



Nutrition Facts	
Serving Size 1 cup (240 mL)	
Servings Per Container 1	
Amount Per Serving	
Calories 140	Calories from Fat 9
% Daily Value*	
Total Fat 1g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol <5mg	1%
Sodium 110mg	5%
Total Carbohydrate 24g	8%
Dietary Fiber 0g	0%
Sugars 23g	
Protein 8g	16%
Vitamin A 8%	Vitamin C 4%
Iron 0%	Calcium 30%
	Vitamin D 25%

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



GRADE A PASTEURIZED HOMOGENIZED
INGREDIENTS: .5% LOWFAT MILK, SUGAR, COCOA PROCESSED WITH ALKALI, CORN STARCH, DEXTROSE, SALT, CARRAGEENAN, GUAR GUM, ARTIFICIAL FLAVORS, 2000 I.U. VITAMIN A PALMITATE, AND 400 I.U. VITAMIN D3 ADDED PER QUART.

***NO SIGNIFICANT DIFFERENCE IN MILK FROM COWS TREATED WITH ARTIFICIAL GROWTH HORMONES.**

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