



Locally Made.
Naturally Delicious.™



Hiland Dairy School Products

Fat Free Skim Milk



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

Nutrition Facts	
1 serving per container	
Serving size	1 Carton (236mL)
Amount per serving	
Calories	80
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol < 5mg	1%
Sodium 105mg	5%
Total Carbohydrate 12g	4%
Dietary Fiber 0g	0%
Total Sugars 12g	
Includes 0g Added Sugars	0%
Protein 9g	
Vitamin D 2.4mcg	10%
Calcium 270mg	20%
Iron 0mg	0%
Potassium 380mg	8%
Vitamin A 130mcg	15%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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

1% Lowfat Milk



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

Nutrition Facts	
1 serving per container	
Serving size	1 Carton (236mL)
Amount per serving	
Calories	100
% Daily Value*	
Total Fat 2.5g	3%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 105mg	5%
Total Carbohydrate 12g	4%
Dietary Fiber 0g	0%
Total Sugars 12g	
Includes 0g Added Sugars	0%
Protein 8g	
Vitamin D 2.4mcg	10%
Calcium 300mg	25%
Iron 0mg	0%
Potassium 370mg	8%
Vitamin A 130mcg	15%

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INGREDIENTS: GRADE A LOW FAT MILK, VITAMIN A PALMITATE, VITAMIN D3.
CONTAINS: MILK

2% Reduced Fat Milk



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

Nutrition Facts	
1 serving per container	
Serving size	1 Carton (236mL)
Amount per serving	
Calories	120
% Daily Value*	
Total Fat 5g	6%
Saturated Fat 3g	15%
Trans Fat 0g	
Cholesterol 20mg	7%
Sodium 115mg	5%
Total Carbohydrate 12g	4%
Dietary Fiber 0g	0%
Total Sugars 12g	
Includes 0g Added Sugars	0%
Protein 8g	
Vitamin D 2.4mcg	10%
Calcium 290mg	20%
Iron 0mg	0%
Potassium 340mg	8%
Vitamin A 130mcg	15%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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

Whole (3.25%) Milk



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

Nutrition Facts	
1 serving per container	
Serving size	1 Carton (236mL)
Amount per serving	
Calories	150
% Daily Value*	
Total Fat 8g	10%
Saturated Fat 4.5g	23%
Trans Fat 0g	
Cholesterol 25mg	8%
Sodium 105mg	5%
Total Carbohydrate 11g	4%
Dietary Fiber 0g	0%
Total Sugars 11g	
Includes 0g Added Sugars	0%
Protein 8g	
Vitamin D 3.2mcg	15%
Calcium 270mg	20%
Iron 0mg	0%
Potassium 320mg	6%
Vitamin A 110mcg	10%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS: GRADE A WHOLE MILK, VITAMIN D3.
CONTAINS: MILK

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Fat Free Chocolate Milk (A)



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

Fat Free Chocolate Milk (B)



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

1% Lowfat Chocolate Milk



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

Whole (3.25%) Chocolate Milk



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

Nutrition Facts

1 serving per container	
Serving size	1 Carton (236mL)
Amount per serving	
Calories	110
<small>% Daily Value*</small>	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol < 5mg	1%
Sodium 190mg	8%
Total Carbohydrate 18g	7%
Dietary Fiber 0g	0%
Total Sugars 18g	
Includes 6g Added Sugars	12%
Protein 9g	
Vitamin D 2.7mcg	15%
Calcium 270mg	20%
Iron 0mg	0%
Potassium 380mg	8%
Vitamin A 170mcg	20%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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

PRODUCED IN: NORMAN, OK;
OMAHA, NE

Nutrition Facts

1 serving per container	
Serving size	1 Carton (236mL)
Amount per serving	
Calories	130
<small>% Daily Value*</small>	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol < 5mg	1%
Sodium 125mg	5%
Total Carbohydrate 23g	8%
Dietary Fiber 0g	0%
Total Sugars 22g	
Includes 11g Added Sugars	22%
Protein 8g	
Vitamin D 2.4mcg	10%
Calcium 260mg	20%
Iron 0mg	0%
Potassium 370mg	8%
Vitamin A 130mcg	20%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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

PRODUCED IN: KANSAS CITY, MO;
FORT SMITH, AR

Nutrition Facts

1 serving per container	
Serving size	1 Carton (236mL)
Amount per serving	
Calories	130
<small>% Daily Value*</small>	
Total Fat 2.5	3%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 130mg	6%
Total Carbohydrate 19g	7%
Dietary Fiber 0g	0%
Total Sugars 18g	
Includes 6g Added Sugars	12%
Protein 8g	
Vitamin D 2.5mcg	15%
Calcium 298mg	25%
Iron 0mg	0%
Potassium 370mg	8%
Vitamin A 150mcg	20%

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

Nutrition Facts

1 serving per container	
Serving size	1 Carton (236mL)
Amount per serving	
Calories	210
<small>% Daily Value*</small>	
Total Fat 7g	9%
Saturated Fat 4.5g	23%
Trans Fat 0g	
Cholesterol 20mg	7%
Sodium 180mg	8%
Total Carbohydrate 27g	10%
Dietary Fiber < 1g	3%
Total Sugars 25g	
Includes 13g Added Sugars	26%
Protein 8g	
Vitamin D 2.7mcg	15%
Calcium 270mg	20%
Iron 0.9mg	6%
Potassium 380mg	8%
Vitamin A 100mcg	10%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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

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Fat Free Strawberry Milk



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

Nutrition Facts	
1 serving per container	
Serving size	1 Carton (236mL)
Amount per serving	
Calories	120
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol < 5mg	1%
Sodium 95mg	4%
Total Carbohydrate 22g	8%
Dietary Fiber 0g	0%
Total Sugars 22g	
Includes 11g Added Sugars	22%
Protein 8g	
Vitamin D 2.7mcg	15%
Calcium 260mg	20%
Iron 0mg	0%
Potassium 360mg	8%
Vitamin A 150mcg	15%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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

1% Lowfat Strawberry Milk



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

Nutrition Facts	
1 serving per container	
Serving size	1 Carton (236mL)
Amount per serving	
Calories	140
% Daily Value*	
Total Fat 2.5g	3%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 100mg	4%
Total Carbohydrate 22g	8%
Dietary Fiber 0g	0%
Total Sugars 22g	
Includes 11g Added Sugars	22%
Protein 8g	
Vitamin D 2.7mcg	15%
Calcium 290mg	20%
Iron 0mg	0%
Potassium 350mg	8%
Vitamin A 150mcg	15%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS: GRADE A LOW FAT MILK, SUGAR, WATER, NATURAL FLAVOR, VEGETABLE JUICE COLOR, VITAMIN A PALMITATE, VITAMIN D3.
CONTAINS: MILK

1% Lowfat Vanilla Shake Milk



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

Nutrition Facts	
1 serving per container	
Serving size	1 Carton (236mL)
Amount per serving	
Calories	140
% Daily Value*	
Total Fat 2g	3%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 120mg	5%
Total Carbohydrate 23g	8%
Dietary Fiber 0g	0%
Total Sugars 22g	
Includes 11g Added Sugars	22%
Protein 8g	
Vitamin D 2.7mcg	15%
Calcium 290mg	20%
Iron 0mg	0%
Potassium 350mg	8%
Vitamin A 150mcg	15%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS: GRADE A LOW FAT MILK, SUGAR, CORN STARCH, GUAR GUM, NATURAL FLAVOR, SALT, VITAMIN A PALMITATE, VITAMIN D3.
CONTAINS: MILK

Lactaid Lactose-Free Milk



Size: 8 oz Carton
Item Number: 22306
Case Size: 12 cartons

Nutrition Facts	
1 serving per container	
Serving size	1 Cup (236mL)
Amount per serving	
Calories	90
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	1%
Trans Fat 0g	
Cholesterol <5mg	1%
Sodium 125mg	5%
Total Carbohydrate 13g	5%
Dietary Fiber 0g	0%
Total Sugars 12g	
Includes 0g Added Sugars	0%
Protein 8g	17%
Vitamin D 2.5mcg	15%
Calcium 500mg	40%
Iron 0.4mg	2%
Potassium 410mg	8%
Vitamin A 150mcg	15%
Riboflavin 0.4mg	30%
Vitamin B12 0.85mcg	35%
Phosphorus 380mg	30%

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INGREDIENTS: FAT FREE MILK, TRIBASIC CALCIUM PHOSPHATE (CALCIUM)*, CARRAGEENAN*, GUAR GUM*, LACTASE ENZYME*, VITAMIN A PALMITATE, VITAMIN D3
*INGREDIENT NOT IN REGULAR MILK.
CONTAINS: MILK



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Apple Juice (A)



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

Nutrition Facts	
1 serving per container	
Serving size	1 Carton (118mL)
Amount per serving	
Calories	60
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 10mg	0%
Total Carbohydrate 14g	5%
Dietary Fiber 0g	0%
Total Sugars 13g	
Includes 0g Added Sugars	0%
Protein 0g	
Vitamin D 0mcg	0%
Calcium 10mg	0%
Iron 0.3mg	2%
Potassium 150mg	4%
Vitamin C 1mg	2%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS: WATER, APPLE JUICE CONCENTRATE.

PRODUCED IN: FAYETTEVILLE, AR

Apple Juice (B)



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

Nutrition Facts	
1 serving per container	
Serving size	1 Carton (118mL)
Amount per serving	
Calories	60
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Potassium 150mg	4%
Total Carbohydrate 14g	5%
Dietary Fiber 0g	0%
Sugars 12g	
Protein 0g	
Vitamin A	0%
Vitamin C	100%
Calcium	20%
Iron	4%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS (KANSAS CITY): WATER, APPLE JUICE, CALCIUM PHOSPHATE, ASCORBIC ACID.

INGREDIENTS (LITTLE ROCK): APPLE JUICE, CALCIUM PHOSPHATE, ASCORBIC ACID.

PRODUCED IN: KANSAS CITY, MO;
LITTLE ROCK, AR

Apple Juice (C)



Size: 6 oz carton
Item Number: 4440
Case Size: 75 cartons

Nutrition Facts	
1 serving per container	
Serving size	1 Carton (177mL)
Amount per serving	
Calories	80
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 10mg	<1%
Total Carbohydrate 19g	6%
Dietary Fiber 0g	0%
Sugars 18g	
Protein 0g	
Vitamin A	0%
Vitamin C	150%
Calcium	30%
Iron	6%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS: WATER, APPLE JUICE CONCENTRATE, CALCIUM PHOSPHATE, ASCORBIC ACID (VITAMIN C).

Apple Cherry Juice



Size: 4 oz carton
Item Number: 24363
Case Size: 75 cartons

Nutrition Facts	
1 serving per container	
Serving size	1 Carton (118mL)
Amount per serving	
Calories	60
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 10mg	<1%
Total Carbohydrate 16g	5%
Fiber 0g	0%
Sugars 14g	
Protein 0g	
Vitamin A	0%
Vitamin C	8%
Calcium	0%
Iron	0%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS: WATER, CONCENTRATED APPLE, GRAPE, CHERRY, PEAR, PINEAPPLE AND PLUM JUICES, NATURAL FLAVORS, CITRIC ACID.

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Orange Juice (A)



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

Nutrition Facts

1 serving per container
Serving size 1 Carton (118mL)

Amount per serving
Calories 60

	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 13g	5%
Dietary Fiber 0g	0%
Total Sugars 13g	
Includes 0g Added Sugars	0%
Protein 1g	
Vitamin D 0mcg	0%
Calcium 30mg	2%
Iron 0.1mg	0%
Potassium 420mg	8%
Vitamin C 51mcg	60%
Folate 20mcg DFE	6%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS: WATER, CONCENTRATED ORANGE JUICE. CONTAINS A BLEND OF JUICES FROM FLORIDA, BRAZIL, MEXICO, AND COSTA RICA.

PRODUCED IN: FAYETTEVILLE, AR

Orange Juice (B)



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

Nutrition Facts

1 serving per container
Serving size 1 Carton (118mL)

Amount per serving
Calories 60

	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Potassium 210mg	6%
Total Carbohydrate 15g	5%
Fiber 0g	0%
Sugars 14g	
Protein 0g	
Vitamin C	80%
Calcium	25%
Thiamin	10%
Folate	10%
Phosphorus	2%
Magnesium	6%

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INGREDIENTS: FILTERED WATER, ORANGE JUICE CONCENTRATE. CONTAINS A BLEND OF JUICES FROM FLORIDA, BRAZIL, MEXICO, AND COSTA RICA.

PRODUCED IN: SPRINGFIELD, MO

Orange Juice (C)



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

Nutrition Facts

1 serving per container
Serving size 1 Carton (118mL)

Amount per serving
Calories 60

	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Potassium 240mg	7%
Total Carbohydrate 13g	4%
Fiber 0g	0%
Sugars 10g	
Protein 1g	
Vitamin C	140%
Calcium	15%
Thiamin	6%
Folate	15%
Phosphorus	1%
Magnesium	4%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS: FILTERED WATER, ORANGE JUICE CONCENTRATE. CONTAINS A BLEND OF JUICES FROM FLORIDA, BRAZIL, MEXICO, AND COSTA RICA.

PRODUCED IN: LITTLE ROCK, AR

Orange Juice (D)



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

Nutrition Facts

1 serving per container
Serving size 1 Carton (118mL)

Amount per serving
Calories 60

	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Potassium 240mg	7%
Total Carbohydrate 13g	4%
Fiber 0g	0%
Sugars 10g	
Protein 1g	
Vitamin C	140%
Calcium	15%
Thiamin	6%
Folate	15%
Phosphorus	1%
Magnesium	4%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS: FILTERED WATER, ORANGE JUICE CONCENTRATE. CONTAINS A BLEND OF JUICES FROM FLORIDA, BRAZIL, MEXICO, AND COSTA RICA.

PRODUCED IN: KANSAS CITY, MO

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Plain Lowfat Yogurt



Size: 6 oz
Item Number: 16474
Case Size: 12 Cups

Nutrition Facts	
1 serving per container	
Serving size	6 oz (170g)
Amount per serving	
Calories	160
	<small>% Daily Value*</small>
Total Fat 1.5g	2%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 100mg	4%
Total Carbohydrate 29g	11%
Dietary Fiber 0g	0%
Total Sugars 25g	
Includes 16g Added Sugars	32%
Protein 7g	
Vitamin D 0mcg	0%
Calcium 220mg	15%
Iron 0mg	0%
Potassium 330mg	8%
<small>* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	

INGREDIENTS: CULTURED PASTEURIZED GRADE A LOW FAT MILK, SUGAR, NON FAT DRY MILK, HIGH FRUCTOSE CORN SYRUP, MODIFIED FOOD STARCH, GELATIN, POTASSIUM SORBATE.
CONTAINS: MILK

Strawberry Lowfat Yogurt



Size: 6 oz
Item Number: 16474
Case Size: 12 Cups

Nutrition Facts	
1 serving per container	
Serving size	6 oz (170g)
Amount per serving	
Calories	190
	<small>% Daily Value*</small>
Total Fat 1.5g	2%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 95mg	4%
Total Carbohydrate 39g	14%
Dietary Fiber 0g	0%
Total Sugars 33g	
Includes 25g Added Sugars	50%
Protein 6g	
Vitamin D 0mcg	0%
Calcium 190mg	15%
Iron 0mg	0%
Potassium 300mg	6%
<small>* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	

INGREDIENTS: CULTURED GRADE A REDUCED FAT MILK, SUCROSE, WATER, MODIFIED FOOD STARCH, GELATIN, NON FAT DRY MILK, HIGH FRUCTOSE CORN SYRUP, POTASSIUM SORBATE, LACTOSE, SUGAR, STRAWBERRIES, NATURAL FLAVOR, CITRIC ACID, SODIUM CITRATE, FD&C RED #40, FD&C BLUE #1.
CONTAINS: MILK

Strawberry Banana Lowfat Yogurt



Size: 6 oz
Item Number: 16474
Case Size: 12 Cups

Nutrition Facts	
1 serving per container	
Serving size	6 oz (170g)
Amount per serving	
Calories	190
	<small>% Daily Value*</small>
Total Fat 1.5g	2%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 90mg	4%
Total Carbohydrate 39g	14%
Dietary Fiber 0g	0%
Total Sugars 34g	
Includes 25g Added Sugars	50%
Protein 6g	
Vitamin D 0mcg	0%
Calcium 190mg	15%
Iron 0mg	0%
Potassium 300mg	6%
<small>* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	

INGREDIENTS: CULTURED GRADE A REDUCED FAT MILK, SUCROSE, WATER, MODIFIED FOOD STARCH, GELATIN, NON FAT DRY MILK, HIGH FRUCTOSE CORN SYRUP, POTASSIUM SORBATE, LACTOSE, SUGAR, STRAWBERRIES, BANANAS, NATURAL FLAVORS, CITRIC ACID, SODIUM CITRATE, FD&C RED #40.
CONTAINS: MILK

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HilandDairy.com



Blueberry Lowfat Yogurt



Size: 6 oz
Item Number: 16474
Case Size: 12 Cups

Nutrition Facts	
1 serving per container	
Serving size	6 oz (170g)
Amount per serving	
Calories	180
% Daily Value*	
Total Fat 1.5g	2%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 100mg	4%
Total Carbohydrate 36g	13%
Dietary Fiber 0g	0%
Total Sugars 32g	
Includes 23g Added Sugars	46%
Protein 6g	
Vitamin D 0mcg	0%
Calcium 190mg	15%
Iron 0mg	0%
Potassium 290mg	6%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

INGREDIENTS: CULTURED GRADE A REDUCED FAT MILK, SUCROSE, WATER, MODIFIED FOOD STARCH, GELATIN, NON FAT DRY MILK, HIGH FRUCTOSE CORN SYRUP, POTASSIUM SORBATE, LACTOSE, SUGAR, BLUEBERRIES, NATURAL FLAVOR, CITRIC ACID, SODIUM CITRATE, FD&C RED #40, FD&C BLUE #1.
CONTAINS: MILK

Peach Lowfat Yogurt



Size: 6 oz
Item Number: 16474
Case Size: 12 Cups

Nutrition Facts	
1 serving per container	
Serving size	6 oz (170g)
Amount per serving	
Calories	190
% Daily Value*	
Total Fat 1.5g	2%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 85mg	4%
Total Carbohydrate 38g	14%
Dietary Fiber 0g	0%
Total Sugars 34g	
Includes 25g Added Sugars	50%
Protein 6g	
Vitamin D 0mcg	0%
Calcium 190mg	15%
Iron 0mg	0%
Potassium 280mg	6%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

INGREDIENTS: CULTURED GRADE A REDUCED FAT MILK, SUCROSE, WATER, MODIFIED FOOD STARCH, GELATIN, NON FAT DRY MILK, HIGH FRUCTOSE CORN SYRUP, POTASSIUM SORBATE, LACTOSE, SUGAR, PEACHES, NATURAL FLAVOR, CITRIC ACID, ANNATTO EXTRACT (COLOR), FD&C YELLOW #6.
CONTAINS: MILK

Black Cherry Lowfat Yogurt



Size: 6 oz
Item Number: 16474
Case Size: 12 Cups

Nutrition Facts	
1 serving per container	
Serving size	6 oz (170g)
Amount per serving	
Calories	180
% Daily Value*	
Total Fat 1.5g	2%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 95mg	4%
Total Carbohydrate 36g	13%
Dietary Fiber 0g	0%
Total Sugars 31g	
Includes 23g Added Sugars	46%
Protein 6g	
Vitamin D 0mcg	0%
Calcium 190mg	15%
Iron 0mg	0%
Potassium 300mg	6%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

INGREDIENTS: CULTURED GRADE A REDUCED FAT MILK, SUCROSE, WATER, MODIFIED FOOD STARCH, GELATIN, NON FAT DRY MILK, HIGH FRUCTOSE CORN SYRUP, POTASSIUM SORBATE, LACTOSE, SUGAR, CHERRIES, NATURAL FLAVOR, CITRIC ACID, MALIC ACID, SODIUM CITRATE, FD&C RED #40, FD&C BLUE #1.
CONTAINS: MILK

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Sour Cream



Size: 5lb
Item Number: 9224
Case Size: Each

Nutrition Facts	
80 servings per container	
Serving size	2 tbsp (30g)
Amount per serving	
Calories	60
% Daily Value*	
Total Fat 6g	8%
Saturated Fat 3.5g	18%
Trans Fat 0g	
Cholesterol 15mg	5%
Sodium 55mg	2%
Total Carbohydrate 2g	1%
Dietary Fiber 0g	0%
Total Sugars 2g	
Includes 0g Added Sugars	0%
Protein 1g	
Vitamin D 0mcg	0%
Calcium 50mg	4%
Iron 0mg	0%
Potassium 0mg	0%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS: CULTURED GRADE A MILK & CREAM, NON FAT DRY MILK, WHEY (MILK), FOOD STARCH-MODIFIED (CORN), SODIUM PHOSPHATE (SODIUM TRIPOLYPHOSPHATE), GUAR GUM, CARRAGEENAN, CALCIUM SULFATE, LOCUST BEAN GUM, POTASSIUM SORBATE.
CONTAINS: MILK

Plain Yogurt



Size: 5lb
Item Number: 9233
Case Size: Each

Nutrition Facts	
About 13 servings per container	
Serving size	6 oz (170g)
Amount per serving	
Calories	160
% Daily Value*	
Total Fat 1.5g	2%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 100mg	4%
Total Carbohydrate 29g	11%
Dietary Fiber 0g	0%
Total Sugars 25g	
Includes 16g Added Sugars	32%
Protein 7g	
Vitamin D 0mcg	0%
Calcium 220mg	15%
Iron 0mg	0%
Potassium 330mg	8%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS: CULTURED PASTEURIZED GRADE A LOW FAT MILK, SUGAR, NON FAT DRY MILK, HIGH FRUCTOSE CORN SYRUP, MODIFIED FOOD STARCH, GELATIN, POTASSIUM SORBATE
CONTAINS: MILK

Strawberry Yogurt



Size: 5lb
Item Number: 9235
Case Size: Each

Nutrition Facts	
10 servings per container	
Serving size	8 oz (227g)
Amount per serving	
Calories	250
% Daily Value*	
Total Fat 2g	3%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 125mg	5%
Total Carbohydrate 52g	19%
Dietary Fiber 0g	0%
Total Sugars 44g	
Includes 33g Added Sugars	66%
Protein 8g	
Vitamin D 0mcg	0%
Calcium 250mg	20%
Iron 0mg	0%
Potassium 390mg	8%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS: CULTURED PASTEURIZED GRADE A LOW FAT MILK, SUGAR, NON FAT DRY MILK, HIGH FRUCTOSE CORN SYRUP, MODIFIED FOOD STARCH, GELATIN, STRAWBERRIES, WATER, POTASSIUM SORBATE, NATURAL FLAVOR, CITRIC ACID, SODIUM CITRATE, FD&C RED #40, FD&C BLUE #1
CONTAINS: MILK

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Peach Yogurt



Size: 5lb
Item Number: 9232
Case Size: Each

Nutrition Facts	
10 servings per container	
Serving size	8 oz (227g)
Amount per serving	
Calories	250
<small>% Daily Value*</small>	
Total Fat 2g	3%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 5mg	3%
Sodium 115mg	6%
Total Carbohydrate 51g	19%
Dietary Fiber 0g	0%
Total Sugars 45g	
Includes 34g Added Sugars	68%
Protein 8g	
Vitamin D 0mcg	0%
Calcium 250mg	20%
Iron 0mg	0%
Potassium 380mg	8%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS: CULTURED PASTEURIZED GRADE A LOW FAT MILK, SUGAR, NON FAT DRY MILK, HIGH FRUCTOSE CORN SYRUP, MODIFIED FOOD STARCH, GELATIN, PEACHES, WATER, POTASSIUM SORBATE, NATURAL FLAVOR, CITRIC ACID, ANNATTO EXTRACT (COLOR), FD&C YELLOW #6
CONTAINS: MILK

Raspberry Yogurt



Size: 5lb
Item Number: 9234
Case Size: Each

Nutrition Facts	
10 servings per container	
Serving size	8 oz (227g)
Amount per serving	
Calories	260
<small>% Daily Value*</small>	
Total Fat 2g	3%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 120mg	5%
Total Carbohydrate 51g	19%
Dietary Fiber 0g	0%
Total Sugars 44g	
Includes 33g Added Sugars	66%
Protein 8g	
Vitamin D 0mcg	0%
Calcium 250mg	20%
Iron 0mg	0%
Potassium 390mg	8%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS: CULTURED PASTEURIZED GRADE A LOW FAT MILK, SUGAR, NON FAT DRY MILK, HIGH FRUCTOSE CORN SYRUP, MODIFIED FOOD STARCH, GELATIN, WATER, RASPBERRIES, POTASSIUM SORBATE, NATURAL FLAVORS, CITRIC ACID, FD&C RED #40, FD&C BLUE #1
CONTAINS: MILK

Blueberry Yogurt



Size: 5lb
Item Number: 9231
Case Size: Each

Nutrition Facts	
10 servings per container	
Serving size	8 oz (227g)
Amount per serving	
Calories	240
<small>% Daily Value*</small>	
Total Fat 2g	3%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 130mg	6%
Total Carbohydrate 49g	18%
Dietary Fiber 0g	0%
Total Sugars 42g	
Includes 31g Added Sugars	62%
Protein 8g	
Vitamin D 0mcg	0%
Calcium 250mg	20%
Iron 0mg	0%
Potassium 380mg	8%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS: CULTURED GRADE A REDUCED FAT MILK, SUCROSE, WATER, MODIFIED FOOD STARCH, GELATIN, NON FAT DRY MILK, HIGH FRUCTOSE CORN SYRUP, POTASSIUM SORBATE, LACTOSE, SUGAR, BLUEBERRIES, NATURAL FLAVOR, CITRIC ACID, SODIUM CITRATE, FD&C RED #40, FD&C BLUE #1
CONTAINS: MILK

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Lowfat Vanilla



Size: 3 oz carton

Nutrition Facts

1 serving per container
Serving size 1 Unit (89mL)

Amount per serving
Calories 60

	% Daily Value*
Total Fat 1g	2%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 45mg	2%
Total Carbohydrate 11g	4%
Dietary Fiber 0g	0%
Total Sugars 9g	
Protein 2g	
Vitamin A	4%
Vitamin C	0%
Calcium	8%
Iron	0%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS: MILKFAT AND NONFAT MILK, SUGAR, CORN SYRUP, HIGH FRUCTOSE CORN SYRUP, WHEY, STABILIZED AND EMULSIFIED BY MONO AND DIGLYCERIDES, GUAR GUM, CELLULOSE GUM AND CARRAGEENAN, ARTIFICIAL FLAVOR, VEGETABLE ANNATTO COLOR, AND VITAMIN A PALMITATE.

CONTAINS: MILK

Lowfat Chocolate



Size: 3 oz carton

Nutrition Facts

1 serving per container
Serving size 1 Unit (89mL)

Amount per serving
Calories 70

	% Daily Value*
Total Fat 1g	2%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 45mg	2%
Total Carbohydrate 12g	4%
Dietary Fiber 0g	0%
Total Sugars 10g	
Protein 2g	
Vitamin A	4%
Vitamin C	0%
Calcium	8%
Iron	0%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS: MILKFAT AND NONFAT MILK, SUGAR, CORN SYRUP, HIGH FRUCTOSE CORN SYRUP, WHEY, COCOA (PROCESSED WITH ALKALI), STABILIZED AND EMULSIFIED BY MONO AND DIGLYCERIDES, GUAR GUM, CELLULOSE GUM, CARRAGEENAN, VITAMIN A PALMITATE.

CONTAINS: MILK

Lowfat Strawberry



Size: 3 oz carton

Nutrition Facts

1 serving per container
Serving size 1 Unit (89mL)

Amount per serving
Calories 70

	% Daily Value*
Total Fat 1g	2%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 45mg	2%
Total Carbohydrate 12g	4%
Dietary Fiber 0g	0%
Total Sugars 10g	
Protein 2g	
Vitamin A	4%
Vitamin C	0%
Calcium	8%
Iron	0%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS: MILKFAT AND NONFAT MILK, SUGAR, STRAWBERRY PUREE (WATER, HIGH FRUCTOSE CORN SYRUP, STRAWBERRY PUREE, ARTIFICIAL COLOR, CAROB BEAN GUM AND RED #40), CORN SYRUP, HIGH FRUCTOSE CORN SYRUP, WHEY, STABILIZED AND EMULSIFIED BY MONO AND DIGLYCERIDES, GUAR GUM, CELLULOSE GUM, CARRAGEENAN, ARTIFICIAL FLAVORS, RED #40, BLUE #1, VITAMIN A PALMITATE.

CONTAINS: MILK

Orange Sherbet



Size: 3 oz carton

Nutrition Facts

1 serving per container
Serving size 1 Unit (89mL)

Amount per serving
Calories 80

	% Daily Value*
Total Fat 1g	2%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol >5mg	1%
Sodium 10mg	1%
Total Carbohydrate 18g	6%
Dietary Fiber 0g	0%
Total Sugars 14g	
Protein 1g	
Vitamin A	6%
Vitamin C	0%
Calcium	2%
Iron	0%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS: WATER, MILK AND CREAM, SUGAR, CORN SYRUP, ORANGE PUREE (WATER, CORN SYRUP, NATURAL FLAVORS, CONCENTRATED ORANGE JUICE, PECTIN, YELLOW #6, CITRIC ACID), HIGH FRUCTOSE CORN SYRUP, WHEY, CITRIC ACID, STABILIZED AND EMULSIFIED BY MONO AND DIGLYCERIDES, GUAR GUM, CAROB BEAN GUM, PECTIN, YELLOW #6, RED #40, BLUE #1, VITAMIN A PALMITATE.

CONTAINS: MILK

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