

**STANDARD
MILK
VITAMIN D**

(FEDERAL STANDARD)

Nutrition Facts

Serving Size 1 cup (240 mL)
Servings Per Container

Amount Per Serving

Calories 150 **Calories from Fat 70**

% Daily Value*

Total Fat 8g **12%**

Saturated Fat 5g **25%**

Trans Fat 0g

Cholesterol 35mg **11%**

Sodium 120mg **5%**

Potassium 380mg **11%**

Total Carbohydrate 12g **4%**

Dietary Fiber 0g **0%**

Sugars 11g

Protein 8g

Vitamin A 6% • Vitamin C 4%

Calcium 30% • Iron 0%

Vitamin D 25% • Folate 0%

* Percent Daily Values are based on a 2000 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
Potassium			3,500mg	3,500mg
Total Carbohydrate			300g	375g
Dietary Fiber			25g	30g
Protein			50g	65g

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

INGREDIENTS: milk, vitamin D3

Contains: milk

Dean Foods, 2711 North Haskell Ave, Suite 3400, Dallas, Texas 75204

TREVOR BONE PRODUCTION FORMULA Formula # 20848 5/10/2011 Status: APPROVED
Nutrition Last Revised: 7/21/2010

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**STANDARD
REDUCED FAT MILK
VITAMIN A & D
2% MILKFAT
37% LESS FAT THAN REGULAR MILK
FAT REDUCED FROM 8G TO 5G PER SERVING**

Nutrition Facts

Serving Size 1 cup (240 mL)
Servings Per Container

Amount Per Serving

Calories 130 **Calories from Fat 45**

% Daily Value*

Total Fat	5g	8%
Saturated Fat	3g	15%
Trans Fat	0g	
Polyunsaturated Fat	0g	
Monounsaturated Fat	1.5g	
Cholesterol	20mg	7%
Sodium	130mg	5%
Potassium	400mg	11%
Total Carbohydrate	12g	4%
Dietary Fiber	0g	0%
Sugars	12g	

Protein 8g

Vitamin A	10%	•	Vitamin C	4%
Calcium	30%	•	Iron	0%
Vitamin D	25%	•	Folate	0%

* Percent Daily Values are based on a 2000 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
Potassium			3,500mg	3,500mg
Total Carbohydrate			300g	375g
Dietary Fiber			25g	30g
Protein			50g	65g

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

INGREDIENTS: reduced fat milk, Vitamin A Palmitate, Vitamin D3

Contains: milk

Dean Foods, 2711 North Haskell Ave, Suite 3400, Dallas, Texas 75204

TREVOR BONE PRODUCTION FORMULA Formula # 20859 5/10/2011 Status: APPROVED
Nutrition Last Revised: 7/31/2009

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**STANDARD
LOW FAT MILK
VITAMIN A & D
1% MILKFAT
(FEDERAL STANDARD)**

Nutrition Facts

Serving Size 1 cup (240 mL)
Servings Per Container

Amount Per Serving		
Calories	110	Calories from Fat 20
% Daily Value*		
Total Fat	2.5g	4%
Saturated Fat	1.5g	8%
Trans Fat	0g	
Cholesterol	10mg	4%
Sodium	130mg	5%
Potassium	400mg	12%
Total Carbohydrate	13g	4%
Dietary Fiber	0g	0%
Sugars	12g	
Protein	8g	17%
Vitamin A	10%	• Vitamin C 4%
Calcium	30%	• Iron 0%
Vitamin D	25%	

* Percent Daily Values are based on a 2000 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
Potassium			3,500mg	3,500mg
Total Carbohydrate			300g	375g
Dietary Fiber			25g	30g
Protein			50g	65g

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

INGREDIENTS: low fat milk, Vitamin A Palmitate, Vitamin D3

Contains: milk

Dean Foods, 2711 North Haskell Ave, Suite 3400, Dallas, Texas 75204

TREVOR BONE PRODUCTION FORMULA Formula # 20865 5/10/2011 Status: APPROVED
Nutrition Last Revised: 4/4/2012

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**STANDARD
FAT FREE MILK
VITAMIN A & D
(FEDERAL STANDARD)**

Nutrition Facts

Serving Size 1 cup (240 mL)
Servings Per Container

Amount Per Serving

Calories 90 **Calories from Fat 0**

% Daily Value*

Total Fat 0g **0%**

Saturated Fat 0g **0%**

Trans Fat 0g

Polyunsaturated Fat 0g

Monounsaturated Fat 0g

Cholesterol 5mg **1%**

Sodium 130mg **5%**

Potassium 410mg **12%**

Total Carbohydrate 13g **4%**

Dietary Fiber 0g **0%**

Sugars 12g

Protein 8g **17%**

Vitamin A 10% • Vitamin C 4%

Calcium 30% • Iron 0%

Vitamin D 25% • Riboflavin 20%

Folate 0% • Vitamin B12 15%

Phosphorus 25%

* Percent Daily Values are based on a 2000 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
Potassium		3,500mg	3,500mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Protein		50g	65g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

INGREDIENTS: nonfat milk, Vitamin A Palmitate, Vitamin D3

Contains: milk

Dean Foods, 2711 North Haskell Ave, Suite 3400, Dallas, Texas 75204

TREVOR BONE PRODUCTION FORMULA Formula # 20867 5/10/2011 Status: APPROVED
Nutrition Last Revised: 1/5/2012

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**TruMoo NONFAT CHOCOLATE MILK - 18G SUGAR
- SWEETGEM
(FEDERAL STANDARD)**

Nutrition Facts	
Serving Size 1 cup (240mL)	
Servings Per Container	
Amount Per Serving	
Calories 120	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 180mg	7%
Potassium 420mg	12%
Total Carbohydrate 20g	7%
Dietary Fiber 0g	0%
Sugars 18g	
Protein 8g	16%
Vitamin A 10%	• Vitamin C 2%
Calcium 30%	• Iron 0%
Vitamin D 25%	• Riboflavin 25%
Folate 2%	• Vitamin B12 20%
Phosphorus 20%	
* Percent Daily Values are based on a 2000 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
Potassium	3,500mg 3,500mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Protein	50g 65g
Calories per gram:	
Fat 9	• Carbohydrate 4 • Protein 4

INGREDIENTS: nonfat milk, sugar, contains less than 1% of: cocoa (processed with alkali), corn starch, salt, carrageenan, natural flavor, vitamin A palmitate, vitamin D3.

Contains: milk

COMMENTS:

Label Information:

PDP Info:

Fat Free

Chocolate Milk

Vitamin A & D

IP Info:

Grade A, Pasteurized (optional)

Dean Foods, 2711 North Haskell Ave, Suite 3400, Dallas, Texas 75204

SHANNAN GUCK PRODUCTION FORMULA Formula # 27085 4/23/2012 Status: APPROVED
Nutrition Last Revised: 6/26/2012

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**TRUMOO
 NATURALLY FLAVORED
 STRAWBERRY
 FAT FREE MILK
 VITAMIN A & D
 (FEDERAL STANDARD)
 18 G SUGAR - SWEETGEM
 (70% AS BETA-CAROTENE) MUST BE LISTED AFTER VIT A VALUE**

Nutrition Facts

Serving Size 1 cup (240mL)
 Servings Per Container

Amount Per Serving

Calories 110 **Calories from Fat** 0

% Daily Value*

Total Fat 0g **0%**

Saturated Fat 0g **0%**

Trans Fat 0g

Polyunsaturated Fat 0g

Monounsaturated Fat 0g

Cholesterol 5mg **2%**

Sodium 125mg **5%**

Potassium 400mg **12%**

Total Carbohydrate 19g **6%**

Dietary Fiber 0g **0%**

Sugars 18g

Protein 8g

Vitamin A 35% • **Vitamin C** 2%

Calcium 30% • **Iron** 0%

Vitamin D 25% • **Riboflavin** 25%

Folate 2% • **Vitamin B12** 20%

Phosphorus 25%

* Percent Daily Values are based on a 2000 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
Potassium		3,500mg	3,500mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Protein		50g	65g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

INGREDIENTS: Nonfat milk, sugar, contains less than 1% of: natural flavors, color added, carrageenan, vitamin A palmitate, vitamin D3.

Contains: milk

Dean Foods, 2711 North Haskell Ave, Suite 3400, Dallas, Texas 75204

ELLE CLARKE PRODUCTION FORMULA Formula # 28773 6/21/2013 Status: APPROVED
 Replaces: 5/14/2013 9:01:36 (28598) Nutrition Last Revised: 7/12/2013

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**TruMoo
CHOCOLATE LOWFAT MILK**

**VITAMIN A&D
1% MILKFAT**

Nutrition Facts	
Serving Size 1 cup (240mL)	
Servings Per Container	
Amount Per Serving	
Calories 140	Calories from Fat 25
% Daily Value*	
Total Fat 2.5g	4%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Polyunsaturated Fat 0g	
Monounsaturated Fat 0.5g	
Cholesterol 15mg	4%
Sodium 180mg	7%
Potassium 420mg	12%
Total Carbohydrate 20g	7%
Dietary Fiber 0g	0%
Sugars 18g	
Protein 8g	16%
Vitamin A 10%	• Vitamin C 2%
Calcium 25%	• Iron 0%
Vitamin D 25%	• Riboflavin 20%
Folate 2%	• Vitamin B12 20%
Phosphorus 20%	
* Percent Daily Values are based on a 2000 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
Potassium	3,500mg 3,500mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Protein	50g 65g
Calories per gram:	
Fat 9	• Carbohydrate 4 • Protein 4

INGREDIENTS: Lowfat milk, liquid sugar (sugar, water), contains less than 1% of: cocoa (processed with alkali), corn starch, salt, carrageenan, natural flavor, vitamin A palmitate, vitamin D3.

Contains: milk

Dean Foods, 2711 North Haskell Ave, Suite 3400, Dallas, Texas 75204

BRYAN SHIPLETT PRODUCTION FORMULA Formula # 30428 3/6/2015 Status: APPROVED
Replaces: 6/25/2012 1:41:26 (27166) Nutrition Last Revised: 3/6/2015

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1% LOWFAT CULTURED BUTTERMILK

Nutrition Facts

Serving Size 1 cup (240mL)

Servings Per Container

Amount Per Serving

Calories 120 **Calories from Fat 20**

% Daily Value*

Total Fat 2.5g **4%**

Saturated Fat 1.5g **8%**

Trans Fat 0g

Cholesterol 15mg **4%**

Sodium 390mg **16%**

Potassium 470mg **13%**

Total Carbohydrate 15g **5%**

Dietary Fiber 0g **0%**

Sugars 14g

Protein 10g

Vitamin A 10% • **Vitamin C 0%**

Calcium 30% • **Iron 0%**

Vitamin D 25%

Not a significant source of

* Percent Daily Values are based on a 2000 calorie diet.

INGREDIENTS: cultured lowfat milk, nonfat milk, salt, sodium citrate, vitamin A palmitate, vitamin D3

Contains: milk

Dean Foods, 2711 North Haskell Ave, Suite 3400, Dallas, Texas 75204

KYLE MARTIN PRODUCTION FORMULA Formula # 27721 1/2/2013 Status: APPROVED
Replaces: 11/22/2010 10:19:34 (24774) Nutrition Last Revised: 01/02/2013

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CULTURED BUTTERMILK

Nutrition Facts

Serving Size 1 cup (240mL)
Servings Per Container

Amount Per Serving

Calories 160 **Calories from Fat 70**

% Daily Value*

Total Fat 8g **12%**

Saturated Fat 5g **25%**

Trans Fat 0g

Cholesterol 35mg **12%**

Sodium 220mg **9%**

Total Carbohydrate 13g **4%**

Dietary Fiber 0g **0%**

Sugars 13g

Protein 9g

Vitamin A 6% • **Vitamin C 0%**

Calcium 30% • **Iron 0%**

* Percent Daily Values are based on a 2000 calorie diet.
Your daily values may be higher or lower depending on
your calorie needs:

		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
Dietary Fiber		25g	30g
Protein		50g	65g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

INGREDIENTS: Cultured milk, nonfat milk, salt, natural and artificial flavors.

Contains: milk

COMMENTS: Label Info:

PDP:

Cultured Buttermilk

IP or PDP:

Grade A

Dean Foods, 2711 North Haskell Ave, Suite 3400, Dallas, Texas 75204

KYLE MARTIN PRODUCTION FORMULA Formula # 27723 1/3/2013 Status: APPROVED
Nutrition Last Revised: 01/03/2013

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Fact Sheet

The following information is based on 4oz serving size

Manufacturer Name: Country Pure Foods

Product Name: Ardmore Farms Apple Juice from Concentrate

Package Type: Carton

Code Number: 42298 **Case Wt:** 22 lbs **# of Cases Per Pallet:** 80, 8 Block/10 Tier

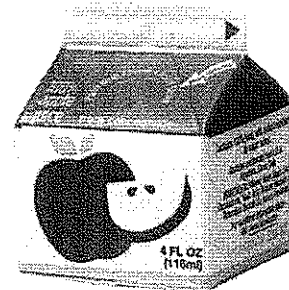
Serving Size: 4 oz **Servings per Case:** 70 **Contribution:** ½ Cup Fruit

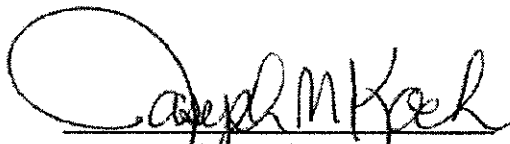
Product Description: 100% juice. Shipped Frozen. Thaw and Serve. Credits as a half cup fruit. Use for lunch and breakfast servings in school and after school programs

Nutrient Information

Nutrition Facts	
Serving Size 4 fl oz (118 mL)	
Servings Per Container 1	
Amount Per Serving	
Calories 60	
	% Daily Value*
Total Fat 0g	0%
Sodium 15mg	1%
Potassium 85mg	2%
Total Carbohydrates 14g	5%
*Sugars 13g	
Protein 0g	
Not a significant source of saturated fat, trans fat, cholesterol, dietary fiber, or iron.	
*Percent Daily Values are based on a 2,000 calorie diet	

Ingredients: Filtered Water, Apple Juice Concentrate, Malic Acid, Sodium Benzoate and Potassium Sorbate (to assure freshness).




Joe Koch, VP of Marketing
7/1/2013



Fact Sheet

The following information is based on 4oz serving size

Manufacturer Name: Country Pure Foods

Product Name: Ardmore Farms Grape Juice from Concentrate

Package Type: Carton

Code Number: 42301 **Case Wt:** 22 lbs **# of Cases Per Pallet:** 80, 8 Block/10 Tier

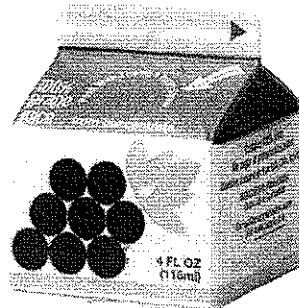
Serving Size: 4 oz **Servings per Case:** 70 **Contribution:** ½ Cup Fruit

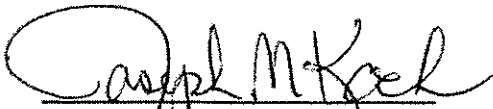
Product Description: 100% juice. Shipped Frozen. Thaw and Serve. Credits as a half cup fruit. Use for lunch and breakfast servings in school and after school programs

Nutrient Information

Nutrition Facts	
Serving Size 4 fl oz (118 mL)	
Servings Per Container 1	
Amount Per Serving	
Calories 80	
	% Daily Value*
Total Fat 0g	0%
Sodium 15mg	1%
Potassium 10mg	0%
Total Carbohydrates 18g	6%
Sugars 18g	
Protein 1g	
Not a significant source of calories from fat, saturated fat, trans fat, cholesterol, dietary fiber, and iron.	
*Percent Daily Values are based on a 2,000 calorie diet	

Ingredients: Filtered Water, Grape Juice Concentrate.




Joe Koch, VP of Marketing
7/1/2013

ORANGE JUICE FROM CONCENTRATE # 24944

Nutrition Facts

Serving Size 8 fl.oz. (240 ml)

Servings Per Container

Amount Per Serving

Calories 110 **Calories from Fat 0**

% Daily Value*

Total Fat 0g **0%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 15mg **1%**

Potassium 470mg **13%**

Total Carbohydrate 27g **9%**

Dietary Fiber 0g **0%**

Sugars 21g

Protein 2g

Vitamin A 0% • **Vitamin C 120%**

Calcium 2% • **Iron 0%**

Thiamin 10% • **Niacin 2%**

Vitamin B6 4% • **Folate 15%**

* Percent Daily Values are based on a 2000 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
Potassium		3,500mg	3,500mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Protein		50g	65g

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

INGREDIENTS: Water, orange juice concentrate.

Contains: None

COMMENTS: Orange Juice concentrate from USA, Brazil, Mexico, and/or Costa Rica

Dean Foods, 2711 North Haskell Ave, Suite 3400, Dallas, Texas 75204

JOY SIMPSON PRODUCTION FORMULA Formula # 24944 12/21/2010 Status: APPROVED
Nutrition Last Revised: 7/7/2011

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ROCKFORD - DAIRY
1% LOWFAT SMALL CURD COTTAGE CHEESE
MALTODEXTRIN - BULK
1% MILKFAT

Nutrition Facts	
Serving Size 1/2 cup (113g)	
Servings Per Container	
Amount Per Serving	
Calories 90	Calories from Fat 10
% Daily Value*	
Total Fat 1.5g	2%
Saturated Fat 1g	4%
Trans Fat 0g	
Polyunsaturated Fat 0g	
Monounsaturated Fat 0g	
Cholesterol 10mg	3%
Sodium 450mg	19%
Potassium 180mg	5%
Total Carbohydrate 5g	2%
Dietary Fiber 0g	0%
Sugars 4g	
Protein 13g	26%
Vitamin A 4%	• Vitamin C 0%
Calcium 10%	• Iron 0%
* Percent Daily Values are based on a 2000 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
Potassium	3,500mg 3,500mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Protein	50g 65g
Calories per gram:	
Fat 9	• Carbohydrate 4 • Protein 4

INGREDIENTS: Cultured nonfat milk, cream, less than 2% of whey, salt, maltodextrin, guar gum, citric acid, carrageenan, mono and diglycerides, locust bean gum, polysorbate 80, potassium sorbate (preservative), natural and artificial flavor, vitamin A palmitate, enzyme.

Contains: milk

Dean Foods, 2711 North Haskell Ave, Suite 3400, Dallas, Texas 75204

BEN HALL PRODUCTION FORMULA Formula # 28408 4/9/2013 Status: APPROVED
 Nutrition Last Revised: 07/25/2013

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**GRAND RAPIDS
SOUR CREAM**

Brands
SPARTAN

Nutrition Facts

Serving Size 2 Tbsp (30g)
Servings Per Container

Amount Per Serving

Calories 60 Calories from Fat 50

% Daily Value*

Total Fat	5g	8%
Saturated Fat	3.5g	17%
Trans Fat	0g	
Cholesterol	20mg	7%
Sodium	50mg	2%
Potassium	55mg	2%
Total Carbohydrate	2g	1%
Dietary Fiber	0g	0%
Sugars	1g	

Protein less than 1g

Vitamin A 4% • Vitamin C 0%

Calcium 4% • Iron 0%

* Percent Daily Values are based on a 2000 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
Potassium		3,500mg	3,500mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Protein		50g	65g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

INGREDIENTS: Cultured milk, cream, whey, less than 2% of food starch - modified (corn), sodium phosphate, guar gum, carrageenan, calcium sulfate, locust bean gum, potassium sorbate (preservative).

Contains: milk

Dean Foods, 2711 North Haskell Ave, Suite 3400, Dallas, Texas 75204

BEN HALL PRODUCTION FORMULA Formula # 28270 2/21/2013 Status: APPROVED
Replaces: 5/25/2011 5:15:28 (17454) Nutrition Last Revised: 02/21/2013

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Lactose Free Whole Milk Whole Dairy Pure

Nutrition Facts

Serv. Size 1 Cup (240mL)
Serving Per Container 8

Amount Per Serving

Calories from Fat 80 **Calories 160**

% Daily Value*

Total Fat 9g **13%**

Saturated Fat 5g **27%**

Trans. Fat 0g

Cholesterol 35mg **12%**

Sodium 130mg **5%**

Potassium 400mg **11%**

Total Carbohydrate 13g **4%**

Dietary Fiber 0g **0%**

Sugars 12g

Protein 8g

Vitamin A 6% • Calcium 30%

Vitamin C 0% • Iron %

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 calories needs.

		Calories	2,000	2,500
Total Fat	Less than		85g	90g
Sat Fat	Less than		20	25g
Cholesterol	Less than		300mg	300mg
Sodium	Less than		2,400mg	2,400mg
Total Carbohydrate			300g	375g
Dietary Fiber			25g	30g

Lactose Free Reduced Fat Milk

2% Dairy Pure

Nutrition Facts

Serv. Size 1 Cup (240mL)
Serving Per Container 16

Amount Per Serving

Calories from Fat 70 **Calories 150**

% Daily Value*

Total Fat 8g **12%**

Saturated Fat 5g **25%**

Trans. Fat 0g

Cholesterol 35mg **11%**

Sodium 120mg **5%**

Potassium 380mg **11%**

Total Carbohydrate 12g **4%**

Dietary Fiber 0g **0%**

Sugars 11g

Protein 8g

Vitamin A 6% • Calcium 30%

Vitamin C 4% • Iron 0%

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 calories needs.

	Calories	2,000	2,500
Total Fat	Less then	85g	90g
Sat Fat	Less then	20	25g
Cholesterol	Less then	300mg	300mg
Sodium	Less then	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Lactose Free Fat Free Milk Skim Dairy Pure

Nutrition Facts

Serv. Size 1 Cup (240mL)
Serving Per Container 8

Amount Per Serving

Calories from Fat 0 **Calories 90**

% Daily Value*

Total Fat 0g	0%
Saturated Fat 0g	0%
Trans. Fat 0g	
Cholesterol 5mg	2%
Sodium 130mg	5%
Potassium 400mg	11%
Total Carbohydrate 13g	4%
Dietary Fiber 0g	0%
Sugars 12g	

Protein 8g

Vitamin A 10%	•	Calcium 30%
Vitamin C 0%	•	Iron 0%
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 calories needs.

		Calories	2,000	2,500
Total Fat	Less then		85g	90g
Sat Fat	Less then		20	25g
Cholesterol	Less then		300mg	300mg
Sodium	Less then		2,400mg	2,400mg
Total Carbohydrate			300g	375g
Dietary Fiber			25g	30g

**GRAND RAPIDS
SOUR CREAM**

Brands
SPARTAN

Nutrition Facts	
Serving Size 2 Tbsp (30g)	
Servings Per Container	
Amount Per Serving	
Calories 60	Calories from Fat 50
% Daily Value*	
Total Fat 5g	8%
Saturated Fat 3.5g	17%
Trans Fat 0g	
Cholesterol 20mg	7%
Sodium 50mg	2%
Potassium 55mg	2%
Total Carbohydrate 2g	1%
Dietary Fiber 0g	0%
Sugars 1g	
Protein less than 1g	
Vitamin A 4%	•
Vitamin C 0%	
Calcium 4%	•
Iron 0%	
* Percent Daily Values are based on a 2000 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
Potassium	3,500mg 3,500mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Protein	50g 65g
Calories per gram:	
Fat 9	•
Carbohydrate 4	•
Protein 4	

INGREDIENTS: Cultured milk, cream, whey, less than 2% of food starch - modified (com), sodium phosphate, guar gum, carrageenan, calcium sulfate, locust bean gum, potassium sorbate (preservative).

Contains: milk

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BEN HALL PRODUCTION FORMULA Formula # 26270 2/21/2013 Status: APPROVED
Replaces: 5/25/2011 5:15:28 (17454) Nutrition Last Revised: 02/21/2013

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DIET TEA (DIET SOUTHERN BREW)(SWISS)Brands
SWISS PREMIUM**Nutrition Facts**

Serving Size 8 fl oz (240mL)

Servings Per Container

Amount Per Serving**Calories 0** **Calories from Fat 0**

% Daily Value*

Total Fat 0g **0%**Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%****Sodium 15mg** **1%****Total Carbohydrate 0g** **0%**Dietary Fiber 0g **0%**

Sugars 0g

Protein 0g

Vitamin A 0% • Vitamin C 0%

Calcium 0% • Iron 0%

* Percent Daily Values are based on a 2000 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	
Dietary Fiber		25g	30g	
Protein		50g	65g	

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

INGREDIENTS: Water, natural flavors, tea, phosphoric acid, caramel color, aspartame*, acesulfame potassium***PHENYLKETONURICS:** CONTAINS PHENYLALANINE

Sweetened with nonnutritive sweeteners.

Contains: None

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21520 - 07/12/17

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SWEETENED TEA (SOUTHERN BREW) (SWISS)

Brands
SWISS PREMIUM

Nutrition Facts

Serving Size 8 fl oz (240mL)
Servings Per Container

Amount Per Serving

Calories 90 **Calories from Fat 0**

% Daily Value*

Total Fat 0g **0%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 10mg **0%**

Total Carbohydrate 23g **8%**

Dietary Fiber 0g **0%**

Sugars 23g

Protein 0g

Vitamin A 0% • **Vitamin C 0%**

Calcium 0% • **Iron 0%**

* Percent Daily Values are based on a 2000 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
Dietary Fiber		25g	30g
Protein		50g	65g

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

INGREDIENTS: Water, sugar, natural flavors, tea, caramel color, phosphoric acid.

Contains: None

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21338 - 07/12/17

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