PUSH UP HERE

Country Fresh

PUSH UP HERE

TO OPEN

REFRIGERATE BETWEEN 33° and 40°F

GRADE A • PASTEURIZED • HOMOGENIZED

## Nutrition Facts

Serv. Size 1 Carton

Calories 90

Fat cal 0

| Amount/Serving | % DV* | Amount/Serving | % DV* |
|---|---|---|---|
| Total Fat 0g | 0% | Total Carb 13g | 4% |
| Sat Fat 0g | 0% | Fiber 0g | 0% |
| Trans Fat 0g | | Sugars 12g | |
| Cholest 5mg | 1% | Protein 8g | |
| Sodium 130mg | 5% | | |

Vitamin A 10% • Vitamin C 4%

Calcium 30% • Iron 0% • Vitamin D 25%

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

INGREDIENTS: Fat Free Milk, Vitamin A Palmitate, Vitamin $D_3$.

Country Fresh

Fat Free Mil

vitamin A &

Fat Free Milk

vitamin A & D

GFS CYCLE MENU MANAGEMENT

*Ingredient & Recipe Nutrition*

**GFS Item#:** 806360 **Desc:** **MILK WHT FF SKIM 40-8FLZ RGNLBRND**

**Item#:** -1000048468 **Desc:** AP Milk White FF Skim 8Flz, Regional Brand

**Manufacturer:** Country Fresh (yogurt)-407100 **Manufacturer Item Code:** 41700

## Nutrition Information

**Serving Size: 1 EACH (236 grams)**

**Amount Per Serving**

**Calories:** 90 Calories from Fat: 0

| | | % Daily Value* |
|---|---|---|
| **Total Fat:** | 0 GM | 0% |
| Saturated Fat: | 0 GM | 0% |
| Trans Fat: | 0 GM | |
| Polyunsaturated Fat: | NA | NA |
| Monounsaturated Fat: | NA | NA |
| **Cholesterol:** | 0 MG | 0% |
| **Sodium:** | 130 MG | 5% |
| **Potassium:** | NA | NA |
| **Total Carbohydrate:** | 13 GM | 4% |
| Dietary Fiber: | 0 GM | 0% |
| Sugars: | 12 GM | |
| **Protein:** | 8 GM | 16% |

Vitamin A: 10% • Vitamin C: 4%

Calcium: 30% • Iron: 0%

**Ingredients:**
**For ingredient or allergen information, please contact: Country Fresh (Milk), phone/: 800-748-0480. Manufacturer number: 41700 Nutrition updated October 2009. The nutrition information provided here reflects the current information provided to GFS by its suppliers. Prior to consuming the product, individuals with severe food allergies should confirm the ingredient information on the actual label of the product.**

### Fat Soluble Vitamins

| | |
|---|---|
| VITAMIN D(iu) | 100.00 IU |
| VITAMIN E | NA |
| VITAMIN K | NA |
| VITAMIN A(iu) | 500.00 IU |
| VITAMIN A(re) | NA |

### Water Soluble Vitamins

| | |
|---|---|
| THIAMIN | NA |
| RIBOFLAVIN | NA |
| NIACIN | NA |
| VITAMIN B-6 | NA |
| VITAMIN B-12 | NA |
| VITAMIN C, TOTAL ASCORBIC ACID | 2.40 MG |
| FOLIC ACID | NA |

### Minerals

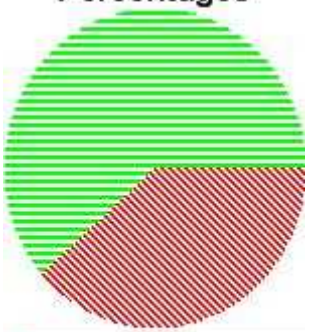
| | |
|---|---|
| PHOSPHOROUS | NA |
| ZINC | NA |
| MAGNESIUM | NA |
| COPPER | NA |
| IRON | 0 MG |
| CALCIUM | 300.00 MG |

### School Equivalents

**Serving Size:**

| | |
|---|---|
| **Meat Quantity:** | NA |
| **Bread Quantity:** | NA |
| **Fruit/Veg Quantity:** | NA |

Calorie Percentages




* Percent Daily Values are based on a 2000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

| | Calories | 2000 | 2500 |
|---|---|---|---|
| Total Fat | Less Than | 65g | 81g |
| Sat Fat | Less Than | 20g | 25g |
| Cholesterol | Less Than | 300mg | 375mg |
| Sodium | Less Than | 2400mg | 3000mg |