

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

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 13g	
Added sugars 0g	0%

Protein 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

Amount Per Serving	
Calories 130	
	%Daily Value*
Total Fat 2.5g	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	
Added sugars 6g	12%

Protein 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

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	
Added sugars 11g	22%

Protein 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

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	
Added sugars 0g	0%

Protein 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*
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	
Added sugars 0g	0%

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*
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	
Added sugars 0g	0%

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*
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	
Added sugars 13g	26%

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 110

	%Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 190mg	8%
Total Carbohydrate 19g	6%
Dietary Fiber 0g	0%
Total Sugars 18g	
Protein 8g	16%

Vitamin A 10% • Iron 0%
Calcium 30% • Vitamin D 25%
Vitamin C 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		300g	375g
Carbohydrate		25g	30g

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

INGREDIENTS: GRADE A SKIM (FAT FREE) MILK, SUGAR, COCOA (PROCESSED WITH ALKALI), CORN STARCH, SALT, MALTODEXTRIN, CARRAGEENAN, NATURAL FLAVORS, 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	
Calories	120
	%Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol <5mg	1%
Sodium 115mg	5%
Total Carbohydrate 22g	8%
Dietary Fiber 0g	0%
Total Sugars 22g	
Added sugars 11g	22%

Protein 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	65g	80g
Sat. Fat	than	20g	25g
Cholesterol	Less	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	
Calories	140
	%Daily Value*
Total Fat 2.5g	3%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 105mg	5%
Total Carbohydrate 22g	8%
Dietary Fiber 0g	0%
Total Sugars 22g	
Added sugars 10g	20%

Protein 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	65g	80g
Sat. Fat	than	20g	25g
Cholesterol	Less	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	
Calories	140
	%Daily Value*
Total Fat 2.5g	3%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 105mg	5%
Total Carbohydrate 22g	8%
Dietary Fiber 0g	0%
Total Sugars 22g	
Added sugars 9g	18%

Protein 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	65g	80g
Sat. Fat	than	20g	25g
Cholesterol	Less	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	
Calories	170
	Calories from Fat 0
	%Daily Value*
Total Fat 0g	0%
Trans Fat 0g	0%
Potassium 680mg	19%
Sodium 0mg	0%
Total Carbohydrate 39g	13%
Dietary Fiber 0g	0%
Sugars 33g	
Protein 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	65g	80g
Sat. Fat	than	20g	25g
Cholesterol	Less	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	
Calories 110	Calories from Fat 0
%Daily Value*	
Total Fat 0g	0%
<i>Trans</i> Fat 0g	0%
Potassium 450mg	13%
Sodium 0mg	0%
Total Carbohydrate 39g	9%
Dietary Fiber 0g	0%
Sugars 22g	
Protein 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 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: 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	
Calories 60	Calories from Fat 0
%Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 15g	5%
Dietary Fiber 0g	0%
Sugars 14g	
Protein 0g	0%
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 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: Water, apple juice concentrate.

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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

Calories 80 **Calories from Fat** 0

%Daily Value*

Total Fat 0g **0%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 5mg **2%**

Sodium 120mg **5%**

Total Carbohydrate 11g **4%**

Dietary Fiber 0g **0%**

Sugars 11g

Protein 8g **16%**

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

Calories 100 **Calories from Fat** 20

%Daily Value*

Total Fat 2.5g **4%**

Saturated Fat 1.5g **8%**

Trans Fat 0g

Cholesterol 15mg **5%**

Sodium 120mg **5%**

Total Carbohydrate 11g **4%**

Dietary Fiber 0g **0%**

Sugars 11g

Protein 8g **16%**

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

Calories 120 **Calories from Fat** 45

%Daily Value*

Total Fat 5g **8%**

Saturated Fat 3.5g **18%**

Trans Fat 0g

Cholesterol 25mg **8%**

Sodium 120mg **5%**

Total Carbohydrate 11g **4%**

Dietary Fiber 0g **0%**

Sugars 11g

Protein 8g **16%**

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

Calories 150 **Calories from Fat** 70

%Daily Value*

Total Fat 8g **12%**

Saturated Fat 5g **25%**

Trans Fat 0g

Cholesterol 35mg **12%**

Sodium 120mg **5%**

Total Carbohydrate 11g **4%**

Dietary Fiber 0g **0%**

Sugars 11g

Protein 8g **16%**

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

Nutrition Facts

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

Amount Per Serving
Calories 165 Calories from Fat 15

	%Daily Value*
Total Fat 2g	3%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 105mg	4%
Total Carbohydrate 31g	10%
Dietary Fiber 0g	0%
Sugars 31g	
Protein 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	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Carbohydrate	25g	30g

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

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
Calories 165 Calories from Fat 15

	%Daily Value*
Total Fat 2g	3%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 100mg	4%
Total Carbohydrate 31g	10%
Dietary Fiber 0g	0%
Sugars 31g	
Protein 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	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Carbohydrate	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
Calories 175 Calories from Fat 15

	%Daily Value*
Total Fat 2g	3%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 90mg	5%
Total Carbohydrate 33g	11%
Dietary Fiber 0g	0%
Sugars 33g	
Protein 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	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Carbohydrate	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
Calories 100 Calories from Fat 20

	%Daily Value*
Total Fat 2g	3%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 115mg	5%
Total Carbohydrate 12g	4%
Dietary Fiber 0g	0%
Sugars 12g	
Protein 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	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Carbohydrate	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			
Calories 165	Calories from Fat 15		
		%Daily Value*	
Total Fat 2g			3%
Saturated Fat 1.5g			8%
Trans Fat 0g			
Cholesterol 10mg			3%
Sodium 100mg			4%
Total Carbohydrate 32g			11%
Dietary Fiber 0g			0%
Sugars 32g			
Protein 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	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate	Total	300g	375g
	Carbohydrate	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			
Calories 90	Calories from Fat 0		
		%Daily Value*	
Total Fat 0g			0%
Saturated Fat 0g			0%
Cholesterol 0mg			0%
Sodium 90mg			4%
Potassium 240mg			7%
Total Carbohydrate 16g			5%
Dietary Fiber 3g			12%
Sugars 8g			
Protein 6g			12%
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	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate	Total	300g	375g
	Carbohydrate	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			
Calories 90	Calories from Fat 0		
		%Daily Value*	
Total Fat 0g			0%
Saturated Fat 0g			0%
Cholesterol 0mg			0%
Sodium 90mg			4%
Potassium 240mg			7%
Total Carbohydrate 16g			5%
Dietary Fiber 3g			12%
Sugars 8g			
Protein 6g			12%
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	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate	Total	300g	375g
	Carbohydrate	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			
Calories 90	Calories from Fat 0		
		%Daily Value*	
Total Fat 0g			0%
Saturated Fat 0g			0%
Cholesterol 0mg			0%
Sodium 90mg			4%
Potassium 240mg			7%
Total Carbohydrate 17g			6%
Dietary Fiber 3g			12%
Sugars 9g			
Protein 6g			12%
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	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate	Total	300g	375g
	Carbohydrate	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			
Calories 90	Calories from Fat 0		
		%Daily Value*	
Total Fat 0g			0%
Saturated Fat 0g			0%
Cholesterol 0mg			0%
Sodium 90mg			4%
Potassium 240mg			7%
Total Carbohydrate 17g			6%
Dietary Fiber 3g			12%
Sugars 8g			
Protein 6g			12%
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			
Calories 90	Calories from Fat 0		
		%Daily Value*	
Total Fat 0g			0%
Saturated Fat 0g			0%
Cholesterol 0mg			0%
Sodium 90mg			4%
Potassium 240mg			7%
Total Carbohydrate 16g			5%
Dietary Fiber 3g			12%
Sugars 8g			
Protein 6g			12%
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			
Calories 90	Calories from Fat 0		
		%Daily Value*	
Total Fat 0g			0%
Saturated Fat 0g			0%
Cholesterol 0mg			0%
Sodium 90mg			4%
Potassium 240mg			7%
Total Carbohydrate 15g			5%
Dietary Fiber 3g			12%
Sugars 14g			
Protein 6g			12%
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			
Calories	130	Calories from Fat	0
%Daily Value*			
Total Fat	0g		0%
Saturated Fat	0g		0%
Trans Fat	0g		
Cholesterol	10mg		3%
Sodium	45mg		2%
Potassium	250mg		7%
Total Carbohydrate	21g		7%
Dietary Fiber	<1g		4%
Sugars	20g		
Protein	12g		25%
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 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: 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			
Calories	130	Calories from Fat	0
%Daily Value*			
Total Fat	0g		0%
Saturated Fat	0g		0%
Trans Fat	0g		
Cholesterol	10mg		3%
Sodium	70mg		3%
Potassium	230mg		7%
Total Carbohydrate	22g		7%
Dietary Fiber	<1g		4%
Sugars	20g		
Protein	12g		25%
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 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: 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			
Calories	110	Calories from Fat	0
%Daily Value*			
Total Fat	0g		0%
Saturated Fat	0g		0%
Trans Fat	0g		
Cholesterol	10mg		3%
Sodium	70mg		3%
Potassium	250mg		7%
Total Carbohydrate	22g		5%
Dietary Fiber	<1g		3%
Sugars	14g		
Protein	13g		26%
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 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: 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			
Calories	130	Calories from Fat	0
%Daily Value*			
Total Fat	0g		0%
Saturated Fat	0g		0%
Trans Fat	0g		
Cholesterol	10mg		3%
Sodium	50mg		2%
Potassium	230mg		7%
Total Carbohydrate	20g		7%
Dietary Fiber	<1g		4%
Sugars	19g		
Protein	12g		25%
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 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: 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			
Calories 120	Calories from Fat 0		
		%Daily Value*	
Total Fat 0g			0%
Saturated Fat 0g			0%
Trans Fat 0g			
Cholesterol 10mg			3%
Sodium 70mg			3%
Potassium 230mg			7%
Total Carbohydrate 19g			6%
Dietary Fiber <1g			4%
Sugars 18g			
Protein 12g			25%
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 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: 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			
Calories 120	Calories from Fat 0		
		%Daily Value*	
Total Fat 0g			0%
Saturated Fat 0g			0%
Trans Fat 0g			
Cholesterol 10mg			3%
Sodium 70mg			3%
Potassium 250mg			7%
Total Carbohydrate 19g			6%
Dietary Fiber <1g			4%
Sugars 18g			
Protein 12g			25%
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 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: 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			
Calories 130	Calories from Fat 0		
		%Daily Value*	
Total Fat 0g			0%
Saturated Fat 0g			1%
Trans Fat 0g			
Cholesterol 10mg			3%
Sodium 50mg			2%
Potassium 250mg			7%
Total Carbohydrate 21g			7%
Dietary Fiber <1g			3%
Sugars 20g			
Protein 12g			25%
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 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: 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			
Calories 90	Calories from Fat 20		
		%Daily Value*	
Total Fat 2.5g			8%
Saturated Fat 1.5g			8%
Trans Fat 0g			
Cholesterol 15mg			5%
Sodium 450mg			19%
Total Carbohydrate 5g			2%
Dietary Fiber 0g			0%
Sugars 5g			
Protein 13g			26%
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 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: 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*	
Calories 100	Calories from Fat 45		
Total Fat 5g		8%	
Saturated Fat 3g		15%	
Trans Fat 0g			
Cholesterol 25mg		8%	
Sodium 480mg		20%	
Total Carbohydrate 5g		2%	
Dietary Fiber 0g		0%	
Sugars 4g			
Protein 11g		22%	

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*	
Calories 80	Calories from Fat 15		
Total Fat 1.5g		2%	
Saturated Fat 1g		5%	
Trans Fat 0g			
Cholesterol 10mg		3%	
Sodium 480mg		20%	
Total Carbohydrate 6g		2%	
Dietary Fiber 0g		0%	
Sugars 5g			
Protein 12g		24%	

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*	
Calories 60	Calories from Fat 50		
Total Fat 5g		8%	
Saturated Fat 4g		20%	
Trans Fat 0g			
Cholesterol 20mg		7%	
Sodium 55mg		2%	
Total Carbohydrate 2g		1%	
Dietary Fiber 0g		0%	
Sugars 2g			
Protein 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*	
Calories 40	Calories from Fat 25		
Total Fat 2.5g		4%	
Saturated Fat 2g		10%	
Trans Fat 0g			
Cholesterol 10mg		4%	
Sodium 55mg		2%	
Total Carbohydrate 2g		1%	
Dietary Fiber 0g		0%	
Sugars 2g			
Protein 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).

In our efforts to continue to serve the freshest products available, our formulas may be updated without prior notice. Please speak to your local branch for any variations.



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