

Memory Lane

DAIRY



Lowfat Milk (Memory Lane) 2006

Ingredients:
Lowfat Milk

Nutrition Facts

Serving Size 1 cup (245 g)	
Servings Per Container 8	
Amount Per Serving	
Calories 110 Calories from Fat 25	
% Daily Value	
Total Fat 2.5g	4%
Saturated Fat 1.5g	8%
Cholesterol 15mg	5%
Sodium 130mg	5%
Total Carbohydrate 13g	4%
Sugars 12g	
Protein 9g	
Vitamin A 10% Calcium 25%	
Vitamin D 25%	
Not a significant source of dietary fiber, vitamin C and iron.	
*Percent Daily Values are based on a 2,000 calorie diet.	

Reduced Fat Milk (Memory Lane) 2006

Ingredients:
Reduced Fat Milk

Nutrition Facts

Serving Size 1 cup (227 g)	
Servings Per Container 8	
Amount Per Serving	
Calories 120 Calories from Fat 40	
% Daily Value	
Total Fat 4.5g	7%
Saturated Fat 3g	14%
Cholesterol 20mg	6%
Sodium 130mg	5%
Total Carbohydrate 12g	4%
Sugars 11g	
Protein 7g	
Vitamin A 10% • Vitamin C --%	
Calcium 25% • Vitamin D 25%	
Not a significant source of dietary fiber, and iron.	
*Percent Daily Values are based on a 2,000 calorie diet.	

Eggnog (6%) (Memory Lane) 2006

Ingredients:
Grade A Milk and Cream, Sugar, Grade A Nonfat Milk Powder, Dried Egg Yolks, Grade A Whey Powder, Natural and Artificial Flavoring (Maltodextrin, Natural and Artificial Flavors, Food Starch – Modified), Stabilizer (Guar Gum, Carrageenan), Sugar, Corn Starch, Salt, Nutmeg, Annatto-Turmeric (color).

Nutrition Facts

Serving Size 1/2 cup (120 ml)	
Servings Per Container	
Amount Per Serving	
Calories 180 Calories from Fat 80	
% Daily Value	
Total Fat 8g	13%
Saturated Fat 5g	24%
Trans Fat 0g	
Cholesterol 55mg	19%
Sodium 90mg	4%
Total Carbohydrate 22g	7%
Dietary Fiber 0g	0%
Sugars 21g	
Protein 4g	
Vitamin A 6% • Vitamin C 2%	
Calcium 15% • 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
Saturated 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

Hiland Mocha Milk (Memory Lane)

Ingredients:
Milk, Sugar, Mocha Base (Coffee, Alkalized Cocoa, Starch and Carrageenan), Vitamin D3.

Contains Milk.

Nutrition Facts

Serving Size 1 Cup (250g)	
Servings Per Container	
Amount Per Serving	
Calories 200	Calories from Fat 70
% Daily Value*	
Total Fat 8g	12%
Saturated Fat 6g	30%
Trans Fat 0g	
Cholesterol 35mg	12%
Sodium 120mg	5%
Total Carbohydrate 26g	9%
Dietary Fiber 0g	0%
Sugars 25g	
Protein 8g	
Vitamin A 6% • Vitamin C 2%	
Calcium 25% • 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 caloric needs.	
	Calories: 2,000 2,500
Total Fat	Less than 85g 80g
Saturated 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	

Memory Lane DAIRY



Chocolate (Whole Milk) (Memory Lane) 2006

Ingredients:
Grade A Whole Milk, Sugar, Cocoa (Processed with Alkali), Corn Starch, Dextrose, Salt, Carrageenan, Guar Gum, Artificial Flavor, Vitamin D3.

Nutrition Facts	
Serving Size 1 cup (240 ml)	
Servings Per Container	
Amount Per Serving	
Calories 220 Calories from Fat 80	
% Daily Value	
Total Fat 9g	13%
Saturated Fat 5g	27%
Trans Fat 0g	
Cholesterol 30mg	11%
Sodium 230mg	10%
Total Carbohydrate 28g	9%
Dietary Fiber less than 1g	3%
Sugars 27g	
Protein 8g	
Vitamin A 6% • Vitamin C 6%	
Calcium 30% • Iron 4%	
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
Saturated 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

Blue Cotton Candy (2%) (Memory Lane) 2006

Ingredients:
Grade A Reduced Fat Milk, Sugar, Natural and Artificial Flavors, Blue #1, Vitamin A Palmitate, Vitamin D3.

Nutrition Facts	
Serving Size 1 cup (240 ml)	
Servings Per Container	
Amount Per Serving	
Calories 200 Calories from Fat 45	
% Daily Value	
Total Fat 5g	8%
Saturated Fat 3g	16%
Trans Fat 0g	
Cholesterol 20mg	6%
Sodium 115mg	5%
Total Carbohydrate 30g	10%
Dietary Fiber 0g	0%
Sugars 30g	
Protein 8g	
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
Saturated 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

Peach (Whole Milk) (Memory Lane) 2006

Ingredients:
Grade A Whole Milk, Sugar, Natural and Artificial Flavors, Citric Acid, Yellow #5, Yellow #6, Vitamin D3.

Nutrition Facts	
Serving Size 1 cup (240 ml)	
Servings Per Container	
Amount Per Serving	
Calories 230 Calories from Fat 80	
% Daily Value	
Total Fat 8g	13%
Saturated Fat 5g	26%
Trans Fat 0g	
Cholesterol 30mg	11%
Sodium 110mg	5%
Total Carbohydrate 30g	10%
Dietary Fiber 0g	
Sugars 30g	
Protein 7g	
Vitamin A 6% • Vitamin C 6%	
Calcium 25% • 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
Saturated 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

Rootbeer (Whole Milk) (Memory Lane) 2006

Ingredients:
Grade A Whole Milk, Sugar, Caramel Color, Natural and Artificial Flavors, Vitamin D3.

Nutrition Facts	
Serving Size 1 cup (240 ml)	
Servings Per Container	
Amount Per Serving	
Calories 230 Calories from Fat 80	
% Daily Value	
Total Fat 8g	13%
Saturated Fat 5g	26%
Trans Fat 0g	
Cholesterol 30mg	11%
Sodium 115mg	5%
Total Carbohydrate 30g	10%
Dietary Fiber 0g	
Sugars 30g	
Protein 7g	
Vitamin A 6% • Vitamin C 6%	
Calcium 25% • 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
Saturated 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