

HILAND MILK

Available in Whole, 2% Reduced Fat, 1% Low Fat, and Fat Free varieties in gallon, half gallon, quart, and pint sizes.





Nutrition Fa	icts
8 servings per container Serving size 1 Cup	(240mL)
Amount per serving	
Calories '	150
%	Daily Value*
Total Fat 8g	10%
Saturated Fat 5g	25%
<i>Trans</i> Fat 0g	
Cholesterol 35mg	12%
Sodium 120mg	5%
Total Carbohydrate 11g	4%
Dietary Fiber 0g	0%
Total Sugars 11g	
Includes 0g Added Sugars	0%
Protein 8g	16%
Vit. D 2.5mcg 15% • Calcium 2	90mg 20%
Iron 0.1mg 0% • Potassium 340)mg 8%
*The % Daily Value (DV) tells you how much a serving of food contributes to a daily diet. 2,00 day is used for general nutrition advice.	a nutrient in a 00 calories a

INGREDIENTS: GRADE A MILK AND VITAMIN D3. **Contains: Milk.**



2% REDUCED FAT MILK



	o (240mL)
Amount per serving	400
Calories	<u>120</u>
9	6 Daily Value*
Total Fat 5g	6%
Saturated Fat 3.5g	18%
<i>Trans</i> Fat 0g	
Cholesterol 20mg	7%
Sodium 120mg	5%
Total Carbohydrate 11g	4%
Dietary Fiber 0g	0%
Total Sugars 11g	
Includes 0g Added Sugars	0%
Protein 8g	16%
Vit. D 2mcg 10% • Calcium	298mg 25%
Iron 0mg 0% • Potassium 354	lmg 8%
Vitamin A 154mcg 15%	

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



Serving size 1	Cup (240mL)
Amount per serving Calories	100
	% Daily Value*
Total Fat 2.5g	3%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 15mg	5%
Sodium 120mg	5%
Total Carbohydrate 11	g 4%
Dietary Fiber 0g	0%
Total Sugars 11g	
Includes 0g Added Suga	ars 0%
Protein 8g	16%
Vit. D 2.5mcg 15% • Calc	ium 300mg 25%
Iron 0.1mg 0% • Potassiu	ım 370mg 8%
Vitamin A 150mcg 15%	

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



FAT FREE SKIM MILK Item #1413 0 72060 00191 4

Nutrition	Facts
8 servings per container Serving size 1 C	up (240mL)
Amount per serving Calories	80
	% Daily Value*
Total Fat 0g Saturated Fat 0g	0% 0%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 120mg	5%
Total Carbohydrate 11g	g 4%
Dietary Fiber 0g Total Sugars 11g	0%
Includes 0g Added Suga	rs 0%
Protein 8g	16%
Vit. D 2mcg 15% • Calciu Iron 0.1mg 0% • Potassi Vitamin A 150mcg 15%	
*The % Daily Value (DV) tells you how serving of food contributes to a daily of day is used for general nutrition advice	liet. 2,000 calories a

INGREDIENTS: GRADE A FAT FREE (SKIM) MILK, VITAMIN A PALMITATE AND VITAMIN D3. **CONTAINS: MILK.**



GALLON (3.78L) CASE COUNT - 4



Item #1111 0 72060 00111 2

Nutrition Fa 8 servings per container	cts
	240mL)
Amount per serving	
Calories 1	50
% D	aily Value*
Total Fat 8g	10%
Saturated Fat 5g	25%
<i>Trans</i> Fat 0g	
Cholesterol 35mg	12%
Sodium 120mg	5%
Total Carbohydrate 11g	4%
Dietary Fiber 0g	0%
Total Sugars 11g	
Includes 0g Added Sugars	0%
Protein 8g	16%
Vit. D 2.5mcg 15% • Calcium 29	0mg 20%
Iron 0.1mg 0% • Potassium 340	ng 8%
*The % Daily Value (DV) tells you how much a serving of food contributes to a daily diet. 2,00 day is used for general nutrition advice.	

INGREDIENTS: GRADE A MILK AND VITAMIN D3. **Contains: Milk.**



2% REDUCED FAT MILK



Serving size 1 Cup	(240mL)
Amount per serving	100
Calories	<u>120</u>
	Daily Value*
Total Fat 5g	6%
Saturated Fat 3.5g	18%
<i>Trans</i> Fat 0g	
Cholesterol 20mg	7%
Sodium 120mg	5%
Total Carbohydrate 11g	4%
Dietary Fiber 0g	0%
Total Sugars 11g	
Includes 0g Added Sugars	0%
Protein 8g	16%
Vit. D 2mcg 10% • Calcium 29	98mg 25%
ron 0mg 0% • Potassium 354m	ng 8%
Vitamin A 154mcg 15%	

MILK, VITAMIN A PALMITATE AND VITAMIN D3. CONTAINS: MILK.



1% LOWFAT MILK Item #8074 **0** 72060 01311 5

Serving size	1 Cup (240mL)
Amount per serving	400
Calories	100
	% Daily Value*
Total Fat 2.5g	3%
Saturated Fat 1.5g	8%
Trans Fat Og	
Cholesterol 15mg	5%
Sodium 120mg	5%
Total Carbohydrate	11g 4%
Dietary Fiber 0g	0%
Total Sugars 11g	
Includes 0g Added Su	igars 0%
Protein 8g	16%
Vit. D 2.5mcg 15% • Ca	alcium 300mg 25%
Iron 0.1mg 0% • Potass	sium 370mg 8%
Vitamin A 150mcg 15%	
*The % Daily Value (DV) tells you serving of food contributes to a da day is used for general nutrition a	how much a nutrient in a aily diet. 2,000 calories a dvice.

CONTAINS: MILK.

FAT FREE SKIM MILK



Nutrition F	acts
8 servings per container Serving size 1 Cu	p (240mL)
Amount per serving Calories	80
	% Daily Value*
Total Fat 0g Saturated Fat 0g Trans Fat 0g	0% 0%
Cholesterol 5mg	2%
Sodium 120mg	5%
Total Carbohydrate 11g	4%
Dietary Fiber 0g Total Sugars 11g	0%
Includes 0g Added Sugars	0%
Protein 8g	16%
Vit. D 2mcg 15% • Calcium Iron 0.1mg 0% • Potassiun Vitamin A 150mcg 15%	0
*The % Daily Value (DV) tells you how mu serving of food contributes to a daily diet. day is used for general nutrition advice.	uch a nutrient in a 2,000 calories a

INGREDIENTS: GRADE A FAT FREE (SKIM) MILK, VITAMIN A PALMITATE AND VITAMIN D3. **CONTAINS: MILK.**



HALF GALLON (1.89L) CASE COUNT - 9



Item #16361 0 72060 00012 2

Nutrition F 4 servings per container Serving size 1 Cu	acts
Amount per serving	150
c	% Daily Value*
Total Fat 8g	10%
Saturated Fat 5g	25%
<i>Trans</i> Fat 0g	
Cholesterol 35mg	12%
Sodium 120mg	5%
Total Carbohydrate 11g	4%
Dietary Fiber 0g	0%
Total Sugars 11g	
Includes 0g Added Sugars	0%
Protein 8g	16%
Vitamin D 15% • Ca	lcium 20%
Iron 0% • Potassium 8%	
*The % Daily Value (DV) tells you how mu serving of food contributes to a daily diet. day is used for general nutrition advice.	ch a nutrient in a 2,000 calories a

INGREDIENTS: GRADE A MILK AND VITAMIN D3. **Contains: Milk.**



2% REDUCED FAT MILK



Serving size 1 Cup	(240mL)
Amount per serving	400
Calories	120
	Daily Value*
Total Fat 5g	6%
Saturated Fat 3.5g	18%
<i>Trans</i> Fat 0g	
Cholesterol 20mg	7%
Sodium 120mg	5%
Total Carbohydrate 11g	4%
Dietary Fiber 0g	0%
Total Sugars 11g	
Includes 0g Added Sugars	0%
Protein 8g	16%
Vitamin D 10% • Calc	ium 25%
Iron 0% • Potassium 354mg	8%
Vitamin A 15%	

INGREDIENTS: GRADE A REDUCED FAT MILK, VITAMIN A PALMITATE AND VITAMIN D3. **CONTAINS: MILK.** **1% LOWFAT MILK** Item #24855 0 72060 00055 9

ML

4 servings per container Serving size 1 Cup (24	0mL
Amount per serving	
Calories 1	00
% Daily	y Value*
Total Fat 2.5g	3%
Saturated Fat 1.5g	8%
<i>Trans</i> Fat 0g	
Cholesterol 15mg	5%
Sodium 120mg	5%
Total Carbohydrate 11g	4%
Dietary Fiber 0g	0%
Total Sugars 11g	
Includes 0g Added Sugars	0%
Protein 8g	16%
Vitamin D 15% • Calcium	20%
Iron 0% • Potassium 8%	
Vitamin A 15%	

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



FAT FREE SKIM MILK Item #16363 0 72060 00086 3

Nutri	tio	n	Fac	ts
4 servings p Serving si			er Cup (240	mL)
Amount per s Calori	•		8	80
			% Daily \	
Total Fat Og Saturated F	at Og			0% 0%
Trans Fat 0g	<i>.</i>			2%
Sodium 120 Total Carbo	0	e 1	1g	5% 4%
Dietary Fibe Total Sugar	<u> </u>			0%
Includes 0g		Sug	ars	0%
Protein 8g				16%
Vitamin D Iron 0%	15% •	٠	Calcium Potassium	25% 8%
Vitamin A 15%	6			
*The % Daily Value serving of food con day is used for gen	tributes to a	ı dailı	/ diet. 2,000 calor	nt in a ies a

INGREDIENTS: GRADE A FAT FREE (SKIM) MILK, VITAMIN A PALMITATE AND VITAMIN D3. **CONTAINS: MILK.**



QUART (946ML) CASE COUNT - 9







Amount per serving	290
%	Daily Value*
Total Fat 15g	19%
Saturated Fat 10g	50%
Trans Fat 0.5g	
Cholesterol 75mg	25%
Sodium 240mg	10%
Total Carbohydrate 22g	8%
Dietary Fiber 0g	0%
Total Sugars 22g	
Includes 0g Added Sugars	0%
Protein 16g	32%

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

2% REDUCED FAT MILK



1 serving per container Serving size 1 Bottle (473mL)			
alories 2	50		
	ily Value*		
tal Fat 10g	13%		
Saturated Fat 7g	35%		
Trans Fat 0g			
iolesterol 45mg	15%		
dium 240mg	10%		
tal Carbohydrate 22g	8%		
Dietary Fiber 0g	0%		
Total Sugars 22g			
Includes 0g Added Sugars	0%		
otein 17g	34%		
. D 4.9mcg 25% • Calcium 600	mg 45%		
n 0mg 0% • Potassium 710mg	15%		
amin A 310mcg 35%			

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



FAT FREE SKIM MILK



Serving size		e (473	m
Amount per servi	•	16	5
		% Daily V	/alu
Total Fat Og			0
Saturated Fat 0	9		0
Trans Fat 0g			
Cholesterol 10n	ng		3
Sodium 240mg			10
Total Carbohyd	l rate 22g		8
Dietary Fiber 0g			0
Total Sugars 22	g		
Includes 0g Add	led Sugars		0
Protein 17g			34 [.]
Vit. D 5mcg 25%	Calcium	600mg	45
Iron 0.1mg 0% •	Potassium	730ma	15

INGREDIENTS: GRADE A FAT FREE (SKIM) MILK, VITAMIN A PALMITATE AND VITAMIN D3. **CONTAINS: MILK**.



PINT (473ML) CASE COUNT - 20