HEALTHY COW
1% LOW FAT MILK

Nutrition Facts

Serving Size:	8 FL OZ
Servings Per Container	1

Amount per serving:

Calories:	110	Calories from Fat:	20
		% Daily Value	
Total Fat	2.5g		4%
Saturated Fat	1.5g		8%
Trans Fat	0 g		
Cholesterol	15mg		4%
Sodium	125mg		5%
Total Carbohydrate	13g		4%
Dietary Fiber	0g		0%
Sugars	13g		
Protein	8g		17%

VITAMIN A 10% * CALCIUM 30% * VITAMIN C 4% * Vitamin D 25% * Iron 0%

**Percent Daily Values are based on a 2,000*

INGREDIENTS:

LOWFAT MILK, VITAMIN A PALMITATE, VITAMIN D3

HEALTHY COW

Low Fat Milk (1%)

HALF PINT - PLASTIC

HEALTHY COW
FAT FREE CHOCOLATE MILK

Nutrition Facts

Serving Size:	8 FL OZ
Servings Per Container	1

Amount per serving:

Calories:	130	Calories from Fat:	0
			% Daily Value
Total Fat	0g		0%
Saturated Fat	0g		0%
Trans Fat	0g		
Cholesterol	5mg		2%
Sodium	240mg		10%
Total Carbohydrate	23g		8%
Dietary Fiber	0g		0%
Sugars	21g		
Protein	8g		16%

VITAMIN A 10% * CALCIUM 25% * VITAMIN C 0% * Vitamin D 30% * Iron 0%

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

INGREDIENTS:

NONFAT MILK, HIGH FRUCTOSE CORN SYRUP, CORN STARCH, COCOA (PROCESSED WITH ALKALI), SALT, CARMEL COLOR, CARRAGEENAN, NATURAL & ARTIFICIAL FLAVOR, VITAMIN A PALMITATE, VITAMIN D3.

HEALTHY COW

Fat Free Chocolate Milk

HALF PINT - PLASTIC

HEALTHY COW
FAT FREE STRAWBERRY MILK

Nutrition Facts

Serving Size:	8 FL OZ
Servings Per Container	1

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	90 mg		4%
Total Carbohydrate	2g		7%
Dietary Fiber	0g		0%
Sugars	22g		
Protein	8g		16%

VITAMIN A 10% * CALCIUM 30% * VITAMIN C 4% * Vitamin D 25% * Iron 0%

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

INGREDIENTS:

NONFAT MILK, HIGH FRUCTOSE CORN SYRUP, ARTIFICIAL FLAVOR, CARRAGEENAN, NATURAL & ARTIFICIAL FLAVOR, CARRAGEENAN, CITRIC ACID, RED #40, VITAMIN A PALMITATE, VITAMIN D3.

HEALTHY COW

Fat Free Strawberry Milk

HALF PINT - PLASTIC


THE FLAV-O-RICH FARMERS' PROMISE
NO ARTIFICIAL GROWTH HORMONE
Flav-O-Rich
Vitamin D Milk
Grade A • Homogenized Pasteurized
ONE PINT (473 ML)
Nutrition Facts
Serving Size 1 cup (240 mL)
Servings 2
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 12g 4%
Dietary Fiber 0g 0%
Sugars 12g
Protein 8g
Vitamin A 6% • 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 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
INGREDIENTS: MILK, VITAMIN D3 ADDED.
FLAV-O-RICH DAIRIES, LLC, LONDON, KY 40741
QUESTIONS OR COMMENTS? 1-800-735-5020
PROCESSED AND FILLED AT PLANT CODED ABOVE
KEEP REFRIGERATED
GRADE A PASTEURIZED HOMOGENIZED
0 72300 00090 5
*NO SIGNIFICANT DIFFERENCE BETWEEN MILK FROM ARTIFICIAL GROWTH HORMONE TREATED COWS AND NON-TREATED COWS.


THE FLAV-O-RICH FARMERS' PROMISE
NO ARTIFICIAL GROWTH HORMONE
Flav-O-Rich
Chocolate 1% Lowfat Milk
Vitamin A&D
ONE PINT (473 ML)
Nutrition Facts
Serving Size 1 cup (240 mL)
Servings 2
Amount Per Serving
Calories 140 Calories from Fat 20
% Daily Value*
Total Fat 2.5g 4%
Saturated Fat 1.5g 7%
Trans Fat 0g
Cholesterol 10mg 3%
Sodium 200mg 8%
Total Carbohydrate 23g 8%
Dietary Fiber 0g 0%
Sugars 22g
Protein 8g
Vitamin A 10% • Vitamin C 4%
Calcium 30% • Iron 2% • 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 2,400mg 2,400mg
Total Carbohydrate 300g 375g
Dietary Fiber 25g 30g
INGREDIENTS: LOWFAT MILK, SUGAR, HIGH FRUCTOSE CORN SYRUP, CREAM, CONTAINS 2% OR LESS OF NONFAT MILK, CORN STARCH, COCOA PROCESSED WITH ALKALI, SALT, CARRAGEENAN, ARTIFICIAL FLAVOR, SKIM MILK POWDER, MONO AND DIGLYCERIDES, POLYSORBATE 80, PROPYLENE GLYCOL, SODIUM PHOSPHATE, SODIUM CITRATE, CELLULOSE GUM, CELLULOSE, VITAMIN A PALMITATE, VITAMIN D3.
FLAV-O-RICH DAIRIES, LLC, LONDON, KY 40741
QUESTIONS OR COMMENTS? 1-800-735-5020
PROCESSED AND FILLED AT PLANT CODED ABOVE
KEEP REFRIGERATED
GRADE A PASTEURIZED HOMOGENIZED
0 72300 00237 4
*NO SIGNIFICANT DIFFERENCE BETWEEN MILK FROM ARTIFICIAL GROWTH HORMONE TREATED COWS AND NON-TREATED COWS.


THE FLAV-O-RICH FARMERS' PROMISE
NO ARTIFICIAL GROWTH HORMONE
Flav-O-Rich
Cultured Fat Free Buttermilk
Vitamin A
One Gallon (3.78L)


THE FLAV-O-RICH FARMERS' PROMISE
NO ARTIFICIAL GROWTH HORMONE
Flav-O-Rich
Cultured Whole Buttermilk
Grade A
Half Gallon (1.89L)


THE FLAV-O-RICH FARMERS' PROMISE
NO ARTIFICIAL GROWTH HORMONE
Flav-O-Rich
Cultured Fat Free Buttermilk
Vitamin A
Half Gallon (1.89L)


Grade A Cultured Pasteurized
*NO SIGNIFICANT DIFFERENCE BETWEEN MILK FROM ARTIFICIAL GROWTH HORMONE TREATED COWS AND NON-TREATED COWS.
Nutrition Facts
Serving Size 1 cup (240 mL)
Servings Per Container 16
Amount Per Serving
Calories 90 Fat Cal 0
% Daily Value*
Total Fat 0g 0%
Saturated Fat 0g 0%
Trans Fat 0g
Cholesterol Less than 5mg 2%
Sodium 290mg 12%
Total Carbohydrate 13g 4%
Dietary Fiber 0g 0%
Sugars 12g
Protein 9g
Vitamin A 10% • Vitamin C 4%
Calcium 30% • Iron 0%
*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
Cholest. Less than 300mg 300mg
Sodium Less than 2,400mg 2,400mg
Total Carbohydrate 300g 375g
Dietary Fiber 25g 30g
Flav-O-Rich
Cultured Fat Free Buttermilk
INGREDIENTS: CULTURED FAT FREE MILK, MODIFIED FOOD STARCH, SALT, SODIUM CITRATE, LOCUST BEAN GUM, CARRAGEENAN, VITAMIN A PALMITATE.
FLAV-O-RICH DAIRIES, LLC, LONDON, KY 40741
QUESTIONS OR COMMENTS? 1-800-735-5020
PROCESSED AND FILLED AT PLANT CODED ABOVE
0 72300 00201 5
ONE GAL. (3.78L) KEEP REFRIGERATED


Grade A Cultured Pasteurized
*NO SIGNIFICANT DIFFERENCE BETWEEN MILK FROM ARTIFICIAL GROWTH HORMONE TREATED COWS AND NON-TREATED COWS.
Nutrition Facts
Serving Size 1 cup (240 mL)
Servings Per Container 8
Amount Per Serving
Calories 150 Fat Cal 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
Vitamin A 6% • Vitamin C 4%
Calcium 30% • Iron 0%
*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
Cholest. Less than 300mg 300mg
Sodium Less than 2,400mg 2,400mg
Total Carbohydrate 300g 375g
Dietary Fiber 25g 30g
Flav-O-Rich
Cultured Whole Buttermilk
INGREDIENTS: CULTURED MILK, MODIFIED FOOD STARCH, SALT, SODIUM CITRATE, LOCUST BEAN GUM, CARRAGEENAN.
FLAV-O-RICH DAIRIES, LLC, LONDON, KY 40741
QUESTIONS OR COMMENTS? 1-800-735-5020
PROCESSED AND FILLED AT PLANT CODED ABOVE
0 72300 00204 6
HALF GAL. (1.89L) KEEP REFRIGERATED


Grade A Cultured Pasteurized
*NO SIGNIFICANT DIFFERENCE BETWEEN MILK FROM ARTIFICIAL GROWTH HORMONE TREATED COWS AND NON-TREATED COWS.
Nutrition Facts
Serving Size 1 cup (240 mL)
Servings Per Container 8
Amount Per Serving
Calories 90 Fat Cal 0
% Daily Value*
Total Fat 0g 0%
Saturated Fat 0g 0%
Trans Fat 0g
Cholesterol Less than 5mg 2%
Sodium 290mg 12%
Total Carbohydrate 13g 4%
Dietary Fiber 0g 0%
Sugars 12g
Protein 9g
Vitamin A 10% • Vitamin C 4%
Calcium 30% • Iron 0%
*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
Cholest. Less than 300mg 300mg
Sodium Less than 2,400mg 2,400mg
Total Carbohydrate 300g 375g
Dietary Fiber 25g 30g
Flav-O-Rich
Cultured Fat Free Buttermilk
INGREDIENTS: CULTURED FAT FREE MILK, MODIFIED FOOD STARCH, SALT, SODIUM CITRATE, LOCUST BEAN GUM, CARRAGEENAN, VITAMIN A PALMITATE.
FLAV-O-RICH DAIRIES, LLC, LONDON, KY 40741
QUESTIONS OR COMMENTS? 1-800-735-5020
PROCESSED AND FILLED AT PLANT CODED ABOVE
0 72300 00202 2
HALF GAL. (1.89L) KEEP REFRIGERATED

CRC D 322

Nutrition Facts
Serving Size 1 cup (240 mL)
Servings Per Container 8

Amount Per Serving	
Calories 100	Fat Cal 25
	% Daily Value*
Total Fat 2.5g	4%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 125mg	5%
Total Carbohydrate 11g	4%
Dietary Fiber 0g	0%
Sugars 11g	
Protein 8g	

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

Flav-O-Rich
GRADE A HOMOGENIZED PASTEURIZED
1% LOWFAT MILK
with PROBIOTICS

INGREDIENTS: LOWFAT MILK, VITAMIN A PALMITATE, VITAMIN D3 ADDED. ACIDOPHILUS & BIFIDUS CULTURES

FLAV-O-RICH DAIRIES, LLC, LONDON, KY 40741
QUESTIONS OR COMMENTS? 1-800-735-5020
PROCESSED AND FILLED AT PLANT CODED ABOVE

*NO SIGNIFICANT DIFFERENCE BETWEEN MILK FROM ARTIFICIAL GROWTH HORMONE TREATED COWS AND NON-TREATED COWS.

+DRINK 3 8oz. SERVINGS PER DAY TO ACHIEVE MAXIMUM IMMUNE RESPONSE

*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
Cholest.	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

0 72300 01100 0

HALF GAL. (1.89L) KEEP REFRIGERATED

CRC D 322

Nutrition Facts
Serving Size 1 cup (240 mL)
Servings Per Container 16

Amount Per Serving	
Calories 100	Fat Cal 25
	% Daily Value*
Total Fat 2.5g	4%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 125mg	5%
Total Carbohydrate 11g	4%
Dietary Fiber 0g	0%
Sugars 11g	
Protein 8g	

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

Flav-O-Rich
GRADE A HOMOGENIZED PASTEURIZED
1% LOWFAT MILK
with PROBIOTICS

INGREDIENTS: LOWFAT MILK, VITAMIN A PALMITATE, VITAMIN D3 ADDED. ACIDOPHILUS & BIFIDUS CULTURES

FLAV-O-RICH DAIRIES, LLC, LONDON, KY 40741
QUESTIONS OR COMMENTS? 1-800-735-5020
PROCESSED AND FILLED AT PLANT CODED ABOVE

*NO SIGNIFICANT DIFFERENCE BETWEEN MILK FROM ARTIFICIAL GROWTH HORMONE TREATED COWS AND NON-TREATED COWS.

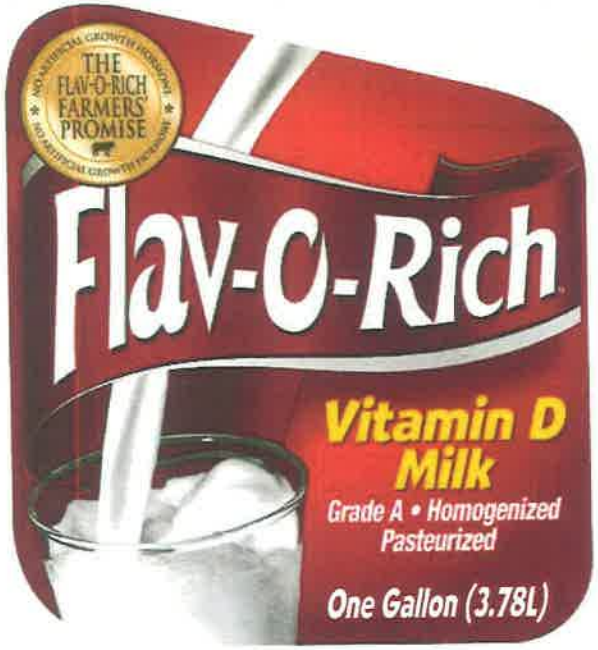
+DRINK 3 8oz. SERVINGS PER DAY TO ACHIEVE MAXIMUM IMMUNE RESPONSE

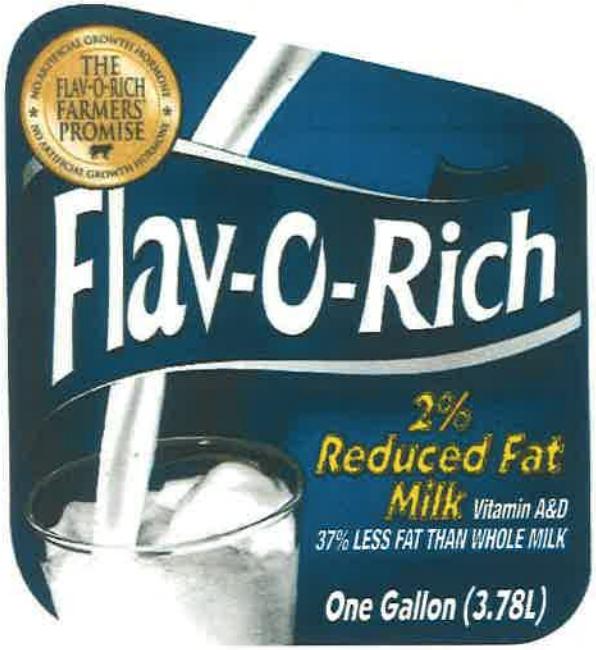
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

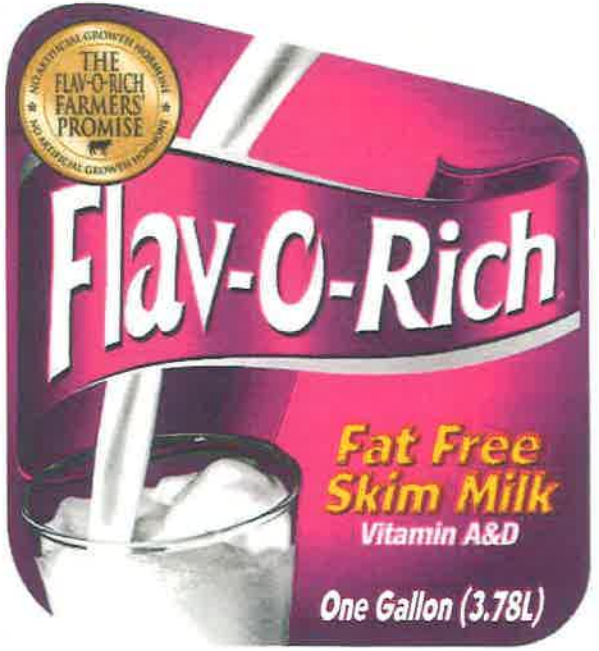
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholest.	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

0 72300 00101 8

ONE GALLON (3.78L) KEEP REFRIGERATED


THE FLAV-O-RICH FARMERS' PROMISE
NO ARTIFICIAL GROWTH HORMONE
Flav-O-Rich
Vitamin D Milk
Grade A • Homogenized Pasteurized
One Gallon (3.78L)


THE FLAV-O-RICH FARMERS' PROMISE
NO ARTIFICIAL GROWTH HORMONE
Flav-O-Rich
2% Reduced Fat Milk
Vitamin A&D
37% LESS FAT THAN WHOLE MILK
One Gallon (3.78L)


THE FLAV-O-RICH FARMERS' PROMISE
NO ARTIFICIAL GROWTH HORMONE
Flav-O-Rich
Fat Free Skim Milk
Vitamin A&D
One Gallon (3.78L)


Grade A Pasteurized Homogenized
*NO SIGNIFICANT DIFFERENCE BETWEEN MILK FROM ARTIFICIAL GROWTH HORMONE TREATED COWS AND NON-TREATED COWS.
Nutrition Facts
Serving Size 1 cup (240 mL)
Servings Per Container 16
Amount Per Serving
Calories 150 Fat Cal 70
% Daily Value*
Total Fat 8g 12%
Saturated Fat 5g 25%
Trans Fat 0g
Cholesterol 35mg 12%
Sodium 120mg 5%
Total Carbohydrate 12g 4%
Dietary Fiber 0g 0%
Sugars 12g
Protein 8g
Vitamin A 6% • Vitamin C 4%
Calcium 30% • Iron 0% • Vitamin D 25%
Flav-O-Rich Vitamin D Milk
INGREDIENTS: MILK, VITAMIN D3 ADDED.
FLAV-O-RICH DAIRIES, LLC, LONDON, KY 40741
QUESTIONS OR COMMENTS? 1-800-735-5020
PROCESSED AND FILLED AT PLANT CODED ABOVE
*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
Cholest. Less than 300mg 300mg
Sodium Less than 2,400mg 2,400mg
Total Carbohydrate 300g 375g
Dietary Fiber 25g 30g
0 72300 00001 1
ONE GAL. (3.78L)
KEEP REFRIGERATED


Grade A Pasteurized Homogenized
*NO SIGNIFICANT DIFFERENCE BETWEEN MILK FROM ARTIFICIAL GROWTH HORMONE TREATED COWS AND NON-TREATED COWS.
Nutrition Facts
Serving Size 1 cup (240 mL)
Servings Per Container 16
Amount Per Serving
Calories 120 Fat Cal 40
% Daily Value*
Total Fat 5g 8%
Saturated Fat 3g 15%
Trans Fat 0g
Cholesterol 20mg 7%
Sodium 120mg 5%
Total Carbohydrate 11g 4%
Dietary Fiber 0g 0%
Sugars 11g
Protein 8g
Vitamin A 10% • Vitamin C 4%
Calcium 30% • Iron 0% • Vitamin D 25%
Flav-O-Rich 2% Reduced Fat Milk
INGREDIENTS: REDUCED FAT MILK, VITAMIN A PALMITATE AND VITAMIN D3.
FAT REDUCED FROM 8g TO 5g PER SERVING
FLAV-O-RICH DAIRIES, LLC, LONDON, KY 40741
QUESTIONS OR COMMENTS? 1-800-735-5020
PROCESSED AND FILLED AT PLANT CODED ABOVE
*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
Cholest. Less than 300mg 300mg
Sodium Less than 2,400mg 2,400mg
Total Carbohydrate 300g 375g
Dietary Fiber 25g 30g
0 72300 00031 8
ONE GAL. (3.78L)
KEEP REFRIGERATED


Grade A Pasteurized Homogenized
*NO SIGNIFICANT DIFFERENCE BETWEEN MILK FROM ARTIFICIAL GROWTH HORMONE TREATED COWS AND NON-TREATED COWS.
Nutrition Facts
Serving Size 1 cup (240 mL)
Servings Per Container 16
Amount Per Serving
Calories 90 Fat Cal 0
% Daily Value*
Total Fat 0g 0%
Saturated Fat 0g 0%
Trans Fat 0g
Cholesterol 5mg 2%
Sodium 125mg 5%
Total Carbohydrate 11g 4%
Dietary Fiber 0g 0%
Sugars 11g
Protein 8g
Vitamin A 10% • Vitamin C 4%
Calcium 30% • Iron 0% • Vitamin D 25%
Flav-O-Rich Fat Free Skim Milk
INGREDIENTS: FAT FREE MILK, VITAMIN A PALMITATE AND VITAMIN D3.
FLAV-O-RICH DAIRIES, LLC, LONDON, KY 40741
QUESTIONS OR COMMENTS? 1-800-735-5020
PROCESSED AND FILLED AT PLANT CODED ABOVE
*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
Cholest. Less than 300mg 300mg
Sodium Less than 2,400mg 2,400mg
Total Carbohydrate 300g 375g
Dietary Fiber 25g 30g
0 72300 00161 2
ONE GAL. (3.78L)
KEEP REFRIGERATED

FAT FREE MILK

Half Pint

Nutrition Facts

Serving Size:	1 Cup (236 ml)
Servings Per Container	1

Amount per serving:

Calories:	90	Calories from Fat:	0
		% Daily Value	
Total Fat	0g		0%
Saturated Fat	0g		0%
Trans Fat	0g		
Cholesterol	5mg		2%
Sodium	135mg		5%
Total Carbohydrate	11g		4%
Dietary Fiber	0g		0%
Sugars	11g		
Protein	8g		16%

VITAMIN A 10% * CALCIUM 30% * VITAMIN C 4% * Vitamin D 25% * Iron 0%

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

INGREDIENTS:

FAT FREE MILK WITH VITAMIN A PALMITATE AND VITAMIN D3.

HEALTHY COW

FAT FREE MILK

Product #: 10735

FLAV-O-RICH
1% LOW FAT MILK

Nutrition Facts

Serving Size: 1 Cup (236 ml)
Servings Per Container

Amount per serving:

Calories:	100	Calories from Fat:	20
		% Daily Value	
Total Fat	2.5g		4%
Saturated Fat	1.5g		8%
Trans Fat	0 g		
Cholesterol	10mg		4%
Sodium	120mg		5%
Potassium	390 mg		11%
Total Carbohydrate	12g		4%
Dietary Fiber	0g		0%
Sugars	12g		
Protein	8g		

VITAMIN A 10% * CALCIUM 30% * VITAMIN C 4% * Vitamin D 25% * Iron 0%

**Percent Daily Values are based on a 2,000*

INGREDIENTS:

LOWFAT MILK, VITAMIN A PALMITATE, VITAMIN D3

FLAV-O-RICH

Low Fat Milk (1%)

HALF PINT

Flav-O-Rich

HOMOGENIZED MILK

Half-Pint

Nutrition Facts	
Serving Size 8 oz. (1 Carton)	
Servings Per Container 1	
Amount Per Serving	
Calories 150	Fat Calories 70
	% Daily Values*
Total Fat 8g	**12%**
Saturated Fat 5g	**25%**
Trans Fat 0g	
Cholesterol 35mg	**12%**
Sodium 130mg	**5%**
Total Carb. 13g	**4%**
Dietary Fiber 0g	**0%**
Sugars 12g	
Protein 8g	
Vitamin A 6%	Vitamin C 4%
Calcium 25%	Iron 0%
Vitamin D 25%	
*Percent Daily Values are based on a 2,000 calorie diet.	

Ingredients: Milk, Vitamin D3 Added.

Crate: 50 per crate

Pasteurization Type: HTST

Shelf Life: 17 days

Percent Butterfat: 3.25%

11/2005

HEALTHY COW
FAT FREE CHOCOLATE MILK

Nutrition Facts

Serving Size:	1 Carton (236 ml)
Servings Per Container	1

Amount per serving:

Calories:	130	Calories from Fat:	0
			% Daily Value
Total Fat	0g		0%
Saturated Fat	0g		0%
Trans Fat	0g		
Cholesterol	5mg		2%
Sodium	260mg		11%
Total Carbohydrate	23g		8%
Dietary Fiber	0g		0%
Sugars	21g		
Protein	8g		16%

VITAMIN A 10% * CALCIUM 30% * VITAMIN C 0% * Vitamin D 25% * Iron 0%

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

INGREDIENTS:

NONFAT MILK, HIGH FRUCTOSE CORN SYRUP, CORN STARCH, COCOA (PROCESSED WITH ALKALI), SALT, CARMEL COLOR, CARRAGEENAN, NATURAL & ARTIFICIAL FLAVOR, VITAMIN A PALMITATE, VITAMIN D3.

HEALTHY COW

Fat Free Chocolate Milk

HALF PINT

HEALTHY COW
FAT FREE STRAWBERRY MILK

Nutrition Facts

Serving Size:	1 Carton (236 ml)
Servings Per Container	1

Amount per serving:

Calories:	130	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	25g		8%
Dietary Fiber	0g		0%
Sugars	22g		
Protein	8g		16%

VITAMIN A 10% * CALCIUM 30% * VITAMIN C 0% * Vitamin D 25% * Iron 0%

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

INGREDIENTS:

NONFAT MILK, HIGH FRUCTOSE CORN SYRUP, ARTIFICIAL FLAVOR, CARRAGEENAN, NATURAL & ARTIFICIAL FLAVOR, CARRAGEENAN, CITRIC ACID, RED #40, VITAMIN A PALMITATE, VITAMIN D3.

HEALTHY COW

Fat Free Strawberry Milk

HALF PINT

Flav-O-Rich

LOWFAT COTTAGE CHEESE (Small Curd)

1% Milkfat

One 5 lb. Carton (2.27 kg)

Nutrition Facts	
Serving Size 1/2 cup (114g)	
Servings Per Container About 20	
Amount Per Serving	
Calories 90	Fat Calories 15
	% Daily Values*
Total Fat 1.5g	**2%**
Saturated Fat 1g	**5%**
Trans Fat 0g	
Cholesterol 15mg	**5%**
Sodium 480mg	**20%**
Total Carb. 6g	**2%**
Dietary Fiber 0g	**0%**
Sugars 4g	
Protein 14g	**28%**
Vitamin A 6%	Vitamin C 0%
Calcium 8%	Iron 0%

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

Ingredients: Cultured Pasteurized Skim Milk, Whey Protein Concentrate, Whey, Cream, Salt, Modified Food Starch, Potassium Sorbate and Carbon Dioxide (to preserve freshness), Color Added, Guar Gum, Carrageenan, Locust Bean Gum, Vitamin A Palmitate, and En

Crate: 4 per crate

Pasteurization Type: Vat

Shelf Life: 60 Days

Percent Butterfat: 1.0 + / -.02

Morningstar
A Dean Foods Company

Label Information

Effective: April 2, 2009 **Replaces:** All Previous **Issued By:** A. Shaw

Product: Cultured Sour Cream **Formula No.:** 4394

Uniform Base Code: 300180 **Kosher:** CRC or KD

PDP Information: Grade A Cultured Sour Cream

IP Information: Perishable, Keep Refrigerated, Do Not Freeze

Production Plant: Rockford IL #17-135

Container: 1 oz Pillow Pouch

Weight Declaration: 1 oz (28 g)

Ingredients: Cultured Milk, Cream, Whey, Food Starch-Modified, Sodium Phosphate, Guar Gum, Carrageenan, Calcium Sulfate, Locust Bean gum, Potassium Sorbate (A Preservative).
Contains: Milk

Nutrition Facts

Serving Size: 1 Pouch (28 g)

Amount Per Serving	
Calories 60	Calories from Fat 45
	% Daily Value
Total Fat 5g	8%
Saturated Fat 3g	16%
Trans Fat 0g	
Cholesterol 20 mg	7%
Sodium 50 mg	2%
Total Carbohydrate 2g	1%
Dietary Fiber 0 g	0%
Sugars 1g	
Protein 1 g	
Vitamin A 4%	Vitamin C 0%
Calcium 4%	Iron 0%

2515 McKinney Avenue, Suite 1200 • Dallas, Texas 75201
Phone 214.303.3400 • Fax 214.303.3837

Flav-O-Rich

SOUR CREAM

One 5 lb. Carton (2.27 kg)

Nutrition Facts	
Serving Size 2 Tbsp (30g)	
Servings Per Container About 76	
Amount Per Serving	
Calories 60	Calories from fat 45
	% Daily Values*
Total Fat 5g	**8%**
Saturated Fat 3.5g	**18%**
Trans Fat 0g	
Cholesterol 20mg	**7%**
Sodium 15mg	**1%**
Total Carbohydrate 1g	**1%**
Dietary Fiber 0g	**0%**
Sugars 1g	
Protein <1g	**2%**
Vitamin A 4%	Vitamin C 0%
Calcium 4%	Iron 0%
*Percent Daily Values are based on a 2,000 calorie diet.	

Ingredients: Cultured Pasteurized Milk, Cream and Nonfat Milk, and Enzyme.

Crate: 4 per crate

Pasteurization Type: HTST

Shelf Life: 60 Days

Percent Butterfat: 18.0 to 18.2%

New Borden® *4oz.* Yogurt Flavor Line-Up

Nutrition Facts
Serving Size 1 Container (113g)

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 80mg	3%
Potassium 180mg	5%
Total Carbohydrate 22g	7%
Dietary Fiber 0g	0%
Sugars 16g	
Protein 4g	

Vitamin A 10% • Vitamin C 4%
Calcium 20% • 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 calorie needs

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Potassium		3,500 mg	3,500 mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram
Fat 9 • Carbohydrate 4 • Protein 4

INGREDIENTS: Cultured Grade A non fat milk, sugar, strawberries, modified corn starch, strawberry flavor with other natural flavors, contains less than 1% of (whey protein concentrate, tricalcium phosphate, fruit and vegetable juice (for color), kosher gelatin, carrageenan, citric acid, sodium citrate, potassium sorbate (to maintain freshness), vitamin A palmitate and vitamin D3)
Contains live and active yogurt cultures.

Nutrition Facts
Serving Size 1 Container (113g)

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 80mg	3%
Potassium 180mg	5%
Total Carbohydrate 22g	7%
Dietary Fiber 0g	0%
Sugars 16g	
Protein 4g	

Vitamin A 10% • Vitamin C 2%
Calcium 20% • 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 calorie needs

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Potassium		3,500 mg	3,500 mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram
Fat 9 • Carbohydrate 4 • Protein 4

INGREDIENTS: Cultured Grade A non fat milk, sugar, strawberries, banana puree, modified corn starch, strawberry and banana flavors with other natural flavors, less than 1% of (whey protein concentrate, tricalcium phosphate, fruit and vegetable juice (for color), kosher gelatin, carrageenan, citric acid, sodium citrate, potassium sorbate (to maintain freshness), vitamin A palmitate and vitamin D3).
Contains live and active yogurt cultures.

Nutrition Facts
Serving Size 1 Container (113g)

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 80mg	3%
Potassium 180mg	5%
Total Carbohydrate 22g	7%
Dietary Fiber 0g	0%
Sugars 16g	
Protein 4g	

Vitamin A 10% • Vitamin C 2%
Calcium 20% • 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 calorie needs

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Potassium		3,500 mg	3,500 mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram
Fat 9 • Carbohydrate 4 • Protein 4

INGREDIENTS: Cultured Grade A non fat milk, sugar, peaches, modified corn starch, peach flavor with other natural flavors, contains less than 1% of (whey protein concentrate, tricalcium phosphate, kosher gelatin, carrageenan, sodium citrate, potassium sorbate (to maintain freshness), citric acid, annatto and black carrot juice (for color), vitamin A palmitate and vitamin D3).
Contains live and active yogurt cultures.

Nutrition Facts
Serving Size 1 Container (113g)

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 80mg	3%
Potassium 180mg	5%
Total Carbohydrate 22g	7%
Dietary Fiber 0g	0%
Sugars 16g	
Protein 4g	

Vitamin A 10% • Vitamin C 2%
Calcium 20% • 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 calorie needs

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Potassium		3,500 mg	3,500 mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram
Fat 9 • Carbohydrate 4 • Protein 4

INGREDIENTS: Cultured Grade A non fat milk, sugar, black cherries, modified corn starch, cherry and vanilla flavors with other natural flavors, contains less than 1% of (whey protein concentrate, tricalcium phosphate, kosher gelatin, carrageenan, black carrot juice (for color), sodium citrate, potassium sorbate (to maintain freshness), citric acid, vitamin A palmitate and vitamin D3)
Contains live and active yogurt cultures.

Borden	**Borden Dairy Company** **Dallas, TX**	NUMBER: **LBP–YS03** REVISION: **15**
TITLE: **LALA Yogurt Smoothie**		PREPARED BY: Grady Payton, QA Administrator DATE: **06/2012** PAGE: **9 of 32**

Nutrition Facts for 7.0 fl oz

Nutrition Facts

Serving Size 1 Bottle	Strawberry 7.0fl oz (207mL)	Mango 7.0fl oz (207mL)	Coconut 7.0fl oz (207mL)	Piña Colada 7.0fl oz (207mL)
Servings Per Container	1	1	1	1
Amount Per Serving				
Calories	150	150	160	150
Calories from Fat	20	20	35	20
	%Daily Value*	%Daily Value*	%Daily Value*	%Daily Value*
Total Fat	2.5g 4%	2.5g 4%	4g 6%	2.5g 4%
Saturated Fat	1.5g 8%	1.5g 8%	3g 15%	1.5g 8%
Trans fat	0g	0g	0g	0g
Cholesterol	10mg 3%	10mg 3%	10mg 3%	10mg 3%
Sodium	80mg 3%	80mg 3%	80mg 3%	80mg 3%
Potassium	280mg 8%	280mg 8%	280mg 8%	270mg 8%
Total Carbohydrate	26g 9%	26g 9%	25g 8%	26g 9%
Dietary fiber	0g 0%	0g 0%	0g 0%	0g 0%
Sugars	22g	22g	21g	18g
Protein	5g 10%	5g 10%	5g 10%	5g 10%
Vitamin A	10%	10%	10%	10%
Vitamin C	8%	6%	2%	4%
Calcium	20%	20%	20%	20%
Iron	0%	0%	0%	0%
Vitamin D	25%	25%	25%	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	2,400mg	2,400mg
Potassium		3,500mg	3,500mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Flav-O-Rich

100% PURE ORANGE JUICE

From Concentrate

4 oz. Carton

Nutrition Facts	
Serving Size 1 Carton	
Servings Per Container 1	
Amount Per Serving	
Calories 60	Fat Calories 0
	% Daily Values*
Total Fat 0g	**0%**
Saturated Fat og	**0%**
Trans Fat 0g	
Sodium 0mg	**0%**
Potassium 215mg	**6%**
Total Carb. 15g	**5%**
Sugars 14g	
Protein 0g	
Vitamin C 50%	Thiamine 5%
Folate 5%	Phosphorus 2%

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

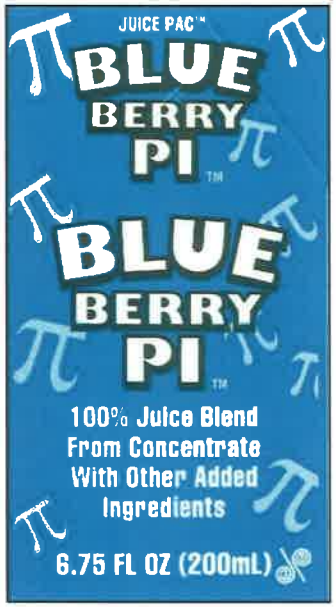
Ingredients: Watger, Orange Juice Concentrate. Orange Juice Concentrate Packed in USA: Contains Concentrate from Brazil, USA, or Mexico.

Crate: 75 per crate

Pasteurization Type: HTST

Shelf Life: 28 days

JUICE PAC 6.75 OZ PRODUCTS



CONTAINS 100% JUICE

Nutrition Facts

Serving Size 6.75 fl oz (200mL)

Amount Per Serving	
Calories 100	
	% Daily Value*
Total Fat 0g	0%
Sodium 15mg	1%
Total Carbohydrate 25g	8%
Sugars 24g	
Protein less than 1g	
Vitamin A 10% • Vitamin C 100%	
Calcium 20% • Vitamin D 25%	

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.

CONTAINS 100% JUICE

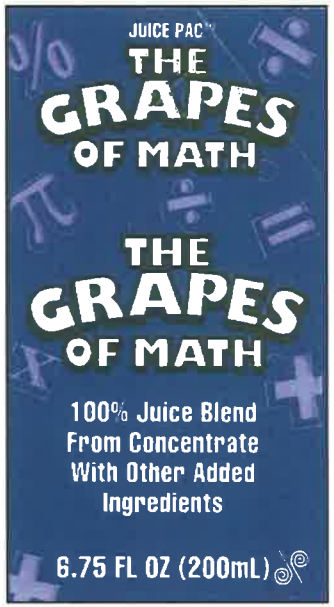
PASTEURIZED

THIS BEVERAGE IS A NATURALLY AND ARTIFICIALLY FLAVORED BLEND OF FRUIT JUICES FROM CONCENTRATE WITH OTHER ADDED INGREDIENTS.

HIGH IN VITAMIN C, CALCIUM, AND VITAMIN D. GOOD SOURCE OF VITAMIN A.

INGREDIENTS: PEAR, APPLE AND PINEAPPLE JUICES (WATER, JUICE CONCENTRATES), CALCIUM LACTATE CALCIUM GLUCONATE, TRICALCIUM PHOSPHATE, NATURAL AND ARTIFICIAL FLAVOR, CITRIC ACID, ASCORBIC ACID (VITAMIN C), SODIUM BENZOATE, POTASSIUM SORBATE, BLUE 1, VITAMIN A PALMITATE, VITAMIN D.

PACKED UNDER AUTHORITY OF JUICE PAC, INC., BOWLING GREEN, KY 42101 AT THE LOCATION STAMPED IN CODE ON TOP OF CARTON



CONTAINS 100% JUICE

Nutrition Facts

Serving Size 6.75 fl oz (200mL)

Amount Per Serving	
Calories 110	
	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Sodium 15mg	1%
Total Carbohydrate 28g	9%
Sugars 27g	
Protein less than 1g	
Vitamin A 10% • Vitamin C 100%	
Calcium 20% • Vitamin D 25%	

Not a significant source of calories from fat, cholesterol, dietary fiber, and iron.

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

CONTAINS 100% JUICE

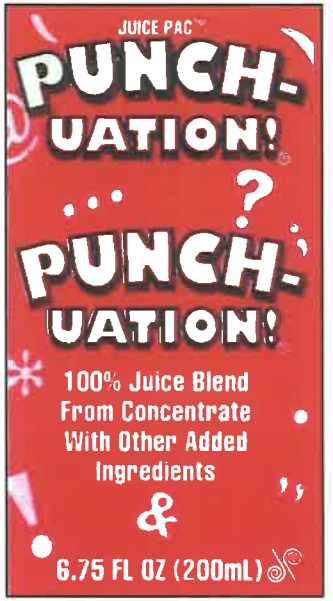
PASTEURIZED

THIS BEVERAGE IS A NATURALLY AND ARTIFICIALLY FLAVORED BLEND OF FRUIT JUICES FROM CONCENTRATE WITH OTHER ADDED INGREDIENTS.

HIGH IN VITAMIN C, CALCIUM AND VITAMIN D. GOOD SOURCE OF VITAMIN A.

INGREDIENTS: GRAPE, PEAR, APPLE AND PINEAPPLE JUICES (WATER, JUICE CONCENTRATES), CALCIUM LACTATE, CALCIUM GLUCONATE, TRICALCIUM PHOSPHATE, NATURAL AND ARTIFICIAL FLAVOR, CITRIC ACID, ASCORBIC ACID (VITAMIN C), SODIUM BENZOATE, POTASSIUM SORBATE, RED 40, VITAMIN A PALMITATE, VITAMIN D, BLUE 1.

PACKED UNDER AUTHORITY OF JUICE PAC, INC., BOWLING GREEN, KY 42101 AT THE LOCATION STAMPED IN CODE ON TOP OF CARTON



CONTAINS 100% JUICE

Nutrition Facts

Serving Size 6.75 fl oz (200mL)

Amount Per Serving	
Calories 100	
	% Daily Value*
Total Fat 0g	0%
Sodium 15mg	1%
Total Carbohydrate 25g	8%
Sugars 24g	
Protein less than 1g	
Vitamin A 10% • Vitamin C 100%	
Calcium 20% • Vitamin D 25%	

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.

CONTAINS 100% JUICE

PASTEURIZED

THIS BEVERAGE IS A NATURALLY AND ARTIFICIALLY FLAVORED BLEND OF FRUIT JUICES FROM CONCENTRATE WITH OTHER ADDED INGREDIENTS.

HIGH IN VITAMIN C, CALCIUM, AND VITAMIN D. GOOD SOURCE OF VITAMIN A.

INGREDIENTS: PINEAPPLE, PEAR, ORANGE AND APPLE JUICES (WATER, JUICE CONCENTRATES), CALCIUM LACTATE CALCIUM GLUCONATE, TRICALCIUM PHOSPHATE, NATURAL AND ARTIFICIAL FLAVOR, ASCORBIC ACID (VITAMIN C), CITRIC ACID, SODIUM BENZOATE, POTASSIUM SORBATE, RED 40, VITAMIN A PALMITATE, VITAMIN D.

PACKED UNDER AUTHORITY OF JUICE PAC, INC., BOWLING GREEN, KY 42101 AT THE LOCATION STAMPED IN CODE ON TOP OF CARTON

Flav-O-Rich

100% PURE ORANGE JUICE

From Concentrate

Half-Pint

Nutrition Facts	
Serving Size 8 oz. (1 Carton)	
Servings Per Container 1	
Amount Per Serving	
Calories 120	Fat Calories 0
	% Daily Values*
Total Fat 0g	**0%**
Sodium 0mg	**0%**
Potassium 420mg	**12%**
Total Carb. 29g	**10%**
Sugars 25g	**0%**
Protein 1g	
Vitamin C 100%	Thiamine 10%
Folate 10%	Phosphorus 10%

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

Water, orange juice concentrate. Orange Juice Concentrate packed in USA: contains concentrate from Brazil , USA, or Mexico

Crate: 50 per crate

Pasteurization Type: HTST

Shelf Life: 28 days

11/2005

Leonard Creed

Flav-O-Rich

100% PURE ORANGE JUICE

From Concentrate

Product Code - 2023

Pint

Nutrition Facts	
Serving Size 8 oz.	
Servings Per Container 2	
Amount Per Serving	
Calories 120	Fat Calories 0
	% Daily Values*
Total Fat 0g	**0%**
Sodium 0mg	**0%**
Potassium 420mg	**12%**
Total Carb. 29g	**10%**
Sugars 25g	**0%**
Protein 1g	
Vitamin C 100%	Thiamine 10%
Folate 10%	Phosphorus 10%
*Percent Daily Values are based on a 2,000 calorie diet.	

Water, orange juice concentrate. Orange Juice Concentrate packed in USA: contains concentrate from Brazil , USA, or Mexico

Crate: 20 per crate

Pasteurization Type: HTST

Shelf Life: 30 days

Flav-O-Rich

VANILLA SOFT SERVE

One Gallon (3.78L)

Nutrition Facts	
Serving Size 1/2 cup (79g)	
Servings Per Container 53	
Amount Per Serving	
Calories 110	Calories from fat 30
	% Daily Values*
Total Fat 3.5g	**5%**
Saturated Fat 2g	**10%**
Trans Fat 0 g	
Cholesterol 10mg	**3%**
Sodium 60mg	**3%**
Total Carbohydrate 18g	**6%**
Dietary Fiber 0g	**0%**
Sugars 14g	
Protein 2g	
Vitamin A 2%	Vitamin C 0%
Calcium 10%	Iron 0%
*Percent Daily Values are based on a 2,000 calorie diet.	

Ingredients: Milkfat and nonfat milk, sugar, corn syrup, whey, high fructose corn syrup, stabilizer (mono & diglycerides, guar gum, polysorbate 80 and carrageenan), art. flavor, annatto color, caramel color
Crate: 4 per crate
Pasteurization Type: HTST
Shelf Life: 21 days
Percent Butterfat: 4%

Flav-O-Rich

CHOCOLATE SOFT SERVE

One Gallon (3.78L)

Nutrition Facts	
Serving Size 1/2 cup (80g)	
Servings Per Container 53	
Amount Per Serving	
Calories 110	Calories from fat 30
	% Daily Values*
Total Fat 3.5g	**5%**
Saturated Fat 2g	**10%**
Trans Fat 0 g	
Cholesterol 10mg	**3%**
Sodium 60mg	**3%**
Total Carbohydrate 19g	**6%**
Dietary Fiber 0g	**0%**
Sugars 14g	
Protein 3g	
Vitamin A 2%	Vitamin C 0%
Calcium 10%	Iron 20%
*Percent Daily Values are based on a 2,000 calorie diet.	

Ingredients: Milkfat and nonfat milk, sugar, corn syrup, whey, high fructose corn syrup, stabilizer (mono & diglycerides, guar gum, polysorbate 90 and carrageenan)
Crate: 4 per crate
Pasteurization Type: HTST
Shelf Life: 21 days
Percent Butterfat: 4%

RED DIAMOND TEA®

For over 100 years, Red Diamond has produced some of the world's finest teas. Please enjoy this selection of all natural teas handpicked from the finest estates especially for Red Diamond. Drink Fresh. Drink Red Diamond.

0 70242 30132 6

Must Be Refrigerated

Since 1906

RED DIAMOND TEA®

Sweetened with Splenda®

Fresh Brewed Sugar Free Tea

16 FL OZ (473mL)

Must Be Refrigerated

Do not use if seal is broken

Ingredients: Water, Sucralose, Orange Pekoe and Pekoe Tea, Potassium Sorbate Added to Maintain Freshness.

Nutrition Facts

Serving Size: 8 fl oz (240 mL)
Servings Per Container 2

Amount Per Serving	
Calories 0	Calories from fat 0
	% Daily Value*
Total Fat 0g	0%
Sodium 5mg	0%
Total Carb. 0g	0%
Sugars 0g	
Protein 0g	0%

Not a significant source of calories from fat, saturated fat, trans fat, cholesterol, dietary fiber, Vitamin A, Vitamin C, Calcium and Iron.

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

Bottled under the authority of
Red Diamond, Inc.
Birmingham, AL
www.reddiamond.com
Processed at plant stamped.

Product Code: 2789

HERSHEY'S milk & MilkSHAKES


Chocolate Lowfat Milk


Cookies 'n' Creme Milkshake


Creamy Chocolate Milkshake


Strawberry Milkshake


Lowfat Milk

Chocolate LOWFAT MILK

Ultra-Pasteurized, 1% Milkfat, Vitamins A & D, Grade A

Take the delicious taste of HERSHEY'S® chocolate milk with you wherever you go!

INGREDIENTS: LOWFAT MILK, SUGAR, NONFAT MILK, COCOA (PROCESSED WITH ALKALI), CELLULOSE GEL, CELLULOSE GUM, SALT, VANILLIN (ARTIFICIAL FLAVOR), CARRAGEENAN, VITAMIN A PALMITATE AND VITAMIN D3.

NUTRITION FACTS

Serving Size 1 container (355mL)
Servings per container 1

Amount per Serving	
Calories 270	Calories from Fat 35
	% Daily Value*
Total Fat 4g	6%
Saturated Fat 2.5g	13%
Trans Fat 0g	
Cholesterol 20mg	6%
Sodium 210mg	9%
Total Carbohydrate 47g	16%
Dietary Fiber 2g	7%
Sugars 44g	
Protein 13g	

Vitamin A 20%	Vitamin C 0%
Calcium 45%	Iron 4%
Vitamin D 40%	

* 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

HERSHEY'S milk & MilkSHAKES


Chocolate Lowfat Milk


Cookies 'n' Creme Milkshake


Creamy Chocolate Milkshake


Strawberry Milkshake


Lowfat Milk

Creamy Chocolate MILKSHAKE

ULTRA-PASTEURIZED, GRADE A

Rich and velvety, this extra thick shake pops with chocolate and finishes silky smooth. This milkshake will leave you in true chocolate pleasure.

INGREDIENTS: REDUCED FAT MILK, SUGAR, COCOA (PROCESSED WITH ALKALI), CELLULOSE GEL, CELLULOSE GUM, CARRAGEENAN, DISODIUM PHOSPHATE AND NATURAL AND ARTIFICIAL FLAVOR.

NUTRITION FACTS

Serving Size 1 container (355mL)
Servings per container 1

Amount per Serving	
Calories 330	Calories from Fat 70
	% Daily Value*
Total Fat 7g	11%
Saturated Fat 4.5g	23%
Trans Fat 0g	
Cholesterol 30mg	10%
Sodium 320mg	13%
Total Carbohydrate 56g	19%
Dietary Fiber 3g	12%
Sugars 51g	
Protein 13g	

Vitamin A 6%	Vitamin C 0%
Calcium 45%	Iron 8%

* 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

Sweetened Tea

Nutrition Facts
Serving Size 1 cup (240 mL)
Servings Per Container 16

Amount Per Serving	
Calories 80	Fat Cal. 0
	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 40mg	2%
Total Carbohydrate 20g	7%
Dietary Fiber 0g	0%
Sugars 20g	
Protein 0g	

Vitamin A 0% • Vitamin C 0%
Calcium 0% • Iron 0%
*Percent Daily Values are based on a 2,000 calorie diet.

GALLON (3.78L)

PASTEURIZED

INGREDIENTS: FILTERED WATER, SUGAR, BREWED TEA (SELECT CUT BLACK TEAS, CARAMEL COLOR), SODIUM BENZOATE AND POTASSIUM SORBATE (TO PRESERVE FRESHNESS).

FLAV-O-RICH DAIRIES, LLC, LONDON, KY 40741
QUESTIONS OR COMMENTS? 1-800-735-5020
PROCESSED AT PLANT CODED ABOVE
KEEP REFRIGERATED

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Why is Skim Plus the perfect choice for you?

- Creamy Taste Without the Fat!
- No Added Hormones (rBST free), No Antibiotics
- 37% More Protein and 34% more Calcium than Whole Milk
- Fortified with Vitamins A&D
- Extended Shelf Life

SKIM PLUS®

SKIM PLUS HALF GALLON UPC#: 070452123190
SKIM PLUS QUART UPC#: 070452131195
SKIM PLUS 12OZ UPC#: 070452226204

Nutrition Facts
Serving Size 1 cup (240mL)
Servings Per Container 8

Amount Per Serving	
Calories 110	Calories from Fat 0
	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Polyunsaturated Fat 0g	
Monounsaturated Fat 0g	
Trans Fat 0g	
Cholesterol less than 5mg	1%
Sodium 170mg	7%
Potassium 540mg	15%
Total Carbohydrate 17g	6%
Dietary Fiber 0g	0%
Sugars 16g	
Protein 11g	22%

Vitamin A 10% • Vitamin C 2%
Calcium 40% • Iron 0%
Vitamin D 25% • Vitamin B_2 30%

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

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

Comparison Per Serving

1 CUP SERVING	WHOLE MILK	2% MILK	1% MILK	SKIM PLUS
TOTAL FAT	8 GRAMS	5 GRAMS	2.5 GRAMS	✓ 0 GRAMS
PROTEIN	8 GRAMS	8 GRAMS	8 GRAMS	✓ 11 GRAMS
CALCIUM	302 mg	302 mg	302 mg	✓ 405 mg

INGREDIENTS: Fat Free Milk with Vitamin A Palmitate and Vitamin D3.

100% LACTOSE FREE SKIM PLUS

100% LACTOSE FREE HG UPC#: 070452540706

Nutrition Facts
Serving Size 1 cup (240mL)
Servings Per Container 8

Amount Per Serving	
Calories 110	Calories from Fat 0
	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Polyunsaturated Fat 0g	
Monounsaturated Fat 0g	
Trans Fat 0g	
Cholesterol less than 5mg	1%
Sodium 170mg	7%
Potassium 540mg	15%
Total Carbohydrate 17g	6%
Dietary Fiber 0g	0%
Sugars 16g	
Protein 11g	22%

Vitamin A 10% • Vitamin C 2%
Calcium 40% • Iron 0%
Vitamin D 25% • Vitamin B_2 30%

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

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

Comparison Per Serving

1 CUP SERVING	WHOLE MILK	2% MILK	1% MILK	100% LACTOSE FREE SKIM PLUS
TOTAL FAT	8 GRAMS	5 GRAMS	2.5 GRAMS	✓ 0 GRAMS
PROTEIN	8 GRAMS	8 GRAMS	8 GRAMS	✓ 11 GRAMS
CALCIUM	302 mg	302 mg	302 mg	✓ 405 mg

INGREDIENTS: Lowfat Grade A Fat Free Milk, Lactase Enzyme, Vitamin A Palmitate and Vitamin D3.

SKIM PLUS™ Fiber

SKIM PLUS FIBER HG UPC#: 070452607072

Nutrition Facts
Serving Size 1 cup (240mL)
Servings Per Container 8

Amount Per Serving	
Calories 110	Calories from Fat 0
	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Polyunsaturated Fat 0g	
Monounsaturated Fat 0g	
Trans Fat 0g	
Cholesterol less than 5mg	1%
Sodium 170mg	7%
Potassium 540mg	15%
Total Carbohydrate 17g	6%
Dietary Fiber 2.5g	10%
Sugars 16g	
Protein 11g	22%

Vitamin A 10% • Vitamin C 2%
Calcium 40% • Iron 0%
Vitamin D 25% • Vitamin B_2 30%

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

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

Comparison Per Serving

1 CUP SERVING	WHOLE MILK	2% MILK	1% MILK	SKIM PLUS MILK
TOTAL FAT	8 GRAMS	5 GRAMS	2.5 GRAMS	✓ 0 GRAMS
PROTEIN	8 GRAMS	8 GRAMS	8 GRAMS	✓ 11 GRAMS
CALCIUM	302 mg	302 mg	302 mg	✓ 405 mg
FIBER	0g	0g	0g	✓ 2.5 g

INGREDIENTS:Fat Free Milk, Chicory Root, Vitamin A Palmitate and Vitamin D3.

SKIM PLUS™ with Omega-3 + CoQ10

SKIM PLUS OMEGA 3 WITH CoQ10 HG UPC#: 070452907073

Nutrition Facts
Serving Size 1 cup (240mL)
Servings Per Container 8

Amount Per Serving	
Calories 110	Calories from Fat 0
	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Polyunsaturated Fat 0g	
Monounsaturated Fat 0g	
Trans Fat 0g	
Cholesterol less than 5mg	1%
Sodium 170mg	7%
Potassium 540mg	15%
Total Carbohydrate 17g	6%
Dietary Fiber 0g	0%
Sugars 16g	
Protein 11g	22%

Vitamin A 10% • Vitamin C 2%
Calcium 40% • Iron 0%
Vitamin D 25% • Vitamin B_2 30%

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

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

Comparison Per Serving

1 CUP SERVING	WHOLE MILK	2% MILK	1% MILK	SKIM PLUS MILK (with Omega-3 & CoQ10)
TOTAL FAT	8 GRAMS	5 GRAMS	2.5 GRAMS	✓ 0 GRAMS
PROTEIN	8 GRAMS	8 GRAMS	8 GRAMS	✓ 11 GRAMS
CALCIUM	302 mg	302 mg	302 mg	✓ 405 mg
OMEGA-3	0mg	0mg	0mg	✓ 55 mg
CoQ10	0mg	0mg	0mg	✓ 5 mg

INGREDIENTS: Fat Free Milk, Omega-3 (Derived from Highly Refined Fish Oil),Vitamin A Palmitate, Vitamin D3, and CoQ10.

SKIM PLUS® CHOCOLATE with Omega-3

SKIM PLUS CHOCOLATE HG UPC#: 070452121202
SKIM PLUS CHOCOLATE 12OZ UPC#: 070452962072

Nutrition Facts
Serving Size 1 cup (240mL)
Servings Per Container 8

Amount Per Serving	
Calories 160	Calories from Fat 0
	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Polyunsaturated Fat 0g	
Monounsaturated Fat 0g	
Trans Fat 0g	
Cholesterol 5mg	1%
Sodium 170mg	7%
Potassium 540mg	15%
Total Carbohydrate 29g	10%
Dietary Fiber 0g	0%
Sugars 26g	
Protein 11g	22%

Vitamin A 10% • Vitamin C 2%
Calcium 40% • Iron 0%
Vitamin D 25% • Vitamin B_2 30%

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

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

Comparison Per Serving

1 CUP SERVING	WHOLE MILK	2% MILK	1% MILK	SKIM PLUS CHOCOLATE MILK (with Omega-3)
TOTAL FAT	8 GRAMS	5 GRAMS	2.5 GRAMS	✓ 0 GRAMS
PROTEIN	8 GRAMS	8 GRAMS	8 GRAMS	✓ 11 GRAMS
CALCIUM	302 mg	302 mg	302 mg	✓ 405 mg
OMEGA-3	0mg	0mg	0mg	✓ 55mg

INGREDIENTS: Fat Free Milk, Sugar, Cocoa (Processed with Alkali), Modified Food Starch, Carrageenan, Salt, Natural Flavors, Guar Gum, Omega-3 (Derived from Highly Refined Fish Oil), Vitamin A Palmitate and Vitamin D3.

1% PLUS with Omega-3

1% PLUS OMEGA-3 HG UPC#: 070452182005

Nutrition Facts
Serving Size 1 cup (240mL)
Servings Per Container 8

Amount Per Serving	
Calories 130	Calories from Fat 20
	% Daily Value*
Total Fat 2.5g	4%
Saturated Fat 1.5g	8%
Polyunsaturated Fat 0g	
Monounsaturated Fat 0.5g	
Trans Fat 0g	
Cholesterol 10mg	4%
Sodium 170mg	7%
Total Carbohydrate 17g	6%
Dietary Fiber 0g	0%
Sugars 16g	
Protein 11g	22%

Vitamin A 10% • Vitamin C 2%
Calcium 40% • Iron 0%
Vitamin D 25% • Vitamin B_2 30%

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

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

Comparison Per Serving

1 CUP SERVING	WHOLE MILK	2% MILK	1% MILK	SKIM PLUS 1% LOWFAT MILK (with Omega-3)
PROTEIN	8 GRAMS	8 GRAMS	8 GRAMS	✓ 11 GRAMS
CALCIUM	302 mg	302 mg	302 mg	✓ 405 mg
OMEGA-3	0mg	0mg	0mg	✓ 55mg

INGREDIENTS: Lowfat Milk, Fat Free Milk Solids, Omega-3 (Derived from Highly Refined Fish Oil),Vitamin A Palmitate and Vitamin D3.

Carton Size	Case Wt.	Unit Dimensions	Case Comp.	Pallet Wt.	Case Dimensions	Case Cube	Layers	Unit/Layers	Units/Pallet
Half Gallon	37 lbs.	H 9 3/4" x W3 3/4" x D3 3/4"	8 Units (64oz./Unit)	2655 lbs.	H 10" x W 8" x D 16"	0.74	5	14	70
Quart	27 lbs.	H 9" x W 2 3/4", D 2 3/4"	12 Units (32oz./Unit)	2350 lbs.	H 9" x W 9" x D 12"	0.74	5	17	85
12 oz. Single Serve	10.8 lbs.	H7.30" x W9.5 "x D7.3"	12 pack (12oz. Units)	1300 lbs.	9.5 L x 7.3 W x 7.3 H	.29	5	25	125

Farmland DAIRIES™

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