

Nutrition Facts	
Serving Size 1 cup (240mL)	
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 210mg	8%
Total Carbohydrate 22g	7%
Dietary Fiber 0g	0%
Sugars 21g	
Protein 8g	
Vitamin A 10%	Vitamin C 0%
Calcium 30%	Iron 0%
*Percent Daily Values are based on a 2,000 calorie diet.	

INGREDIENTS:
FAT FREE MILK, SUGAR, DUTCH COCOA, CORN STARCH, SALT, CARRAGEENAN, VANILLIN, VITAMIN A PALMITATE, VITAMIN D3
PASTEURIZED
HOMOGENIZED

chocolate

fat free milk

**CHOCOLATE
FAT FREE MILK**

**VITAMIN A & D
GRADE A**

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

HALF PINT (240mL)



Nutrition Facts	
Serving Size 1 cup (240mL)	
Servings Per Container 1	
Amount Per Serving	
Calories 110	Calories from Fat 25
% Daily Value*	
Total Fat 2.5g	4%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 15mg	4%
Sodium 110mg	5%
Total Carbohydrate 13g	4%
Dietary Fiber 0g	0%
Sugars 13g	
Protein 8g	
Vitamin A 10%	Vitamin C 0%
Calcium 30%	Iron 0%
*Percent Daily Values are based on a 2,000 calorie diet.	

INGREDIENTS:
LOWFAT MILK, VITAMIN A PALMITATE AND VITAMIN D3
PASTEURIZED
HOMOGENIZED



LOWFAT

**1%
LOWFAT MILK**

**VITAMIN A & D
1% MILKFAT / GRADE A**

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

HALF PINT (240mL)

Nutrition Facts	
Serving Size 1 cup (240mL)	
Servings Per Container 1	
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 130mg	5%
Total Carbohydrate 12g	4%
Dietary Fiber 0g	0%
Sugars 12g	
Protein 8g	
Vitamin A 10%	Vitamin C 0%
Calcium 30%	Iron 0%
*Percent Daily Values are based on a 2,000 calorie diet.	

INGREDIENTS:
FAT FREE SKIM MILK, VITAMIN A PALMITATE AND VITAMIN D3

PASTEURIZED
HOMOGENIZED



SKIM

SKIM MILK

**VITAMIN A & D
FAT FREE / GRADE A**

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

HALF PINT (240mL)