *L. Casei*. Contains: Milk

## Pineapple Greek Nonfat Yogurt



Size: 5.3 oz. carton  
Item Number: 25444  
Case Size: 12 cartons

### Nutrition Facts

Serving Size 1 Container (150g)  
Servings Per Container 1

Amount Per Serving			
<b>Calories</b> 130	Calories from Fat 0		
		%Daily Value*	
<b>Total Fat</b> 0g			<b>0%</b>
Saturated Fat 0g			<b>1%</b>
Trans Fat 0g			
<b>Cholesterol</b> 10mg			<b>3%</b>
<b>Sodium</b> 50mg			<b>2%</b>
<b>Potassium</b> 250mg			<b>7%</b>
<b>Total Carbohydrate</b> 21g			<b>7%</b>
Dietary Fiber <1g			<b>3%</b>
Sugars 20g			
<b>Protein</b> 12g			<b>25%</b>
Vitamin A 0%	•	Vitamin C 0%	
Calcium 15%	•	Iron 0%	

\* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less	65g	80g
Sat. Fat	than	20g	25g
Cholesterol	Less	300mg	300mg
Sodium	than	2,400mg	2,400mg
Total		300g	375g
Carbohydrate		25g	30g

Calories per gram:  
Fat 9 • Carbohydrate 4 • Protein 4

**Ingredients:** Cultured pasteurized skim milk, sugar, pineapple, pineapple juice, pectin, natural flavor, locust bean gum, turmeric (for color). Contains five live active cultures including; *S. Thermophilus*, *L. Bulgaricus*, *L. Acidophilus*, *Bifidus*, and *L. Casei*. Contains: Milk

## Lowfat Cottage Cheese Snack Cups



Size: 4 oz. carton  
Item Number: 20283  
Case Size: 12 cartons

### Nutrition Facts

Serving Size 1/2 cup (114g)  
Servings Per Container 1

Amount Per Serving			
<b>Calories</b> 90	Calories from Fat 20		
		%Daily Value*	
<b>Total Fat</b> 2.5g			<b>8%</b>
Saturated Fat 1.5g			<b>8%</b>
Trans Fat 0g			
<b>Cholesterol</b> 15mg			<b>5%</b>
<b>Sodium</b> 450mg			<b>19%</b>
<b>Total Carbohydrate</b> 5g			<b>2%</b>
Dietary Fiber 0g			<b>0%</b>
Sugars 5g			
<b>Protein</b> 13g			<b>26%</b>
Vitamin A 4%	•	Vitamin C 0%	
Calcium 8%	•	Iron 0%	

\* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less	65g	80g
Sat. Fat	than	20g	25g
Cholesterol	Less	300mg	300mg
Sodium	than	2,400mg	2,400mg
Total		300g	375g
Carbohydrate		25g	30g

Calories per gram:  
Fat 9 • Carbohydrate 4 • Protein 4

**Ingredients:** Skim milk, cream, nonfat dry milk, lactose, salt, guar gum, mono and diglycerides, xanthan gum, carob bean gum, potassium sorbate and carbon dioxide (to maintain freshness), cheese cultures, enzymes, and Vitamin A palmitate.

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## Cottage Cheese Small Curd



Size: 5 lb. carton  
Item Number: 5762  
Case Size: 4/5 lb. cartons

### Nutrition Facts

Serving Size 1/2 cup (114g)  
Servings Per Container About 20

Amount Per Serving		%Daily Value*
<b>Calories</b> 100	Calories from Fat 45	
<b>Total Fat</b> 5g		<b>8%</b>
Saturated Fat 3g		<b>15%</b>
Trans Fat 0g		
<b>Cholesterol</b> 25mg		<b>8%</b>
<b>Sodium</b> 480mg		<b>20%</b>
<b>Total Carbohydrate</b> 5g		<b>2%</b>
Dietary Fiber 0g		<b>0%</b>
Sugars 4g		
<b>Protein</b> 11g		<b>22%</b>

Vitamin A 4% • Vitamin C 2%  
Calcium 8% • Iron 0%

\* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories: 2,000	2,500
Total Fat	Less 65g	80g
Sat. Fat	than 20g	25g
Cholesterol	Less 300mg	300mg
Sodium	than 2,400mg	2,400mg
Total	300g	375g
Carbohydrate	25g	30g

Calories per gram:  
Fat 9 • Carbohydrate 4 • Protein 4

**Ingredients:** Skim milk, milk, cream, lactose, salt, stabilizer (maltodextrin, guar gum, mono and diglycerides, xanthan gum, carrageenan, carob bean gum), citric acid, carbon dioxide and potassium sorbate (maintain freshness), cheese cultures. Contains: Milk

## 1% Cottage Cheese



Size: 5 lb carton  
Item Number: 25306  
Case Size: 4/5 lb. cartons

### Nutrition Facts

Serving Size 1/2 cup (114g)  
Servings Per Container About 20

Amount Per Serving		%Daily Value*
<b>Calories</b> 80	Calories from Fat 15	
<b>Total Fat</b> 1.5g		<b>2%</b>
Saturated Fat 1g		<b>5%</b>
Trans Fat 0g		
<b>Cholesterol</b> 10mg		<b>3%</b>
<b>Sodium</b> 480mg		<b>20%</b>
<b>Total Carbohydrate</b> 6g		<b>2%</b>
Dietary Fiber 0g		<b>0%</b>
Sugars 5g		
<b>Protein</b> 12g		<b>24%</b>

Vitamin A 4% • Vitamin C 4%  
Calcium 10% • Iron 0%

\* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories: 2,000	2,500
Total Fat	Less 65g	80g
Sat. Fat	than 20g	25g
Cholesterol	Less 300mg	300mg
Sodium	than 2,400mg	2,400mg
Total	300g	375g
Carbohydrate	25g	30g

Calories per gram:  
Fat 9 • Carbohydrate 4 • Protein 4

**Ingredients:** Skim milk, milk, nonfat dry milk, lactose, salt, stabilizer (maltodextrin, guar gum, mono and diglycerides, xanthan gum, carrageenan, carob bean gum), citric acid, carbon dioxide and potassium sorbate (maintain freshness), cheese cultures, Vitamin A palmitate. Contains: Milk

## Sour Cream



Size: 5 lb carton  
Item Number: 25293  
Case Size: 4/5 lb. cartons

### Nutrition Facts

Serving Size 1/2 cup (114g)  
Servings Per Container About 76

Amount Per Serving		%Daily Value*
<b>Calories</b> 60	Calories from Fat 50	
<b>Total Fat</b> 5g		<b>8%</b>
Saturated Fat 4g		<b>20%</b>
Trans Fat 0g		
<b>Cholesterol</b> 20mg		<b>7%</b>
<b>Sodium</b> 55mg		<b>2%</b>
<b>Total Carbohydrate</b> 2g		<b>1%</b>
Dietary Fiber 0g		<b>0%</b>
Sugars 2g		
<b>Protein</b> 1g		

Vitamin A 4% • Vitamin C 0%  
Calcium 4% • Iron 0%

\* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories: 2,000	2,500
Total Fat	Less 65g	80g
Sat. Fat	than 20g	25g
Cholesterol	Less 300mg	300mg
Sodium	than 2,400mg	2,400mg
Total	300g	375g
Carbohydrate	25g	30g

Calories per gram:  
Fat 9 • Carbohydrate 4 • Protein 4

**Ingredients:** Milk, cream, modified food starch, sodium phosphate, guar gum, carrageenan, sodium citrate, locust bean gum, culture, coagulant, natamycin (natural preservative).

## Light Sour Cream



Size: 5 lb carton  
Item Number: 25293  
Case Size: 4/5 lb. cartons

### Nutrition Facts

Serving Size 1/2 cup (114g)  
Servings Per Container About 80

Amount Per Serving		%Daily Value*
<b>Calories</b> 40	Calories from Fat 25	
<b>Total Fat</b> 2.5g		<b>4%</b>
Saturated Fat 2g		<b>10%</b>
Trans Fat 0g		
<b>Cholesterol</b> 10mg		<b>4%</b>
<b>Sodium</b> 55mg		<b>2%</b>
<b>Total Carbohydrate</b> 2g		<b>1%</b>
Dietary Fiber 0g		<b>0%</b>
Sugars 2g		
<b>Protein</b> 1g		

Vitamin A 4% • Vitamin C 0%  
Calcium 4% • Iron 0%

\* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories: 2,000	2,500
Total Fat	Less 65g	80g
Sat. Fat	than 20g	25g
Cholesterol	Less 300mg	300mg
Sodium	than 2,400mg	2,400mg
Total	300g	375g
Carbohydrate	25g	30g

Calories per gram:  
Fat 9 • Carbohydrate 4 • Protein 4

**Ingredients:** Milk, cream, nonfat dry milk, modified food starch, guar gum, sodium phosphate, locust bean gum, sodium citrate, carrageenan, vitamin A palmitate, culture, coagulant, natamycin (natural preservative).

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