



Locally Made.
Naturally Delicious.™



Hiland Dairy School Products - Omaha

Fat Free Skim Milk



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

1% Low-fat Milk



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

2% Reduced Fat Milk



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

Whole 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	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

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 13g	
Includes 0g Added Sugars	0%
Protein 9g	
Vitamin D 2.4mcg	10%
Calcium 300mg	25%
Iron 0mg	0%
Potassium 370mg	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 LOW FAT MILK, VITAMIN A PALMITATE, VITAMIN D3.
CONTAINS: MILK

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

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%

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

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Fat Free Chocolate Milk



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

1% Low-fat Chocolate Milk



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

Fat Free Strawberry Milk



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

Fat Free Vanilla Shake Milk



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

Nutrition Facts

1 serving per container	
Serving size	1 container (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 19g	7%
Dietary Fiber 0g	0%
Total Sugars 18g	
Includes 7g Added Sugars	14%
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

Nutrition Facts

1 serving per container	
Serving size	1 container (236mL)
Amount per serving	
Calories	130
<small>% Daily Value*</small>	
Total Fat 2.5g	3%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 190mg	8%
Total Carbohydrate 19g	7%
Dietary Fiber 0g	0%
Total Sugars 19g	
Includes 7g Added Sugars	14%
Protein 8g	
Vitamin D 2.7mcg	15%
Calcium 300mg	25%
Iron 0mg	0%
Potassium 370mg	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, CORN OIL, VITAMIN A PALMITATE, VITAMIN D. CONTAINS: MILK

Nutrition Facts

1 serving per container	
Serving size	1 container (236mL)
Amount per serving	
Calories	120
<small>% Daily Value*</small>	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol < 5mg	1%
Sodium 100mg	4%
Total Carbohydrate 21g	8%
Dietary Fiber 0g	0%
Total Sugars 21g	
Includes 10g Added Sugars	20%
Protein 8g	
Vitamin D 2.7mcg	15%
Calcium 260mg	20%
Iron 0mg	0%
Potassium 370mg	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, WATER, NATURAL AND ARTIFICIAL FLAVOR, FD&C RED #3, CARRAGEENAN, CORN OIL, VITAMIN A PALMITATE, VITAMIN D. CONTAINS: MILK

Nutrition Facts

1 serving per container	
Serving size	1 container (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 115mg	5%
Total Carbohydrate 24g	9%
Dietary Fiber 0g	0%
Total Sugars 23g	
Includes 12g Added Sugars	24%
Protein 8g	
Vitamin D 2.8mcg	15%
Calcium 260mg	20%
Iron 0mg	0%
Potassium 360mg	8%
Vitamin A 170mcg	20%

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

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Whole Milk



Size: 1 gallon
Item Number: 1031
Case Size: 4, 1 gallon

Nutrition Facts

servings per container
Serving size 1 Cup (240mL)

Amount per serving
Calories 150

% Daily Value*

Total Fat 8g	10%
Saturated Fat 5g	25%
Trans 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	
Vitamin D 2.5mcg	15%
Calcium 290mg	20%
Iron 0.1mg	0%
Potassium 340mg	8%
Vitamin A 90mcg	10%

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INGREDIENTS: MILK, VITAMIN D3.
CONTAINS: MILK

2% Reduced Fat Milk



Size: 1 gallon
Item Number: 1201
Case Size: 4, 1 gallon

Nutrition Facts

servings per container
Serving size 1 Cup (240mL)

Amount per serving
Calories 120

% Daily Value*

Total Fat 5g	6%
Saturated Fat 3.5g	18%
Trans 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	
Vitamin D 2.5mcg	15%
Calcium 300mg	25%
Iron 0mg	0%
Potassium 350mg	8%
Vitamin A 150mcg	10%

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

1% Low-fat Milk



Size: 1 gallon
Item Number: 1346
Case Size: 4, 1 gallon

Nutrition Facts

servings per container
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 11g	4%
Dietary Fiber 0g	0%
Total Sugars 11g	
Includes 0g Added Sugars	0%
Protein 8g	
Vitamin D 2.5mcg	15%
Calcium 290mg	20%
Iron 0.1mg	0%
Potassium 370mg	8%
Vitamin A 150mcg	10%

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

Fat Free Skim Milk



Size: 1 gallon
Item Number: 1413
Case Size: 4, 1 gallon

Nutrition Facts

servings per container
Serving size 1 Cup (240mL)

Amount per serving
Calories 80

% 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%
Total Sugars 11g	
Includes 0g Added Sugars	0%
Protein 8g	
Vitamin D 2.5mcg	15%
Calcium 300mg	25%
Iron 0.1mg	0%
Potassium 360mg	8%
Vitamin A 150mcg	10%

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

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Hiland
DAIRY FOODS
FARMER OWNED

Apple Juice



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

Nutrition Facts	
1 serving per container	
Serving size	4 oz (120ml)
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 A 1mcg	2%

INGREDIENTS: WATER, APPLE JUICE CONCENTRATE.

Orange Juice



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

Nutrition Facts	
1 serving per container	
Serving size	4 oz (120ml)
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 51mg	60%
Thiamin 0.1mg	8%
Niacin 0.3mg	2%
Vitamin B ₆ 0.1mg	6%
Folate 20mcg DFE	6%
Magnesium 10mg	2%

INGREDIENTS: WATER, CONCENTRATED ORANGE JUICE.

Orange Juice



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

Nutrition Facts	
1 serving per container	
Serving size	12 oz (360 ml)
Amount per serving	
Calories	160
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 15mg	1%
Total Carbohydrate 39g	14%
Dietary Fiber 0g	0%
Total Sugars 39g	
Includes 0g Added Sugars	0%
Protein 2g	
Vitamin D 0mcg	0%
Calcium 90mg	6%
Iron 0.3mg	2%
Potassium 1260mg	25%
Vitamin C 154mg	170%
Thiamin 0.2mg	15%
Niacin 0.9mg	6%
Vitamin B ₆ 0.2mg	10%
Folate 60mcg DFE	15%
Magnesium 30mg	8%

INGREDIENTS: WATER, CONCENTRATED ORANGE JUICE.

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Fat Free Vanilla Yogurt



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

Nutrition Facts

1 serving per container	
Serving size	6 oz (170g)
Amount per serving	
Calories	80
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol < 5mg	1%
Sodium 85mg	4%
Total Carbohydrate 13g	5%
Dietary Fiber 0g	0%
Total Sugars 7g	
Includes 0g Added Sugars	0%
Protein 6g	
Vitamin D 0mcg	0%
Calcium 170mg	15%
Iron 0mg	0%
Potassium 310mg	6%

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INGREDIENTS: CULTURED GRADE A SKIM MILK, MODIFIED FOOD STARTCH, GELATIN, NON FAT DRY MILK, LACTOSE, WATER, MODIFIED CORN STARCH, NATURAL FLAVOR, MALIC ACID, SODIUM CITRATE, ACESULFAME POTASSIUM. ANNATTO EXTRACT (COLOR) CONTAINS: MILK

Fat Free Blueberry Yogurt



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

Nutrition Facts

1 serving per container	
Serving size	6 oz (170g)
Amount per serving	
Calories	80
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol < 5mg	1%
Sodium 80mg	3%
Total Carbohydrate 14g	5%
Dietary Fiber 0g	0%
Total Sugars 8g	
Includes 0g Added Sugars	0%
Protein 6g	
Vitamin D 0mcg	0%
Calcium 170mg	15%
Iron 0mg	0%
Potassium 250mg	6%

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INGREDIENTS: CULTURED GRADE A SKIM MILK, MODIFIED FOOD STARCH, GELATIN, NON FAT DRY MILK, LACTOSE, WATER, BLUEBERRIES, NATURAL FLAVORS, SUCRALOSE, MALIC ACID, CARAMEL COLOR, RED #40 (COLOR), BLUE #1 (COLOR) CONTAINS: MILK

Fat Free Strawberry Yogurt



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

Nutrition Facts

1 serving per container	
Serving size	6 oz (170g)
Amount per serving	
Calories	80
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol < 5mg	1%
Sodium 80mg	3%
Total Carbohydrate 13g	5%
Dietary Fiber 0g	0%
Total Sugars 8g	
Includes 0g Added Sugars	0%
Protein 6g	
Vitamin D 0mcg	0%
Calcium 170mg	15%
Iron 0mg	0%
Potassium 250mg	6%

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INGREDIENTS: CULTURED PASTEURIZED GRADE A SKIM MILK, MODIFIED FOOD STARTCH, GELATIN, NON FAT DRY MILK, WATER, STRAWBERRIES, CORN STARCH MODIFIED, NATURAL FLAVOR, SUCRALOSE, MALIC ACID, ACESULFAME POTASSIUM, RED 40 (COLOR) CONTAINS: MILK

Fat Free Strawberry Banana Yogurt



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

Nutrition Facts

1 serving per container	
Serving size	6 oz (170g)
Amount per serving	
Calories	80
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol < 5mg	1%
Sodium 80mg	3%
Total Carbohydrate 14g	5%
Dietary Fiber 0g	0%
Total Sugars 8g	
Includes 0g Added Sugars	0%
Protein 6g	
Vitamin D 0mcg	0%
Calcium 170mg	15%
Iron 0mg	0%
Potassium 270mg	6%

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INGREDIENTS: CULTURED GRADE A SKIM MILK, MODIFIED FOOD STARTCH, GELATIN, NON FAT DRY MILK, LACTOSE, STRAWBERRY PUREE, BANANA PUREE, MODIFIED CORN STARCH, NATURAL FLAVORS, MALIC ACID, SUCRALOSE, ACESULFAME POTASSIUM, FD&C RED #40, CITRIC ACID, FD&C BLUE #1 CONTAINS: MILK

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Fat Free Peach Yogurt



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

Nutrition Facts

1 serving per container	
Serving size	6 oz (170g)
Amount per serving	
Calories	80
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol < 5mg	1%
Sodium 80mg	3%
Total Carbohydrate 14g	5%
Dietary Fiber 0g	0%
Total Sugars 8g	
Includes 0g Added Sugars	0%
Protein 6g	
Vitamin D 0mcg	0%
Calcium 170mg	15%
Iron 0mg	0%
Potassium 250mg	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 SKIM MILK, MODIFIED FOOD STARTCH, GELATIN, NON FAT DRY MILK, LACTOSE, WATER, PEACHES, PEACH PUREE, NATURAL FLAVORS, SUCRALOSE, MALIC ACID, ANNATTO EXTRACT (COLOR).
CONTAINS: MILK

Fat Free Black Cherry Yogurt



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

Nutrition Facts

1 serving per container	
Serving size	6 oz (170g)
Amount per serving	
Calories	80
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol < 5mg	1%
Sodium 80mg	3%
Total Carbohydrate 13g	5%
Dietary Fiber 0g	0%
Total Sugars 8g	
Includes 0g Added Sugars	0%
Protein 6g	
Vitamin D 0mcg	0%
Calcium 170mg	15%
Iron 0mg	0%
Potassium 260mg	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 SKIM MILK, MODIFIED FOOD STARTCH, GELATIN, NON FAT DRY MILK, LACTOSE, WATER, CHERRIES, NATURAL FLAVORS, SUCRALOSE, MALIC ACID, RED #40 (COLOR), BLUE #1 (COLOR).
CONTAINS: MILK

Low-fat Vanilla Yogurt



Size: 5 lb
Item Number: 16093
Case Size: 4, 5 lb

Nutrition Facts

About 13 servings per container	
Serving size	6 oz (170g)
Amount per serving	
Calories	130
% Daily Value*	
Total Fat 1.5g	2%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 85mg	4%
Total Carbohydrate 24g	9%
Dietary Fiber 0g	0%
Total Sugars 18g	
Includes 12g Added Sugars	24%
Protein 5g	
Vitamin D 5.4mcg	25%
Calcium 170mg	15%
Iron 0.1mg	0%
Potassium 240mg	6%
Vitamin A 370mcg	40%

*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 MILK AND SKIM MILK, SUGAR, NATURAL FLAVORS, CAROB BEAN GUM, LEMON JUICE, MODIFIED CORNSTARCH, CARRAGEENAN, PECTIN, VITAMIN A PALMITATE AND VITAMIN D3.
CONTAINS: MILK

Low-fat Blueberry Yogurt



Size: 5 lb
Item Number: 1829
Case Size: 4, 5 lb

Nutrition Facts

About 13 servings per container	
Serving size	6 oz (170g)
Amount per serving	
Calories	130
% Daily Value*	
Total Fat 1.5g	2%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 85mg	4%
Total Carbohydrate 24g	9%
Dietary Fiber 0g	0%
Total Sugars 18g	
Includes 12g Added Sugars	24%
Protein 5g	
Vitamin D 5.4mcg	25%
Calcium 170mg	15%
Iron 0.1mg	0%
Potassium 240mg	6%
Vitamin A 370mcg	40%

*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 MILK AND SKIM MILK, SUGAR, BLUEBERRIES, NATURAL FLAVORS, FRUIT AND VEGETABLE JUICE (COLOR), LEMON JUICE, CAROB BEAN GUM, MODIFIED CORNSTARCH, CARRAGEENAN, PECTIN, VITAMIN A PALMITATE AND VITAMIN D3.
CONTAINS: MILK

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Low-fat Strawberry Yogurt



Size: 5 lb
Item Number: 1838
Case Size: 4, 5 lb

Low-fat Raspberry Yogurt



Size: 5 lb
Item Number: 1836
Case Size: 4, 5 lb

Low-fat Cherry Vanilla Yogurt



Size: 5 lb
Item Number: 1831
Case Size: 4, 5 lb

Sour Cream



Size: 5 lb
Item Number: 9224
Case Size: 4, 5 lb

Nutrition Facts

About 13 servings per container
Serving size **6 oz (170g)**

Amount per serving		% Daily Value*
Calories	130	
Total Fat 1.5g		2%
Saturated Fat 1g		5%
Trans Fat 0g		
Cholesterol 10mg		3%
Sodium 85mg		4%
Total Carbohydrate 24g		9%
Dietary Fiber 0g		0%
Total Sugars 18g		
Includes 12g Added Sugars		24%
Protein 5g		
Vitamin D 5.4mcg		25%
Calcium 170mg		15%
Iron 0.1mg		0%
Potassium 240mg		6%
Vitamin A 370mcg		40%

*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 MILK AND SKIM MILK, SUGAR, STRAWBERRIES, NATURAL FLAVORS, CAROB BEAN GUM, FRUIT AND VEGETABLE JUICE (COLOR), MODIFIED CORNSTARCH, CARRAGEENAN, PECTIN, VITAMIN A PALMITATE AND VITAMIN D3, LACTASE*.

CONTAINS: MILK

*NOT FOUND IN REGULAR YOGURT

Nutrition Facts

About 13 servings per container
Serving size **6 oz (170g)**

Amount per serving		% Daily Value*
Calories	130	
Total Fat 1.5g		2%
Saturated Fat 1g		5%
Trans Fat 0g		
Cholesterol 10mg		3%
Sodium 85mg		4%
Total Carbohydrate 24g		9%
Dietary Fiber 0g		0%
Total Sugars 18g		
Includes 12g Added Sugars		24%
Protein 5g		
Vitamin D 5.4mcg		25%
Calcium 170mg		15%
Iron 0.1mg		0%
Potassium 240mg		6%
Vitamin A 370mcg		40%

*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 MILK AND SKIM MILK, SUGAR, RASPBERRIES, NATURAL FLAVORS, FRUIT AND VEGETABLE JUICE (COLOR), LEMON JUICE, MODIFIED CORNSTARCH, CARRAGEENAN, PECTIN, VITAMIN A PALMITATE AND VITAMIN D3, LACTASE*.

CONTAINS: MILK

*NOT FOUND IN REGULAR YOGURT

Nutrition Facts

About 13 servings per container
Serving size **6 oz (170g)**

Amount per serving		% Daily Value*
Calories	130	
Total Fat 1.5g		2%
Saturated Fat 1g		5%
Trans Fat 0g		
Cholesterol 10mg		3%
Sodium 85mg		4%
Total Carbohydrate 24g		9%
Dietary Fiber 0g		0%
Total Sugars 18g		
Includes 12g Added Sugars		24%
Protein 5g		
Vitamin D 5.4mcg		25%
Calcium 170mg		15%
Iron 0.1mg		0%
Potassium 240mg		6%
Vitamin A 370mcg		40%

*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 MILK AND SKIM MILK, SUGAR, CHERRIES, NATURAL FLAVORS, FRUIT AND VEGETABLE JUICE (COLOR), LEMON JUICE, MODIFIED CORNSTARCH, CARRAGEENAN, PECTIN, VITAMIN A PALMITATE AND VITAMIN D3, LACTASE*.

CONTAINS: MILK

*NOT FOUND IN REGULAR YOGURT

Nutrition Facts

80 servings per container
Serving size **2 tbsp (30g)**

Amount per serving		% Daily Value*
Calories	60	
Total Fat 6g		8%
Saturated Fat 4g		20%
Trans Fat 0g		
Cholesterol 15mg		5%
Sodium 45mg		2%
Total Carbohydrate 2g		1%
Dietary Fiber 0g		0%
Total Sugars 1g		
Includes 0g Added Sugars		0%
Protein <1g		
Vitamin D 0mcg		0%
Calcium 30mg		2%
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 AND CREAM, NONFAT DRY MILK, MODIFIED FOOD STARCH, SODIUM PHOSPHATE, GUAR GUM, CARRAGEENAN, SODIUM CITRATE, LOCUST BEAN GUM, NATAMYCIN (NATURAL PRESERVATIVE).

CONTAINS: MILK

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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DAIRY FOODS
FARMER OWNED

Low-fat Cottage Cheese Snack Cups



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

Nutrition Facts

1 serving per container
Serving size 1/2 cup (114g)

Amount per serving
Calories 90

	% Daily Value*
Total Fat 2.5g	3%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 15mg	5%
Sodium 490mg	21%
Total Carbohydrate 5g	2%
Dietary Fiber 0g	0%
Total Sugars 5g	
Includes 1g Added Sugars	2%
Protein 12g	
Vitamin D 0mcg	0%
Calcium 100mg	8%
Iron 0.1mg	0%
Potassium 160mg	4%
Vitamin A 60mcg	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: SKIM MILK, MILK, NONFAT DRY MILK, LACTOSE, SALT, CREAM, STABILIZER (GUAR GUM, MONO AND DIGLYCERIDES, XANTHAN GUM, CARRAGEENAN, CAROB BEAN GUM), CITRIC ACID, CARBON DIOXIDE AND POTASSIUM SORBATE (MAINTAIN FRESHNESS), VITAMIN A PALMITATE AND CHEESE CULTURES.
CONTAINS: MILK

Low-fat 1% Cottage Cheese



Size: 5 lb
Item Number: 25306
Case Size: 4, 5 lb

Nutrition Facts

30 servings per container
Serving size 1/2 cup (114g)

Amount per serving
Calories 80

	% Daily Value*
Total Fat 1g	1%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 490mg	21%
Total Carbohydrate 5g	2%
Dietary Fiber 0g	0%
Total Sugars 5g	
Includes 1g Added Sugars	2%
Protein 12g	
Vitamin D 0mcg	0%
Calcium 100mg	8%
Iron 0.1mg	0%
Potassium 160mg	4%
Vitamin A 40mcg	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: SKIM MILK, MILK, NONFAT DRY MILK, LACTOSE, SALT, STABILIZER (GUAR GUM, MONO AND DIGLYCERIDES, XANTHAN GUM, CARRAGEENAN, CAROB BEAN GUM), CITRIC ACID, POTASSIUM SORBATE AND CARBON DIOXIDE (MAINTAIN FRESHNESS), CREAM, VITAMIN A PALMITATE, CHEESE CULTURES.
CONTAINS: MILK

4% Cottage Cheese Small Curd



Size: 5 lb
Item Number: 5762
Case Size: 4, 5 lb

Nutrition Facts

30 servings per container
Serving size 1/2 cup (114g)

Amount per serving
Calories 100

	% Daily Value*
Total Fat 4.5g	6%
Saturated Fat 3g	15%
Trans Fat 0g	
Cholesterol 25mg	8%
Sodium 480mg	21%
Total Carbohydrate 5g	2%
Dietary Fiber 0g	0%
Total Sugars 4g	
Includes 1g Added Sugars	2%
Protein 11g	22%
Vitamin D 0.1mcg	0%
Calcium 80mg	6%
Iron 0.1mg	0%
Potassium 130mg	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: SKIM MILK, MILK, CREAM, LACTOSE, SALT, STABILIZER (GUAR GUM, MONO AND DIGLYCERIDES, XANTHAN GUM, CARRAGEENAN, CAROB BEAN GUM), CITRIC ACID, CARBON DIOXIDE AND POTASSIUM SORBATE (MAINTAIN FRESHNESS) AND CHEESE CULTURES.
CONTAINS: MILK

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