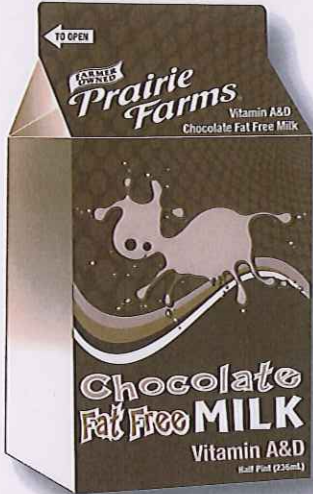


Chocolate Fat Free Milk
UPC# 0-72730-26627-8 Product # 6926



GRADE A • PASTEURIZED • HOMOGENIZED

Nutrition Facts	Amount/Serving %DV*		Amount/Serving %DV*	
	Total Fat 0g	0%	Total Carb 24g	8%
Serving Size 1 Carton	Sat Fat 0g	0%	Fiber 0g	0%
	Trans Fat 0g	0%	Sugars 22g	0%
Calories 130 Fat cal 0	Cholest 5mg	2%	Protein 8g	16%
	Sodium 180mg	8%		
	Vitamin A 10%		Vitamin C 2%	
	Calcium 30%		Iron 0%	Vitamin D 25%

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

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

Strawberry Fat Free Milk
UPC# 0-72730-26626-1 Product # 17025



GRADE A • PASTEURIZED • HOMOGENIZED

Nutrition Facts	Amount/Serving %DV*		Amount/Serving %DV*	
	Total Fat 0g	0%	Total Carb 22g	7%
Serving Size 1 Carton	Sat Fat 0g <td>0%</td> <td>Fiber 0g <td>0%</td> </td>	0%	Fiber 0g <td>0%</td>	0%
	Trans Fat 0g	0%	Sugars 22g	0%
Calories 120 Fat cal 0	Cholest 0mg	0%	Protein 8g	16%
	Sodium 120mg	5%		
	Vitamin A 10%		Vitamin C 2%	
	Calcium 30%		Iron 0%	Vitamin D 25%

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

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

Vanilla Fat Free Milk
UPC# 0-72730-26630-8 Product # 22217



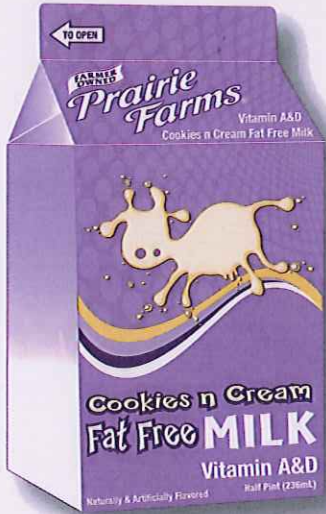
GRADE A • PASTEURIZED • HOMOGENIZED

Nutrition Facts	Amount/Serving %DV*		Amount/Serving %DV*	
	Total Fat 0g	0%	Total Carb 24g	8%
Serving Size 1 Carton	Sat Fat 0g	0%	Fiber 0g	0%
	Trans Fat 0g	0%	Sugars 22g	0%
Calories 130 Fat cal 0	Cholest 0mg	0%	Protein 8g	16%
	Sodium 170mg	7%		
	Vitamin A 10%		Vitamin C 2%	
	Calcium 30%		Iron 0%	Vitamin D 25%

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

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

Cookies & Cream Fat Free Milk
UPC# 0-72730-26632-2 Product # 22295



GRADE A • PASTEURIZED • HOMOGENIZED

Nutrition Facts	Amount/Serving %DV*		Amount/Serving %DV*	
	Total Fat 0g	0%	Total Carb 23g	8%
Serving Size 1 Carton	Sat Fat 0g	0%	Fiber 0g	0%
	Trans Fat 0g	0%	Sugars 22g	0%
Calories 120 Fat cal 0	Cholest 5mg	1%	Protein 8g	16%
	Sodium 200mg	8%		
	Vitamin A 10%		Vitamin C 2%	
	Calcium 30%		Iron 0%	Vitamin D 25%

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

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

Fat Free Milk
UPC# 0-72730-23608-0 Product # 5404



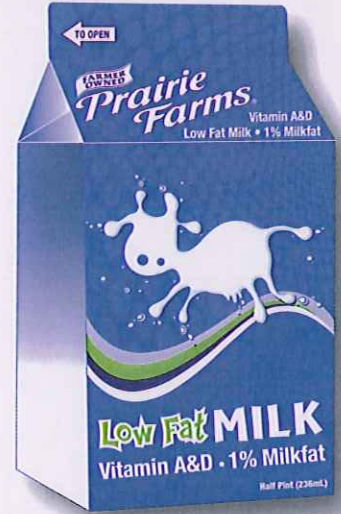
GRADE A • PASTEURIZED • HOMOGENIZED

Nutrition Facts	Amount/Serving %DV*		Amount/Serving %DV*	
	Total Fat 0g	0%	Total Carb 11g	4%
Serving Size 1 Carton	Sat Fat 0g	0%	Fiber 0g	0%
	Trans Fat 0g	0%	Sugars 11g	0%
Calories 80 Fat cal 0	Cholest 5mg	2%	Protein 8g	16%
	Sodium 120mg	5%		
	Vitamin A 10%		Vitamin C 2%	
	Calcium 30%		Iron 0%	Vitamin D 25%

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

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

Lowfat Milk
UPC# 0-72730-23602-8 Product # 13871



GRADE A • PASTEURIZED • HOMOGENIZED

Nutrition Facts	Amount/Serving %DV*		Amount/Serving %DV*	
	Total Fat 2.5g	4%	Total Carb 11g	4%
Serving Size 1 Carton	Sat Fat 1.5g	8%	Fiber 0g	0%
	Trans Fat 0g	0%	Sugars 11g	0%
Calories 100 Fat cal 20	Cholest 15mg	5%	Protein 8g	16%
	Sodium 120mg	5%		
	Vitamin A 10%		Vitamin C 2%	
	Calcium 30%		Iron 0%	Vitamin D 25%

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

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



Here's the detail
for your Snack Cup Sales Success. . .

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



NUTRITION FACTS	Amount/Serving	%DV*	Amount/Serving	%DV*
	Serv. Size 1/2 cup (114g)	Total Fat 2.5g	12%	Total Carb. 5g
Servings 1	Sat. Fat 1.5g	25%	Fiber 0g	0%
Calories 90	Trans Fat 0g		Sugars 5g	
Fat Cal. 20	Cholest. 15mg	5%	Protein 13g	26%
	Sodium 450mg	19%		
*Percent Daily Values (DV) are based on a diet of 2,000 calories a day.			Vitamin A 4% • Vitamin C 0% • Calcium 8% • Iron 0%	

LF COTTAGE CHEESE



0 72730 31410 8

ITEM # 21680

Order Now and Stock Up. . . Prairie Farms Taste, Quality and Nutrition is Good to Go !

PRODUCT SPECIFICATIONS

Case Cubo 10 Per Tray
Case Pack 50 Per Case (5 Trays per case)
Case Weight Approx. 15lbs. Case Dim. 11" x 13" x 13"





Form *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 1oz equivalent meal alternative in the NSIP & NSBR.



1100 N. Broadway Carlinville, IL 62626 | Phone: 217.854.2547 | prairiefarms.com | © 2012 Prairie Farms Dairy, Inc.



Nutritional Facts

Plain

INGREDIENTS: Cultured pasteurized Grade A nonfat milk, water, sugar, milk, cream, fruit, natural flavors, Vitamin D3, and potassium sorbate (used as preservative). Contains 11% MUF.



1

Raspberry

INGREDIENTS: Cultured pasteurized Grade A nonfat milk, water, sugar, milk, cream, raspberries, natural flavors, Vitamin D3, and potassium sorbate (used as preservative). Contains 11% MUF.



2

Blueberry

INGREDIENTS: Cultured pasteurized Grade A nonfat milk, water, sugar, milk, cream, blueberries, natural flavors, Vitamin D3, and potassium sorbate (used as preservative). Contains 11% MUF.



7

Strawberry

INGREDIENTS: Cultured pasteurized Grade A nonfat milk, water, sugar, milk, cream, strawberries, natural flavors, Vitamin D3, and potassium sorbate (used as preservative). Contains 11% MUF.



0

Strawberry-Banana

INGREDIENTS: Cultured pasteurized Grade A nonfat milk, water, sugar, milk, cream, strawberries, banana, natural flavors, Vitamin D3, and potassium sorbate (used as preservative). Contains 11% MUF.



5

Cherry-Vanilla

INGREDIENTS: Cultured pasteurized Grade A nonfat milk, water, sugar, milk, cream, cherries, vanilla, natural flavors, Vitamin D3, and potassium sorbate (used as preservative). Contains 11% MUF.



8

Peach

INGREDIENTS: Cultured pasteurized Grade A nonfat milk, water, sugar, milk, cream, peaches, natural flavors, Vitamin D3, and potassium sorbate (used as preservative). Contains 11% MUF.



4

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ITEM: 07-04-0512

PRODUCT – 1% COTTAGE CHEESE

<h1>Nutrition Facts</h1>			
Serving Size 1/2 Cup (114g)			
Servings Per Container			
Amount Per Serving			
Calories 80		Calories from Fat 15	
			% Daily Value*
Total Fat 1.5g			2%
Saturated Fat 1g			5%
Trans Fat 0g			
Cholesterol 10mg			3%
Sodium 480mg			20%
Total Carbohydrate 6g			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, stabilizer (maltodextrin, guar gum, mono and diglycerides, xanthan gum, carrageenan, carob bean gum), artificial color, citric acid, carbon dioxide and potassium sorbate (maintain freshness), cheese cultures, Vitamin A palmitate.

Contains: Milk

Sour Cream

All Natural

Load up...
because you can
Low in
carbohydrates

FARMER OWNED
Prairie Farms

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

All Natural



Sour Cream

INGREDIENTS: Grade A Cultured Milk and Cream, Enzymes.

NUTRITION FACTS

Serving Size 2 Tbsp. (30g)

Amount Per Serving		Calories 60 Calories From Fat 50	
		% Daily Value*	
Total Fat	5g		8%
Saturated Fat	3.5g		17%
Trans Fat	0g		
Cholesterol	20mg		7%
Sodium	15mg		1%
Total Carbohydrate	1g		0%
Dietary Fiber	0g		0%
Sugars	1g		
Protein	1g		

Vitamin A	4%	Vitamin C	0%
Calcium	4%	Iron	0%

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

Smooth & Creamy



Light Sour Cream

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)

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

Smooth & Creamy



Fat Free Sour Cream

INGREDIENTS: Cultured Skim Milk, Nonfat Dry Milk, Modified Corn Starch, Propylene Glycol Monoester, Pectin, Artificial Color, Cellulose Gel, Cellulose Gum, Potassium Sorbate (Maintains Freshness), and Vitamin A Palmitate.

NUTRITION FACTS

Serving Size 2 Tbsp. (30g)

Amount Per Serving		Calories 15 Calories From Fat 0	
		% Daily Value*	
Total Fat	0g		0%
Saturated Fat	0g		0%
Trans Fat	0g		
Cholesterol	0mg		0%
Sodium	35mg		1%
Total Carbohydrate	3g		1%
Dietary Fiber	0g		0%
Sugars	2g		
Protein	1g		

Vitamin A	4%	Vitamin C	0%
Calcium	6%	Iron	0%

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

**100% Juice Drinks
200 ml Carton**

Punch-uation!

The Grapes Of Math

Atomic Blast

Blue Berry Pi

Nutrition Facts

100% Juice

100% Juice

100% Juice

100% Juice

Nutrition Facts
Serving Size 6.75 fl oz (200ml)
Amount Per Serving
Calories 100

Total Fat 0g	% Daily Value*
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.

Nutrition Facts
Serving Size 6.75 fl oz (200ml)
Amount Per Serving
Calories 110

Total Fat 0g	% Daily Value*
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, saturated fat, trans fat, cholesterol, dietary fiber, and iron.
*Percent Daily Values are based on a 2,000 calorie diet.

Nutrition Facts
Serving Size 6.75 fl oz (200ml)
Amount Per Serving
Calories 100

Total Fat 0g	% Daily Value*
Sodium 10mg	0%
Total Carbohydrate 24g	8%
Sugars 23g	
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.

Nutrition Facts
Serving Size 6.75 fl oz (200ml)
Amount Per Serving
Calories 100

Total Fat 0g	% Daily Value*
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.

Nutrition Information

Protein	0.31 g
Total Fat	0.06 g
Saturated Fat	0.00 g
Trans Fat	0.00 g
Carbohydrates	14.93 g
Fiber, total dietary	0.2 g
Calcium	89 mg
Sodium	0.25 mg
Vitamin C	7 mg
Vitamin A	41.2 IU
Vitamin D3	214 IU
	50 IU

Ingredients

Water, Concentrated Pineapple Juice, Concentrated Pear Juice, Concentrated Orange Juice, Concentrated Apple Juice, 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.

Protein	0.20 g
Total Fat	0.10 g
Saturated Fat	0.00 g
Trans Fat	0.00 g
Carbohydrates	13.39 g
Fiber, total dietary	0.1 g
Calcium	86 mg
Sodium	0.20 mg
Vitamin C	8 mg
Vitamin A	32.4 mg
Vitamin D3	205 IU
	50 IU

Water, Concentrated Grape Juice, Concentrated Pear Juice, Concentrated Apple Juice, Concentrated Pineapple Juice, 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.

Protein	0.50 g
Total Fat	0.05 g
Saturated Fat	0.00 g
Trans Fat	0.00 g
Carbohydrates	11.61 g
Fiber, total dietary	0.2 g
Calcium	89 mg
Sodium	0.20 mg
Vitamin C	5 mg
Vitamin A	54.7 mg
Vitamin D3	242 IU
	50 IU

Water, Concentrated Orange Juice, Concentrated Pineapple Juice, Concentrated Pear Juice, Concentrated Apple Juice, Calcium Lactate Calcium Gluconate, Tricalcium Phosphate, Natural Flavor, Ascorbic Acid (Vitamin C), Citric Acid, Sodium Benzoate, Potassium Sorbate, Yellow 6, Vitamin A Palmitate, Vitamin D.

Protein	0.26 g
Total Fat	0.06 g
Saturated Fat	0.00 g
Trans Fat	0.00 g
Carbohydrates	11.98 g
Fiber, total dietary	0.1 g
Calcium	88 mg
Sodium	0.27 mg
Vitamin C	8 mg
Vitamin A	37.2 mg
Vitamin D3	206 IU
	50 IU

Water, Concentrated Pear Juice, Concentrated Apple Juice, Concentrated Pineapple Juice, 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.

NUTRITIONAL FACTS

Southern Belle Real Fancy Orange Juice

Serving Size 1 cup (240ml)

Calories 120

Calories from Fat : 0

<u>Amount per serving</u>		<u>%DV</u>
Total Fat	0g	0%
Sodium	0g	0%
Potassium	440mg	12%
Total Carbo.	29g	10%
Sugars	25g	
Protein	1g	

**Vitamin C. 100% , Calcium 2%,Thiamine 10% , Folate 10%,
Phosphorus 4% , Magnesium 6%.**

The per serving values are based on a 2000 calorie diet.

