

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	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: 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	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: 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	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: 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	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: GRADE A SKIM MILK, VITAMIN A PALMITATE AND VITAMIN D3.
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.



Locally Made. Naturally Delicious.™

HilandDairy.com

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 130

	%Daily Value*
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	
Added sugars 11g	22%

Protein 8g

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

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

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

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

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

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.



Locally Made. Naturally Delicious.™

HilandDairy.com

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		300g	375g
Carbohydrate		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		300g	375g
Carbohydrate		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		300g	375g
Carbohydrate		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

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.



Locally Made. Naturally Delicious.™

HilandDairy.com