

# NUTRITION FACTS

## Whole Milk

Nutrition Facts	
Servings Per Container 8	
Serving Size 1 cup (240ml)	
Amount Per Serving	
<b>Calories</b>	<b>160</b>
% Daily Value*	
Total Fat 9g	12%
Saturated Fat 5g	25%
Trans Fat 0g	
Cholesterol 20mg	7%
Sodium 120mg	5%
Total Carbohydrate 12g	4%
Dietary Fiber 0g	0%
Total Sugars 12g	
<b>Protein 8g</b>	
Vitamin D 0mcg 0% • Calcium 270mg 20%	
Iron 0% • Potassium 380mg 8%	
Vitamin A 70mcg 8%	

\*The % Daily Value (DV) tells you how much a nutrient a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

**Ingredients:**  
Grade A milk

## Reduced-Fat Milk

Nutrition Facts	
Servings Per Container 8	
Serving Size 1 cup (240ml)	
Amount Per Serving	
<b>Calories</b>	<b>130</b>
% Daily Value*	
Total Fat 6g	8%
Saturated Fat 3.5g	18%
Trans Fat 0g	
Cholesterol 20mg	7%
Sodium 115mg	5%
Total Carbohydrate 12g	4%
Dietary Fiber 0g	0%
Total Sugars 12g	
<b>Protein 8g</b>	
Vitamin D 2mcg 10% • Calcium 300mg 25%	
Iron 0% • Potassium 350mg 8%	
Vitamin A 140mcg 15%	

\*The % Daily Value (DV) tells you how much a nutrient a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

**Ingredients:**  
Grade A reduced fat milk, Vitamin A, Palmitate and Vitamin D3

## Chocolate Whole Milk

Nutrition Facts	
Servings Per Container 8	
Serving Size 1 cup (240ml)	
Amount Per Serving	
<b>Calories</b>	<b>220</b>
% Daily Value*	
Total Fat 8g	10%
Saturated Fat 5g	25%
Trans Fat 0g	
Cholesterol 20mg	7%
Sodium 190mg	8%
Total Carbohydrate 28g	10%
Dietary Fiber <1g	2%
Total Sugars 27g	
Includes 16g Added Sugars	32%
<b>Protein 8g</b>	
Vitamin D 0mcg 0% • Calcium 260mg 20%	
Iron 1mg 6% • Potassium 440mg 10%	
Vitamin A 70mcg 8%	

\*The % Daily Value (DV) tells you how much a nutrient a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

**Ingredients:**  
Grade A whole milk, Sugar, Cocoa (processed with alkali), Corn starch, Dextrose, Salt, Carrageenan, Guar gum, Artificial flavor

## Strawberry Reduced-Fat Milk

Nutrition Facts	
Servings Per Container 8	
Serving Size 1 cup (240ml)	
Amount Per Serving	
<b>Calories</b>	<b>200</b>
% Daily Value*	
Total Fat 5g	6%
Saturated Fat 3g	15%
Trans Fat 0g	
Cholesterol 15mg	5%
Sodium 110mg	5%
Total Carbohydrate 31g	11%
Dietary Fiber 0g	0%
Total Sugars 31g	
Includes 20g Added Sugars	40%
<b>Protein 8g</b>	
Vitamin D 1.9mcg 10% • Calcium 280mg 20%	
Iron 0mg 0% • Potassium 320mg 6%	
Vitamin A 130mcg 15%	

\*The % Daily Value (DV) tells you how much a nutrient a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

**Ingredients:**  
Grade A whole milk, Sugar, Strawberry flavor (water, propylene glycol preservative, natural and artificial flavor, FD&C Red #40, FD&C Blue #1), Vitamin A, Palmitate, Vitamin D3

## Root Beer Whole Milk

Nutrition Facts	
Servings Per Container 8	
Serving Size 1 cup (240ml)	
Amount Per Serving	
<b>Calories</b>	<b>230</b>
% Daily Value*	
Total Fat 8g	10%
Saturated Fat 5g	25%
Trans Fat 0g	
Cholesterol 20mg	7%
Sodium 115mg	5%
Total Carbohydrate 32g	12%
Dietary Fiber 0g	0%
Total Sugars 31g	
Includes 20g Added Sugars	40%
<b>Protein 7g</b>	
Vitamin D 0mcg 0% • Calcium 20mg 20%	
Iron 0mg 0% • Potassium 360mg 8%	
Vitamin A 70mcg 8%	

\*The % Daily Value (DV) tells you how much a nutrient a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

**Ingredients:**  
Grade A whole milk, Sugar, Caramel color, Natural and Artificial flavors

## Eggnog

Nutrition Facts	
Servings Per Container 8	
Serving Size 1/2 cup (120ml)	
Amount Per Serving	
<b>Calories</b>	<b>190</b>
% Daily Value*	
Total Fat 9g	12%
Saturated Fat 5g	25%
Trans Fat 0g	
Cholesterol 50mg	17%
Sodium 115mg	5%
Total Carbohydrate 22g	8%
Dietary Fiber 0g	0%
Total Sugars 22g	
Includes 16g Added Sugars	32%
<b>Protein 4g</b>	
Vitamin D 0mcg 0% • Calcium 140mg 10%	
Iron 0mg 0%	
Vitamin A 90mcg 10%	

\*The % Daily Value (DV) tells you how much a nutrient a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

**Ingredients:**  
Milk and Cream, Sugar, Nonfat dry milk powder, Eggnog powder (Egg yolks, Sugar, Dextrose, Salt, Natural and Artificial flavors, Carrageenan, Nutmeg, Sodium, Silicoaluminat, Cellulose gum, Termeric Oleoresin (color), Annatto extract (color))

## Cream Top Whole Milk

Nutrition Facts	
Servings Per Container 8	
Serving Size 1 cup (240ml)	
Amount Per Serving	
<b>Calories</b>	<b>160</b>
% Daily Value*	
Total Fat 9g	12%
Saturated Fat 5g	25%
Trans Fat 0g	
Cholesterol 20mg	7%
Sodium 120mg	5%
Total Carbohydrate 12g	4%
Dietary Fiber 0g	0%
Total Sugars 12g	
Includes 0g Added Sugars	0%
<b>Protein 8g</b>	
Vitamin D 0mcg 0% • Calcium 270mg 20%	
Iron 0mg 0% • Potassium 380mg 8%	
Vitamin A 70mcg 8%	

\*The % Daily Value (DV) tells you how much a nutrient a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

**Ingredients:**  
Grade A milk

## Cotton Candy Reduced-Fat Milk

Nutrition Facts	
Servings Per Container 8	
Serving Size 1 cup (240ml)	
Amount Per Serving	
<b>Calories</b>	<b>200</b>
% Daily Value*	
Total Fat 5g	6%
Saturated Fat 3g	15%
Trans Fat 0g	
Cholesterol 15mg	5%
Sodium 110mg	5%
Total Carbohydrate 31g	11%
Dietary Fiber 0g	0%
Total Sugars 31g	
Includes 20g Added Sugars	40%
<b>Protein 8g</b>	
Vitamin D 1.9mcg 10% • Calcium 280mg 20%	
Iron 0mg 0% • Potassium 320mg 6%	
Vitamin A 130mcg 15%	

\*The % Daily Value (DV) tells you how much a nutrient a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

**Ingredients:**  
Grade A reduced fat milk, Sugar, Natural and Artificial flavoring, Blue #1, Vitamin A, Palmitate, Vitamin D3