



Tasty Nutrition For Any Meal.

Breakfast • Lunch • Snack

Prairie Farms 4oz Juice

Available in 3 Varieties

- Gluten Free
- Only 60 Calories per Serving
- Meets USDA Regulations as a Reimbursable Fruit Component
- Meets Smart Snacks in Schools Standard
- Credits as a Half Cup of Fruit

- 100% Orange Juice
- 100% Apple Juice
- 100% Fruit Punch Juice



PrairieFarms.com



Smart Snacks in School.

Naturally Pure. **100%** Juicy.

4oz Juices by Prairie Farms.

Farm *fresh* quality...
from our family to yours

Healthy drink choices during the school day gives
kids lasting nutrition to fuel growing bodies.



100% Pure Orange Juice
From Concentrate
4oz Carton, Item #1977

Nutrition Facts	
Serving Size 4 fl oz. (118 mL)	
Amount Per Serving	
Calories 60	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Sodium 0mg	0%
Potassium 210mg	6%
Total Carbohydrate 15g	5%
Sugars 14g	
Protein 0g	
Vitamin C 50%	Calcium 0%
Thiamin 6%	Folate 6%
Phosphorus 0%	Magnesium 2%

*Percent Daily Values are based on a 2000 calorie diet
INGREDIENTS: FILTERED WATER, ORANGE JUICE CONCENTRATE. CONTAINS JUICES FROM FLORIDA, BRAZIL, MEXICO, AND COSTA RICA.



100% Pure Apple Juice
From Concentrate
4oz Carton, Item #8508

Nutrition Facts	
Serving Size 4 fl oz. (118 mL)	
Amount Per Serving	
Calories 60	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	
Trans Fat 0g	
Sodium 0mg	0%
Total Carbohydrate 15g	5%
Sugars 15g	
Protein 0g	
Vitamin A 0%	Vitamin C 25%
Calcium 0%	Iron 2%

*Percent Daily Values are based on a 2000 calorie diet
INGREDIENTS: WATER AND APPLE JUICE CONCENTRATE, ASCORBIC ACID (VITAMIN C).



100% Juice Fruit Punch
4oz Carton, Item #25632

Nutrition Facts	
Serving Size 4 fl oz. (118 mL)	
Amount Per Serving	
Calories 60	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Sodium 0mg	0%
Potassium 130mg	4%
Total Carbohydrate 14g	5%
Sugars 13g	
Protein 0g	
Vitamin A 0%	Vitamin C 0%
Calcium 0%	Iron 0%

*Percent Daily Values are based on a 2000 calorie diet
INGREDIENTS: WATER, APPLE, GRAPE AND PASSION FRUIT JUICE CONCENTRATES, NATURAL FLAVORS, CITRIC ACID, RED #40.

NO ADDED SUGARS • PASTEURIZED • KEEP REFRIGERATED • SHAKE WELL





Farm *fresh* quality...
from our family to yours

New! 4 oz Snack Cup YOGURTS

**Mom
Approved**

No Artificial
Sweeteners
or Colors

**Tastes
Great**

Excellent Source
of Calcium &
Vita D

Fat Free

Only 90
Calories

**Perfect
Size**

No High Fructose
Corn Syrup



7 Smooth & Creamy Flavors

- Plain • Strawberry • Strawberry-Banana
- Peach • Cherry-Vanilla • Blueberry • Raspberry

Packed with nutrition, each 4oz snack cup is creditable
as 1 oz equivalent meat alternative in the NSLP & NSBP.





Nutritional Facts



Plain

NUTRITION FACTS	Amount/Serving	%DV*	Amount/Serving	%DV*
Total Fat 0g	0%	Total Carb. 16g	5%	
Sat Fat 0g	0%	Fiber 0g	0%	
Trans Fat 0g		Sugars 13g		
Cholest. 0g	0%	Protein 4g		
Sodium 80mg	3%			

*Percent Daily Values (%DV) are based on a 2,000 calorie diet.

Vitamin A 4% • Vitamin C 0% • Calcium 35% • Vitamin D 20% • Iron 2%

Grade A Pasteurized • Keep Refrigerated

INGREDIENTS: Cultured, pasteurized, Grade A nonfat milk, whey, sugar, modified corn starch, tricalcium phosphate, gelatin gum, Vitamin D3, and potassium sorbate (maintains freshness). Contains: Milk



Raspberry

NUTRITION FACTS		Amount/Serving	%DV*	Amount/Serving	%DV*
Srv. Size: 1 unit (113g)		Total Fat 0g	0%	Total Carb. 19g	6%
Serving: 1		Sat Fat 0g	0%	Fiber 0g	0%
Calories 90		Trans Fat 0g		Sugars 16g	
Fat Cal. 0		Cholest. 0g	0%	Protein 4g	
		Sodium 70mg	3%		

* Percent Daily Values (DV) are based on a 2,000 calorie diet.

Vitamin A 4% • Vitamin C 0% • Calcium 30% • Vitamin D 20% • Iron 0%

Grade A Pasteurized • Keep Refrigerated

INGREDIENTS: Cultured, pasteurized, Grade A nonfat milk, water, sugar, whey, modified corn starch, raspberry puree, natural flavors, tricalcium phosphate, gelatin gum, citric acid, vegetable juice concentrate (color), Vitamin D3 and potassium sorbate (maintains freshness). Contains: Milk



Blueberry

NUTRITION FACTS		Amount/Serving	%DV*	Amount/Serving	%DV*
Total Fat 0g		0%	Total Carb. 19g	6%	
Sat Fat 0g		0%	Fiber 0g	0%	
Trans Fat 0g			Sugars 16g		
Cholest. 0g		0%	Protein 4g		
Sodium 70mg		3%			

*Percent Daily Values (DV) are based on a 2,000 calorie diet.

Vitamin A 4% • Vitamin C 0% • Calcium 30% • Vitamin D 20% • Iron 0%

Grade A Pasteurized • Keep Refrigerated

INGREDIENTS: Cultured, pasteurized, Grade A nonfat milk, water, sugar, whey, modified corn starch, blueberry puree, natural flavors, tricalcium phosphate, gelatin gum, citric acid, fruit juice concentrate (color), Vitamin D3 and potassium sorbate (maintains freshness). Contains: Milk



Strawberry

NUTRITION FACTS	Amount/Serving	%DV*	Amount/Serving	%DV*
Total Fat 0g	0%	Total Carb. 19g	6%	
Sat Fat 0g	0%	Fiber 0g	0%	
Trans Fat 0g		Sugars 16g		
Cholest. 0g	0%	Protein 4g		
Sodium 70mg	3%			

* Percent Daily Values (DV) are based on a 2,000 calorie diet.

Vitamin A 4% • Vitamin C 0% • Calcium 30% • Vitamin D 20% • Iron 0%

Grade A Pasteurized • Keep Refrigerated

INGREDIENTS: Cultured, pasteurized, Grade A nonfat milk, water, sugar, whey, modified corn starch, strawberry puree, natural flavors, tricalcium phosphate, gelatin gum, citric acid, fruit juice concentrate (color), Vitamin D3 and potassium sorbate (maintains freshness). Contains: Milk



Strawberry-Banana

NUTRITION FACTS			
Srv. Size 1 unit (713g) Servings: 1			
Calories 90			
Fat Cal. 0			
Amount/Serving	%DV*	Amount/Serving	%DV
Total Fat 0g	0%	Total Carb. 19g	6%
Sat Fat 0g	0%	Fiber 0g	0%
Trans Fat 0g		Sugars 16g	
Cholest. 0g	0%	Protein 4g	
Sodium 70mg	3%		

*Percent Daily Values (DV) are based on a 2,000 calorie diet.

Vitamin A 4% • Vitamin C 2% • Calcium 30% • Vitamin D 20% • Iron 0%

Grade A Pasteurized • Keep Refrigerated

INGREDIENTS: Cultured, pasteurized, Grade A nonfat milk, water, sugar, whey, modified corn starch, strawberry puree, banana puree, natural flavors, tricalcium phosphate, gelatin gum, citric acid, fruit and vegetable juice concentrate (color), Vitamin D3 and potassium sorbate (maintains freshness). Contains: Milk



Cherry-Vanilla

NUTRITION FACTS		Amount/Serving	%DV*	Amount/Serving	%DV*
Srv. Size 1 unit (113g)		Total Fat 0g	0%	Total Carb. 19g	6%
Servings: 1		Sat Fat 0g	0%	Fiber 0g	0%
Calories 80		Trans Fat 0g		Sugars 16g	
Fat Cal. 0		Cholest. 0g	0%	Protein 4g	
		Sodium 70mg	3%		

*Percent Daily Values (DV) are based on a 2,000 calorie diet.

Vitamin A 4% • Vitamin C 0% • Calcium 30% • Vitamin D 20% • Iron 0%

Grade A Pasteurized • Keep Refrigerated

INGREDIENTS: Cultured, pasteurized, Grade A nonfat milk, water, sugar, whey, modified corn starch, cherries, natural flavors, tricalcium phosphate, gelatin gum, citric acid, vegetable juice concentrate (color), Vitamin D3 and potassium sorbate (maintains freshness). Contains: Milk



Peach

NUTRITION FACTS	Amount/Serving	%DV*	Amount/Serving	%DV*
Serv. Size 1 unit (113g) Servings 1 Calories 90 Fat Cal. 0	Total Fat 0g	0%	Total Carb. 19g	6%
	Sat Fat 0g	0%	Fiber 0g	0%
	Trans Fat 0g		Sugars 16g	
	Cholest. 0g	0%	Protein 4g	
	Sodium 70mg	3%		

Grade A Pasteurized • Keep Refrigerated

INGREDIENTS: Cultured, pasteurized, Grade A nonfat milk, water, sugar, whey, modified corn starch, peaches, natural flavors, tricalcium phosphate, gelatin gum, citric acid, annatto, Vitamin D3 and potassium sorbate (maintains freshness). Contains: Milk



PRODUCT – WHOLE BUTTERMILK

Nutrition Facts			
Serving Size 1 Cup (240mL)			
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 240mg		10%	
Total Carbohydrate 12g		4%	
Dietary Fiber 0g		0%	
Sugars 11g			
Protein 8g		16%	
Vitamin A 10%	•	Vitamin C 4%	
Calcium 30%	•	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 caloric 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
Calories per gram:			
Fat 9	•	Carbohydrate 4	• Protein 4

Ingredients: Cultured whole milk, stabilizer (modified food starch, sodium phosphate, guar gum, carrageenan and locust bean gum) and salt.

LOWFAT BUTTERMILK, 1% MILKFAT

Ingredients: CULTURED LOWFAT MILK, NONFAT DRY MILK, MODIFIED CORN AND TAPIOCA STARCH, CAROB BEAN GUM, CARRAGEENAN, MONO AND DIGLYCERIDES AND SALT.

Nutrition Facts	
Serving size	1 cup
Amount Per Serving	
Calories	110
% Daily Value*	
Total Fat 2.5g	3%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Polyunsaturated Fat 0g	
Monounsaturated Fat 0g	
Cholesterol 15mg	5%
Sodium 330mg	14%
Total Carbohydrate 14g	5%
Dietary Fiber 0g	0%
Total Sugars 13g	
Includes 0g Added Sugars	0%
Protein 9g	18%
Vitamin D 5mcg	25%
Calcium 390mg	30%
Iron 0mg	0%
Potassium 0mg	0%
Vitamin A	10%
Vitamin C	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.	

PRODUCT – 2% LOWFAT COTTAGE CHEESE

Nutrition Facts			
Serving Size 1/2 Cup (114g)			
Servings Per Container			
Amount Per Serving			
Calories 90		Calories from Fat 20	
% Daily Value*			
Total Fat 2.5g		4%	
Saturated Fat 1.5g		8%	
Trans Fat 0g			
Cholesterol 15mg		5%	
Sodium 480mg		20%	
Total Carbohydrate 5g		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 caloric 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

Ingredients: Skim milk, milk, nonfat dry milk, lactose, salt, cream, 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



Nutrition Facts

Serving Size: 1 Container

Amount Per Serving

Calories 120 Calories from Fat 0

% Daily Value*

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 120mg 5%

Total Carbohydrate 22g 7%

Dietary Fiber 0g

Sugars 22g

Protein 8g 16%

Vitamin A 10% • Vitamin C 2%

Calcium 30% • Iron 0% • Vitamin D 25%

INGREDIENTS: FAT FREE MILK, SUGAR, NATURAL AND ARTIFICIAL FLAVOR AND COLOR, (RED #40, BLUE #1 AND BEET JUICE FOR COLOR), VITAMIN A PALMITATE AND VITAMIN D3. **CONTAINS: MILK**

Fat Free Strawberry Milk
Product #17025



Nutrition Facts

Serving Size: 1 Container

Amount Per Serving

Calories 130 Calories from Fat 0

% Daily Value*

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 170mg 7%

Total Carbohydrate 24g 8%

Dietary Fiber 0g 0%

Sugars 22g

Protein 8g 16%

Vitamin A 10% • Vitamin C 2%

Calcium 30% • Iron 0% • Vitamin D 25%

INGREDIENTS: FAT FREE MILK, SUGAR, VANILLA BASE (CORN STARCH, SALT, MALTODEXTRIN, CARRAGEENAN, NATURAL AND ARTIFICIAL FLAVOR), VITAMIN A PALMITATE AND VITAMIN D3. **CONTAINS: MILK**

Fat Free Vanilla Milk
Product #22217

8 oz SSC 1% Clean Label Strawberry
Milk EXP

Nutrition Facts	
servings per container	
Serving size	1 Carton
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	
Includes 9g Added Sugars	18%
Protein 8g	
Vitamin D 3mcg	15%
Calcium 298mg	25%
Iron 0mg	0%
Potassium 358mg	8%
Vitamin A 139mcg	15%
*The % Daily Value 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: Lowfat Milk, Sugar, Carrageenan, Natural Flavor, Beet Juice Color, Vitamin A Palmitate and Vitamin D3.

Contains Milk.

06/22/2018

8 oz SSC 1% School Chocolate Milk
New NLEA

Nutrition Facts	
servings per container	
Serving size	1 Carton
Amount per serving	
Calories	150
% Daily Value*	
Total Fat 2.5g	3%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 230mg	10%
Total Carbohydrate 24g	9%
Dietary Fiber 0g	0%
Total Sugars 22g	
Includes 11g Added Sugars	22%
Protein 8g	
Vitamin D 2mcg	10%
Calcium 277mg	20%
Iron 0mg	0%
Potassium 348mg	8%
Vitamin A 173mcg	20%
*The % Daily Value 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.	
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4	

INGREDIENTS: Lowfat Milk, Sugar, Corn Starch, Cocoa, Alkalized Cocoa, Salt, Carrageenan, Natural Flavor, Vitamin A Palmitate and Vitamin D3.

Contains Milk.

06/22/2018

8 oz SSC Fat Free Chocolate Milk NEW
05/17/2018

Nutrition Facts	
servings per container	
Serving size	1 Carton
Amount per serving	
Calories	110
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 210mg	9%
Total Carbohydrate 19g	7%
Dietary Fiber 0g	0%
Total Sugars 18g	
Includes 7g Added Sugars	14%
Protein 8g	
Vitamin D 3mcg	15%
Calcium 290mg	20%
Iron 0mg	0%
Potassium 369mg	8%
Vitamin A 144mcg	15%
*The % Daily Value 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, Sugar, Alkalized Cocoa, Cornstarch, Salt, Natural and Artificial Flavor, Carrageenan Vitamin A Palmitate and Vitamin D3.

Contains Milk.

1% LOWFAT MILK

INGREDIENTS: GRADE A LOWFAT MILK, VITAMIN A PALMITATE AND VITAMIN D3.

CONTAINS: MILK

Nutrition Facts			
Serving Size 1 cup (240mL)			
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	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

2% REDUCED FAT MILK

INGREDIENTS: GRADE A REDUCED FATMILK, VITAMIN A PALMITATE AND VITAMIN D3.

FAT REDUCED FROM 8G TO 5G PER SERVING

CONTAINS: MILK

Nutrition Facts			
Serving Size 1 cup (240mL)			
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	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

FAT FREE MILK

INGREDIENTS: GRADE A FAT FREE (SKIM) MILK, VITAMIN A PALMITATE AND VITAMIN D3.

CONTAINS: MILK

Nutrition Facts			
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%
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	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

VITAMIN D, WHOLE MILK

INGREDIENTS: GRADE A MILK, VITAMIN D3.

CONTAINS: MILK

Nutrition Facts			
Serving Size 1 cup (240mL)			
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	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g



LACTAID® Calcium Enriched Fat Free Milk

Serving Size 1cup (240mL)

Servings Per Container 8

Amount Per Serving

Calories 90

Calories from Fat 0

% Daily Value*

Total Fat 0g

0%

Saturated Fat 0g

0%

Trans Fat 0g

Cholesterol <5mg

1%

Sodium 125mg

5%

Potassium 410mg

11%

Total Carbohydrate 13g

4%

Dietary Fiber 0g

0%

Sugars 12g

Protein 8g

17%

Vitamin A 10%

Vitamin C 0%

Calcium 50%

• Iron 0% •

Vitamin D 25%

Riboflavin

25%

Vitamin B12

15%

Phosphorus

35%

*Percent Daily Values are based on a 2,000 calorie diet. Your Daily values may be higher or lower depending on your caloric 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, tribasic calcium phosphate (calcium)*, carrageenan*, guar gum*, lactase enzyme*, and vitamin D3.

*Ingredient not in regular milk.

LACTAID® Calcium Enriched Fat Free Milk contains 500 mg calcium per 8 fl oz serving. Regular fat free milk contains 300 mg calcium per serving.

LACTAID® Milk is real, wholesome, farm-fresh milk that's 100% lactose free. It tastes great and it's full of high-quality protein, vitamins A and D and calcium. We add a natural enzyme that breaks down the lactose into two simple sugars, glucose and galactose, that are easy to digest. That means you can drink a tall cold glass, pour it on your cereal, add it to your coffee or tea, or use it in your favorite recipes without discomfort. And LACTAID® Milk comes from cows that have not been treated with artificial growth hormone (rBST)*.

*No significant difference has been shown between milk derived from rBST-treated and non-rBST treated cows.

You'll find LACTAID® Milk in the dairy section of your favorite supermarket in Fat Free, Lowfat, Reduced Fat, Whole and Calcium Enriched varieties.

LACTAID® Milk is WIC approved.

LACTAID® Milk is also available in two convenient single-serve options - great for use in hospitals, nursing homes, schools, corporate and government eating facilities, just about anywhere milk is served. Contact us at 1-800-836-5090 to inquire about food service options.

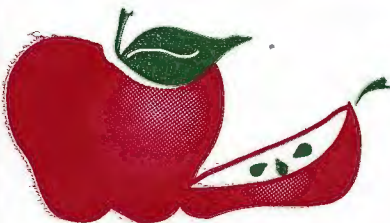
TO OPEN

FARMER OWNED

Prairie Farms

100%
Apple Juice

100%
Apple Juice



8 FL OZ (236 mL)

PUSH UP

HERE

THANKS
FOR
CHOOSING

Prairie Farms

PRODUCTS

TO OPEN

HERE

PUSH UP

PASTEURIZED

Nutrition Facts

Serv. Size 1 Carton

Calories 120
Fat cal 0

*Percent Daily Values
(DV) are based on a
2,000 calorie diet.

Amount/Serving	% DV*	Amount/Serving	% DV*
Total Fat 0g	0%	Total Carb 29g	10%
Sat Fat 0g	0%	Fiber 0g	
Trans Fat 0g		Sugars 29g	
Cholest 0mg	0%	Protein 0g	
Sodium 0mg	0%		
Vitamin A 0%	•	Vitamin C 0%	•
Calcium 0%	•	Iron 0%	•

INGREDIENTS: WATER, APPLE JUICE CONCENTRATE

DIST. BY PRAIRIE FARMS DAIRY INC.,
GEN. OFFICE: CARLINVILLE, IL 62626

PROCESSED AND PACKAGED AT LOCATION STAMPED ABOVE



0 72730 29602 2

FARMER OWNED
Prairie Farms®



ORANGE
JUICE

FLORIDA'S SEAL OF APPROVAL
TM

FARMER OWNED
Prairie Farms®

ORANGE
JUICE

HALF PINT (236 mL)

PUSH UP

HERE

THANKS
FOR
CHOOSING
Prairie Farms.
PRODUCTS
TO OPEN

HERE

PUSH UP

CONTAINS 100% ORANGE JUICE • PASTEURIZED

Nutrition Facts

Serv. Size 1 carton
Calories 110
Calories from Fat 0

Amount/Serving	% DV*	Amount/Serving	% DV*
Total Fat 0g	0%	Total Carb 26g	9%
Trans Fat 0g		Sugars 22g	
Sodium 0mg	0%	Protein 2g	
Potassium 450mg	13%		
Vitamin C 120%		Calcium 2%	
Niacin 4%		Magnesium 6%	
Thiamin 10%		Folate 15%	
Vitamin B6 6%			

*Percent Daily Values (DV) are based on a 2,000 calorie diet.

Not a significant source of saturated fat, cholesterol, fiber, protein, Vitamin A and Iron.

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

NO SUGAR OR PRESERVATIVES ADDED
KEEP REFRIGERATED SHAKE WELL

PRAIRIE FARMS DAIRY INC., GEN. OFFICE: CARLINVILLE, IL 62626
PROCESSED AND PACKAGED AT LOCATION STAMPED ABOVE.



0 72730 29604 6



Farm fresh quality...
from our family to yours

Approved Smart Snacks

- Flavored and Unflavored Fat Free Milks
- 8oz Serving Size for Elementary School Kids

Cost \$ _____

Suggested Retail \$ _____



Smart Snacks at School.

Introducing a **NEW LOOK** for Prairie Farms Half Pint Milks.

Healthy drink choices during the school day gives
kids lasting nutrition to fuel growing bodies.



Nutrition Facts

Serving Size: 1 Container

Amount Per Serving	
Calories 110	Calories from Fat 0
	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 180mg	8%
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%

INGREDIENTS: FAT FREE MILK, SUGAR, COCOA (PROCESSED WITH ALKALI), CORN STARCH, SALT, NATURAL AND ARTIFICIAL FLAVORS, CARRAGEENAN, VITAMIN A PALMITATE AND VITAMIN D3. CONTAINS: MILK

Fat Free Chocolate Milk
Product #6926



Nutrition Facts

Serving Size: 1 Container

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%	Iron 0% • Vitamin D 25%

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

Fat Free Skim Milk
Product #5404



Nutrition Facts

Serving Size: 1 Container

Amount Per Serving	
Calories 120	Calories from Fat 0
	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 120mg	5%
Total Carbohydrate 22g	7%
Dietary Fiber 0g	
Sugars 22g	
Protein 8g	16%
Vitamin A 10%	Vitamin C 2%
Calcium 30%	Iron 0% • Vitamin D 25%

INGREDIENTS: FAT FREE MILK, SUGAR, NATURAL AND ARTIFICIAL FLAVOR AND COLOR, (RED #40, BLUE #1 AND BEET JUICE FOR COLOR), VITAMIN A PALMITATE AND VITAMIN D3. CONTAINS: MILK

Fat Free Strawberry Milk
Product #17025



Nutrition Facts

Serving Size: 1 Container

Amount Per Serving	
Calories 130	Calories from Fat 0
	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 170mg	7%
Total Carbohydrate 24g	8%
Dietary Fiber 0g	0%
Sugars 22g	
Protein 8g	16%
Vitamin A 10%	Vitamin C 2%
Calcium 30%	Iron 0% • Vitamin D 25%

INGREDIENTS: FAT FREE MILK, SUGAR, VANILLA BASE (CORN STARCH, SALT, MALTODEXTRIN, CARRAGEENAN, NATURAL AND ARTIFICIAL FLAVOR), VITAMIN A PALMITATE AND VITAMIN D3. CONTAINS: MILK

Fat Free Vanilla Milk
Product #22217



Nutrition Facts

Serving Size: 1 Container

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	
Sugars 11g	
Protein 8g	16%
Vitamin A 10%	Vitamin C 2%
Calcium 30%	Iron 0% • Vitamin D 25%

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

1% Low Fat Milk
Product #4752



*The FDA has determined that no significant difference has been shown between milk derived from artificial growth hormone treated and non-artificial growth hormone treated cows.

SOUR CREAM, LIGHT

INGREDIENTS: Cultured Milk, Cream, Nonfat Dry Milk, Modified Corn Starch, Maltodextrin, Sodium Phosphate, Carrageenan, Carob Bean Gum, Potassium Sorbate (Maintains Freshness), and Vitamin A Palmitate.

CONTAINS: MILK

NUTRITION FACTS		
Serving Size 2 Tbsp. (30g)		
Servings Per Container 15		
Amount Per Serving		
Calories 35 Calories From Fat 25		
		% Daily Value*
Total Fat	2.5g	4%
Saturated Fat	2g	9%
Trans Fat	0g	
Cholesterol	10mg	4%
Sodium	35mg	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		



Sugar Free Tea- Red Diamond, Pint

Serving Per Container 2
Container Size Pint
Container Type Plastic

Amount Per Serving

Calories 0	Calories From Fat 0
% Daily Value*	
Total Fat 0	0%
Saturated Fat 0	0%
Trans Fat 0	
Cholesterol 0	0%
Sodium 10	0%
Total Carbohydrates 0	0%
Dietary Fiber 0	0%
Sugars 0	
Protein 0	0%
Vitamin A	0
Vitamin C	0
Calcium	0
Iron	0

Ingredients

Water, sucralose, orange pekoe and pekoa tea, potassium sorbate added to preserve freshness.

Gluten Free
Kosher

UPC Code 0-70242-30123-6

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

PRODUCT – FAT FREE/NSA VERY CHERRY YOGURT

Nutrition Facts					
Serving Size 1 Container (170g)					
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 90mg		4%			
Potassium 240mg		7%			
Total Carbohydrate 16g		5%			
Dietary Fiber 3g		12%			
Sugars 8g					
Protein 6g		12%			
Vitamin A	15%	Vitamin C	0%	Phosphorus	15%
Calcium	20%	Iron	0%	Vitamin D	35%
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your caloric 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	

Ingredients: Cultured pasteurized skim milk and nonfat dry milk, cherries, modified corn starch, natural flavor, carrageenan, pectin, polydextrose (fiber), sugar, Red #40, Blue #1, aspartame, Vitamin A palmitate, Vitamin D₃.

Phenylketonurics: Contains phenylalanine

PRODUCT – FAT FREE/NSA STRAWBERRY YOGURT

Nutrition Facts					
Serving Size 1 Container (170g)					
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 90mg		4%			
Potassium 240mg		7%			
Total Carbohydrate 16g		5%			
Dietary Fiber 3g		12%			
Sugars 8g					
Protein 6g		12%			
Vitamin A	15%	Vitamin C	4%	Phosphorus	15%
Calcium	20%	Iron	0%	Vitamin D	35%
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your caloric 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	

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

PRODUCT – FAT FREE/NSA STRAWBERRY BANANA YOGURT

Nutrition Facts					
Serving Size 1 Container (170g)					
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 90mg			4%		
Potassium 240mg			7%		
Total Carbohydrate 17g			6%		
Dietary Fiber 3g			12%		
Sugars 9g					
Protein 6g			12%		
Vitamin A	15%	Vitamin C	2%	Phosphorus	15%
Calcium	20%	Iron	0%	Vitamin D	35%
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your caloric 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	

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

PRODUCT – FAT FREE/NSA VANILLA YOGURT

Nutrition Facts					
Serving Size 1 Container (170g)					
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 90mg		4%			
Potassium 240mg		7%			
Total Carbohydrate 17g		6%			
Dietary Fiber 3g		12%			
Sugars 8g					
Protein 6g		12%			
Vitamin A	15%	Vitamin C	2%	Phosphorus	15%
Calcium	20%	Iron	0%	Vitamin D	35%
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your caloric 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	

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