

# Tasty Nutrition For Any Meal. Breakfast • Lunch • Snack

## Prarie Farms 4oz Juice Available in 3 Varieties

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



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













#### 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

	•
Nutritic Serving Size 4	on Facts
Amount Per Se	
	Calories from Fat 0
	% Daily Value
Total Fat 0g	0%
Saturated Fa	nt 0g <b>0%</b>
Trans Fat 0g	g
Sodium 0mg	0%
Potassium 21	0mg <b>6%</b>
Total Carbohy	<b>/drate</b> 15g <b>5%</b>
Sugars 14g	
Protein 0g	
Vitamin C 50%	Calcium 0%
Thiamin 6%	Folate 6%
Phosphorus 0%	Magnesium 2%
*Percent Daily Values a	are based on a 2000 calorie die

#### 100% Pure Apple Juice From Concentrate

4oz Carton, Item #8508

Nutri				5
Serving Siz	e 4 fl o	z. (11	8 mL)	
Amount Pe	r Servii	ng		
Calories 6	60 Ca	alories	s from I	at 0
		% C	Daily Va	alue*
<b>Total Fat</b>	0g			0%
Trans Fa	t 0g			-
Sodium 0n	ng			0%
Total Carbo	ohydra	<b>ite</b> 15	g	5%
Sugars 1	5g			
Protein 0g	)			
Vitamin A 0%	•	١	/itamin C	25%
Calcium 0%	•		Irc	n 2%
*Percent Daily Val	ues are ba	sed on a	a 2000 calc	rie diet
INGREDIENTS:	WATER	AND	APPLE	JUICI

#### 100% Juice Fruit Punch

4oz Carton, Item #25632

Nutritio	n Facts
Serving Size 4 fl o	
Amount Per Serv	
Calories 60 C	alories from Fat 0
	% Daily Value*
Total Fat 0g	0%
Saturated Fat	0g <b>0%</b>
Trans Fat 0g	
Sodium 0mg	0%
Potassium 130m	ng <b>4%</b>
<b>Total Carbohydr</b>	<b>ate</b> 14g <b>5%</b>
Sugars 13g	
Protein 0g	
Vitamin A 0%	• Vitamin C 0%
Calcium 0%	▶ Iron 0%
*Percent Daily Values are b	pased on a 2000 calorie diet

INGREDIENTS: WATER, APPLE, GRAPE AND PASSION FRUIT JUICE CONCENTRATES, NATURAL FLAVORS, CITRIC ACID. RED #40.

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



CONCENTRATE, ASCORBIC ACID (VITAMIN C).



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

### New! 4 oz Snack Cup YOGURTS

#### Mom Approved

No Artificial Sweeteners or Colors Tastes Great

of Calcium &
Vita D



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 1oz equivalent meat alternative in the NSLP & NSBP.







#### **Nutritional Facts**

#### **Plain**

NUTRITION	Amount/Corring	KBYs	Amount/Borying	MDY
FACTS	Total Fat Og	0%	Total Carb. 16g	5%
Sorv. Stan 1 welt (113g) Sorvings. 1	Set Fet Og	0%	Fiber Og	0%
-	Trans Fat Og		Sugars 13g	
Calories 60	Cholest. Dg	0%	Protein 4g	
Fat Cal. 0	Sedian Ding	3%	•	
* Percent Daily Volume (DV) are beaution a 2000 cateria dist	Charles of Allins Warner	C DE a GA	- 300 a New to 0 000	. I W





#### Raspberry



NUTRITION	Amount/Dorelog	%EV*	Amount/Barring	%av
FACTS	Total Fat Og	0%	Total Carls, 19g	6%
Serv. Sten ( unit (113g)	Sat Fat Og	0%	Fiber Og	0%
Servings 1	Trans Fat Og		Segars Tég	
Calories 90	Cholest. Dg	0%	Protein 4g	
Fat Cal. 0	Sedium 70mg	3%	_	
* Persont Daily Valence (DV) are based on a 2,000 calorie chil.	Viterio à 4% - Viento (	(K = 64	iam 30% - Viamia II 20%	• inn (f



#### Blueberry



NUTRITION	Ampuni/Borolog	%DT*	Amount/Surving	%#V*
FACTS	Total Fet 0g	0%	Tetal Carls, 19g	6%
Serv, Size   mail (113g)	Soil Fait Og	0%	Fiber Og	0%
Springs:1	Trans Fat Og		Sugars 16g	
Calories 90	Cholest. Dg	0%	Protois 4g	
Fat Cal. 0	Sodium 70mg	3%	_	
* Pessent Delly Values (DV) are based on a 2,000 calorio dist.	Marrie & 4% - Monde	( 0% + Cd)	igm 30% - Villamin II 20%	• inn (%



#### Strawberry



NUTRITION	Amount/Bording	*ADY*	Amount/Borving	%DY*
ACT\$	Total Fet Og	0%	Total Carb. 19g	6%
Serv. Size 1 unit (113g) Servings: 0	Sat Fet Og	0%	Riber Og	0%
	Trons Fet Og		Sugars 16g	
Calorino 90	Cholest. 0g	0%	Protein 4g	
Fed Call 0	Sodium 70mg	3%		
* Present Duly Value (DV) are based on a 2000 calorie dist.	Month & All a Month	C 0% o Cd	ion 30% o Vicula II 20%	e les Mi



#### Strawberry-Banana



NUTRITION	Amenni/Bereing	%EV-	Amount/Borning	%8V*
FACTS	Total Fot Og	0%	Total Cark, 19g	6%
Serv. Size II welt (118g) Servings: 1	Sat Fait Og	0%	Fiber Og	0%
•	Trans Fat Og		Sugars 16g	
Colorius 90	Cholost. 0g	0%	Protein 4g	
Fait Coll 0 *Percent Daily Values (DV) are	Sedium 70mg	3%		
based on a 2,000 calculo dist.	Viteralo A 4% = Viteralo C	2% = Gi	dum 30% - Viterin D 20%	- Inn (%



#### Cherry-Vanilla



NUTRITION	Amount/Serving	%BY*	Amount/Borring	#DV*
FACTS	Total Fat Og	0%	Total Carls, 19g	6%
ions, Sies I unit (113g) ionitogs: I	Sat Fall Og	0%	Fiber Og	0%
•	Trans Fot Og		Sugars 16g	
Caleries 90	Cholest. Og	0%	Protoin 4g	
Fat Call () Percent Duby Websen (DV) on	Sodium 70mg	3%	-	
reconstruction of 2,000 miles of the	Viente A & - Viente	C 0% - Cal	duu 30% = Vitamin D 20%	• Inn Ok



#### **Peach**



Jucii				
UTRITION	Assumt/Serving	KBV*	Amount/Serving	KDY
CTS	Total Fat Og	0%	Total Carb. 19g	6%
. Sizon 1 umit (113g) laga: 1	Sat Fat Og	0%	Piber Og	0%
	Trans Fet Og		Sugars 16g	
orios 90	Cholest. 0g	0%	Pretein 4g	
t Cal. 0	Seellem 70mg	3%	-	



#### PRODUCT - WHOLE BUTTERMILK

<b>Nutrition Facts</b>				
Serving Size 1 Cu Servings Per Con	<b>1</b> \			
Amount Per Serving	9			
Calories 150	(	Calories from	Fat 70	
		% Dai	ly Value*	
<b>Total Fat 8g</b>			12%	
Saturated Fat 5g			25%	
Trans Fat 0g				
Cholesterol 35mg	9		11%	
Sodium 240mg			10%	
Total Carbohydr	ate 12g		4%	
Dietary Fiber 0g			0%	
Sugars 11g				
Protein 8g			16%	
Vitamin A 10%	•	Vitamin (	C 4%	
Calcium 30%	•	Iron	0%	
Vitamin D 25%				
		wer depending on		
Total Fat	Calories:	2,000	2,500	
Total Fat Sat Fat	Less than Less than	65g 20g	80g 25g	
Cholesterol	Less than	300mg	300mg	
Sodium	Less than	2,400mg	2,400mg	
Total Carbohydrate	;	300g	375g	
Dietary Fiber		25g	30g	
Calories per gram:	anda alas sidus 4 - 4	. D4.: 4		
Fat 9 • Ca	arbohydrate 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.

<b>Nutrition F</b>	
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 Omg	0%
Potassium 0mg	0%
Vitamin A	10%
Vitamin C	2%

<sup>\*</sup>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.

Nutr	itio	n Fac	ets
Serving Size 1/2 Cu Servings Per Contain			
<b>Amount Per Serving</b>			
Calories 90		Calories from	Fat 20
		% Dai	ly Value*
Total Fat 2.5g			4%
Saturated Fat 1.5g			8%
Trans Fat 0g			
Cholesterol 15mg			5%
Sodium 480mg			20%
Total Carbohydrat	e 5g		2%
Dietary Fiber 0g			0%
Sugars 5g			
Protein 12g			24%
Vitamin A 4%	•	Vitamin C	4%
Calcium 10%	•	Iron	0%
* Percent Daily Values Your daily values mayour caloric needs:			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat Cholesterol	Less than Less than	20g	25g
Sodium	Less than	300mg 2,400mg	300mg 2,400mg
Total Carbohydrate	LCSS HIGH	300g	2,400mg 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

serving size. I contai	IIGI
Amount Per Serving	
Calories 120 Calories	from Fat 0
% D	ally Value*
Total Fat Og	0%
Saturated Fat Og	0%
Trans Fat Og	
Cholesterol Omg	0%
Sodium 120mg	5%
Total Carbohydrate 22g	7%
Dietary Fiber Og	
Sugars 22g	
Protein 8g	16%
	100
Vitamin A 10% • V	tamin C 2%
Calcium 30% . Iron 0% . Vita	emin 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 Contains	12
Amount Per Serving	
Calories 130 Calories fro	m Fat 0
% Dail	y Value*
Total Fat Og	0%
Saturated Fat Og	0%
Trans Fat Og	
Cholesterol Omg	0%
Sodium 170mg	7%
Total Carbohydrate 24g	8%
Dietary Fiber Og	0%
Sugars 22g	
Protein 8g	16%
	- 14
Vitamin A 10% • Vita	min C 2%
Calcium 30% • Iron 0% • Vitam	In 0 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

1 Carton
140
Daily Value*
3%
8%
3%
5%
8%
0%
s 18%
15%
25%
0%
8%
15%

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

<b>Nutrition F</b>	acts
servings per container Serving size	1 Carton
Amount per serving Calories	<u>150</u>
% Total Fat 2.5g	Daily Value* 3%
Saturated Fat 1.5g  Trans Fat 0g	8%
Cholesterol 10mg Sodium 230mg	3% 10%
Total Carbohydrate 24g	9%
Dietary Fiber 0g Total Sugars 22g	
Includes 11g Added Sugar Protein 8g	s 22%
Vitamin D 2mcg	10%
Calcium 277mg	20%
Iron Omg	0%
Potassium 348mg	8%
Vitamin A 173mcg	20%
The % Daily Value tells you how much a serving of food contributes to a daily diet day is used for general nutrition advice	
Calories per gram: Fat 9 • Carbohydrate 4 • F	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

<b>Nutrition F</b>	acts
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 Omg	0%
Potassium 369mg	8%
Vitamin A 144mcg	15%
'The % Daily Value tells you how much serving of food contributes to a daily die 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.

Nutri			acts
Serving Size 1 co	up (240mL)		
Amount Per Serving			
Calories 100		Calorie	s from Fat 20
			% Daily Value*
Total Fat 2.5g			4%
Saturated Fat	1.5g		8%
Trans Fat 0g			
Cholesterol 15n	na		5%
Sodium 120mg	<u> </u>		5%
Total Carbohyd	rate 11a		4%
Dietary Fiber			0%
Sugars 11g	<del></del>		
l			160/
Protein 8g			16%
Vitamin A 10%	•	,	Vitamin C 2%
Calcium 30% *Percent Daily Values Values may be highe		a 2,000 calori	
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium Total Carbobydrate	Less than	2400mg	2400mg
Total Carbohydrate Dietary Fiber		300g 25g	375g 30g
		9	

#### 2% REDUCED FAT MILK

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

FAT REDUCED FROM 8G TO 5G PER SERVING

Nutri	-		acts
Serving Size 1 cl	up (240mL)		
Amount Per Serving			
Calories 120		Calorie	s from Fat 45
			% Daily Value*
Total Fat 5g			8%
Saturated Fat	3. <b>5</b> g		18%
Trans Fat 0g			
Cholesterol 25n	าต		8%
Sodium 120mg	<u>'9</u>		5%
l	roto 11a		4%
Total Carbohyd			
Dietary Fiber	<b>0</b> g		0%
Sugars 11g			
Protein 8g			16%
Vitamin A 10%	•	,	Vitamin C 2%
Calcium 30%	•	V	itamin D 25%
*Percent Daily Values Values may be highe		a 2,000 calori	e diet. Your Daily
Taiboo may 20 mgm	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.

Nutri Serving Size 1 c			acts
Amount Per Serving			
Calories 80			
			% Daily Value*
Total Fat 0g			0%
Saturated Fa	t Og		0%
Trans Fat 0g			
Cholesterol 5m			2%
Sodium 120mg	9		5%
Total Carbohyd	Irata 11a		4%
Dietary Fiber	ug		0%
Sugars 11g			
Protein 8g			16%
Vitamin A 10%	•	,	Vitamin C 2%
Calcium 30%	•	V	itamin D 25%
*Percent Daily Values Values may be highe		a 2,000 calori	e diet. Your Daily
	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium Total Carbohydrate	Less than	2400mg	2400mg 375g
Dietary Fiber		300g 25g	375g 30g

#### VITAMIN D, WHOLE MILK

INGREDIENTS: GRADE A MILK, VITAMIN D3.

Nutri Serving Size 1 c			acts
Amount Per Serving			
Calories 150		Calorie	s from Fat 70
			% Daily Value*
Total Fat 8g			12%
Saturated Fa	t 5g		25%
Trans Fat 0g			
Cholesterol 35n	ng		12%
Sodium 120mg	<u> </u>		5%
Total Carbohyd	rate 11a		4%
Dietary Fiber	<del>-</del>		0%
	<del>og</del>		<u> </u>
Sugars 11g			4.00/
Protein 8g			16%
Vitamin A 6%	•	•	Vitamin C 2%
Calcium 30%	•	V	itamin D 25%
*Percent Daily Values			
Values may be highe	er or lower depe Calories	ending on you 2,000	r calorie needs. 2.500
Total Fat	Less than	65g	80g
Sat Fat	Less than	2 <b>0</b> g	25g
Cholesterol	Less than	3 <b>0</b> 0mg	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

Phosphorus

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	g	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%

\*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:				
$\label{eq:milk} \mbox{milk, tribasic calcium phosphate (calcium)*, carrageenan*, guar gum*,}$				

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.

35%

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<sup>®</sup> Milk in the dairy section of your favorite supermarket in Fat Free, Lowfat, Reduced Fat, Whole and Calcium Enriched varieties. LACTAID<sup>®</sup> Milk is WIC approved.

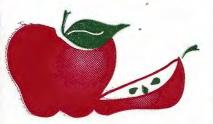
LACTAID® Milk is also available in two convenient single-serve options - great for use in hospitals, nursing homes, schools, corporate and government eating facilities, just about anywhere milk is served. Contact us at 1-800-836-5090 to inquire about food service options.





THANKS
FOR
CHOOSING
Prairie Farms,
PRODUCTS
PRODUCTS

Apple Juice



8 FL OZ (236 mL)

**PASTEURIZED** Amount/Serving Amount/Serving Total Fat Oo Total Carb 29g Facts Sai Fai Og Fiber 0a Serv. Size 1 Carton Trans Fat Og Sugars 29g Calories 120 Cholest Oma Protein Od Fat cal 0 Sodium Omo Percent Daily Values (DV) are based on a 2,000 calorie diet. 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







ORANGE JUICE

HALF PINT (236 mL)

USH UP

THANKS FOR CHOOSING

PUSH UP

PRODUCTS TO OPEN

#### CONTAINS 100% ORANGE JUICE • PASTEURIZED

Mutrition	Millogunderand	10 DA	Minoring	76 DY
Facts	Total Fat Og	0%	<b>Total Carb</b> 26g	9%
	Trans Fat Og		Sugars 22g	
Serv. Size 1 carton	Sodium Omg	0%	Protein 2g	
Calories 110	Potassium 450mg	13%		
Calories from Fat O	Vitamin C 12	0% •	Calcium	2%
		4%	Mannecium	

(DV) are based on a Not a significant source of saturated fat, choleste 2,000 calorie diet. fiber, protein, Vitamin A and Iron.

LEND OF JUICES FROM FLORIDA, BRAZIL, MEXICO AND COSTA RICA. NO SUGAR OR PRESERVATIVES ADDED KEEP BETRIGERATED. SHAKE WELL

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





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 \$\_\_\_\_





## 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**



Calories 110 Calo	ries from Fat 0
	% Daily Value
Total Fat Op	0%
Saturated Fat Og	0%
Trans Fat Og	
Cholesterol 5mg	2%
Sodium 180mg	8%
Total Carbehydrate	200 7%
Dietary Fiber Og	0%
Sugars 18g	
Protein 8g	16%

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

Fat Free Chocolate Milk Product #6926



#### **Nutrition Facts**



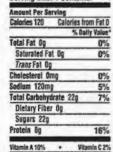
	ies from Fat
	% Daily Value
Total Fat Og	0%
Saturated Fat Og	0%
Trans Fat Og	
Cholesterol 5mg	2%
Sodium 120mg	5%
Total Carbohydrate 11	g 4%
Dietary Fiber Og	0%
Sugars 11g	
Protein 8g	16%
Vitamin A 10%	Vitamin C 25

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

Fat Free Skim Milk Product #5404



#### Nutrition Facts Serving Size: 1 Container



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







AND VITAMIN D3. CONTAINS: MILK

Protein 8g 16%

Witamin 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

Fat Free Vanilla Milk Product #22217



#### Nutrition Facts Serving Size: 1 Container



Serving Size: 1 Contains Amount Per Serving	31
Calories 100 Calories fro	m Fat 20
	ly Value*
Total Fat 2.5g	4%
Saturated Fat 1.5g	8%
Trans Fat Og	
Chalesteral 15mg	5%
Sodium 120mg	5%
Total Carbohydrate 11g	4%
Dietary Fiber 0g	
Sugars 11g	
Protein Bg	16%
Vitamin A 10% . Vita	min C 2%

INGREDIENTS: GRADEA LOWFAT 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.

7%

8%

0%

#### **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.

NUTRITION FACTS Serving Size 2 Tbsp. (30g) Servings Per Container 15 Amount Per Serving				
Calories 35 Ca	lorie			
		% Daily Vo	ılue*	
Total Fat 2.5g			4%	
Saturated Fa	t 2g		<b>9</b> %	
Trans Fat Og	]			
Cholesterol 10	Omg		4%	
Sodium 35mg			2%	
Total Carbohy	drate	2g	1%	
Dietary Fiber	Og		0%	
Sugars 2g				
<b>Protein</b> 1g				
Vitamin A 4%	•	Vitamin C	0%	
Calcium 4%	•	Iron	0%	
*Percent Daily Va 2,000 calorie di		e based on a	ם	





#### 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.

Nut	ritio	n Fa	cts
Serving Size 1 Co Servings Per Con	` •		
Amount Per Servin	g		
Calories 90		Calories fro	om Fat 0
		% D	aily Value*
<b>Total Fat </b> 0g			0%
Saturated Fat 0g			0%
Trans Fat 0g			
Cholesterol Omg	7		0%
Sodium 90mg			4%
Potassium 240m	 g		7%
Total Carbohydi	rate 16g		5%
Dietary Fiber 3	g		12%
Sugars 8g	_		
Protein 6g			12%
Vitamin A 15%	Vitamin C (	)% Phospho	orus 15%
Calcium 20%	Iron (	)% Vitamin	D 35%
	ues are based on a may be higher or s: Calories:		
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium Total Carbohydrate	Less than	2,400mg 300g	2,400mg 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 D<sub>3</sub>.

Nı	ıtı	ritio	n	Fac	ets
Serving Siz Servings Pe		ntainer (170g ainer	g)		
Amount Per	Serving				
Calories	90		Са	alories fron	n Fat 0
				% Da	ily Value*
Total Fat 0	)g				0%
Saturated	Fat 0g				0%
Trans Fat	0g				
Cholestero	l 0mg				0%
Sodium 90	mg				4%
Potassium					7%
Total Carb		<u></u>			5%
Dietary F					12%
Sugars 8g		,			/-
Protein 6g	<u> </u>				12%
Vitamin A	15%	Vitamin C	40/	Dhaanhan	
				Phosphor	
Calcium	20%	Iron	0%	Vitamin I	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:					
Total F-4		Calories:		2,000	2,500
Total Fat Sat Fat		Less than Less than		65g 20g	80g 25g
Cholesterol		Less than		300mg	300mg
Sodium		Less than		2,400mg	2,400mg
Total Carbol	hydrate			300g	375g
Dietary Fi				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 D<sub>3</sub>.

Nut	rition	Fac	ets
Serving Size 1 C Servings Per Cor	, –,		
Amount Per Servin	g		
Calories 90	C	Calories from	r Fat 0
		% Dai	ly Value*
<b>Total Fat </b> 0g			0%
Saturated Fat 0	g		0%
Trans Fat 0g			
Cholesterol 0mg	2		0%
Sodium 90mg			4%
Potassium 240m	g		7%
Total Carbohyd	rate 17g		6%
Dietary Fiber 3	g		12%
Sugars 9g			
Protein 6g			12%
Vitamin A 15%	Vitamin C 2%	Phosphore	us 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:			
Total Fat	Calories: Less than	2,000 65g	2,500 80g
Sat Fat	Less than	03g 20g	80g 25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate	e	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 D<sub>3</sub>.

Nut	rition	ı Fac	cts
Serving Size 1 C Servings Per Con	` •/		
Amount Per Servin	ıg		
Calories 90	(	Calories fror	n Fat 0
		% Da	ily Value*
<b>Total Fat</b> 0g			0%
Saturated Fat 0	g		0%
Trans Fat 0g			
Cholesterol 0m	g		0%
Sodium 90mg	_		4%
Potassium 240m	ng		7%
Total Carbohyd	rate 17g		6%
Dietary Fiber 3	g		12%
Sugars 8g	<del>-</del>		
Protein 6g			12%
Vitamin A 15%	Vitamin C 2%	% Phosphor	rus 15%
Calcium 20%	Iron 0%	6 Vitamin 1	D 35%
	lues are based on a 2 s may be higher or lo ls:  Calories:		1 2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol Sodium	Less than Less than	300mg 2,400mg	300mg 2,400mg
Total Carbohydrat		2,400mg 300g	2,400mg 375g
Dietary Fiber	<del>-</del>	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 D<sub>3</sub>.