PUSH UP HERE

Country Fresh

PUSH UP HERE

TO OPEN

REFRIGERATE BETWEEN 33° and 40°F

GRADE A • PASTEURIZED • HOMOGENIZED

FAT REDUCED FROM 8g to 5g PER SERVING

Nutrition Facts

Serv. Size 1 Carton

Calories 130

Fat cal 45

Amount/Serving	% DV*	Amount/Serving	% DV*
Total Fat 5g	8%	Total Carb 12g	4%
Sat Fat 3g	15%	Fiber 0g	0%
Trans Fat 0g		Sugars 12g	
Cholest 20mg	7%	Protein 8g	
Sodium 130mg	5%		

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

Vitamin A 10% • Vitamin C 4%

Calcium 30% • Iron 0% • Vitamin D 25%

INGREDIENTS: Reduced Fat Milk, Vitamin A Palmitate, Vitamin D_3.

Country Fresh

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vitamin A & D 2% ma

2%

Reduced Fat Milk

GFS CYCLE MENU MANAGEMENT

Ingredient & Recipe Nutrition

GFS Item#: 806341

Desc: **MILK WHT 2% REDC FAT 40-8FLZ**

Item#: -1000048469

Desc: AP Milk White 2% Reduced Fat, Regional Brand

Manufacturer: Country Fresh (yogurt)-407100

Manufacturer Item Code: 41698

Nutrition Information

Serving Size: 1 CUP (240 grams)

Amount Per Serving

Calories: 130 Calories from Fat: 45

		% Daily Value*
Total Fat:	5 GM	8%
Saturated Fat:	3 GM	15%
Trans Fat:	0 GM	
Polyunsaturated Fat:	0 GM	
Monounsaturated Fat:	1.5 GM	
Cholesterol:	20 MG	7%
Sodium:	125 MG	5%
Potassium:	NA	NA
Total Carbohydrate:	12 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: 41698 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

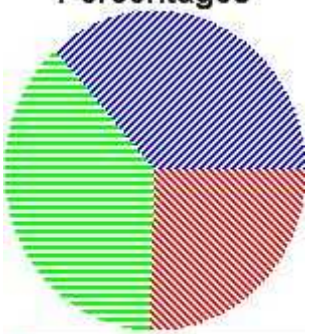
THIAMIN	NA
RIBOFLAVIN	NA
NIACIN	NA
VITAMIN B-6	NA
VITAMIN B-12	NA
VITAMIN C, TOTAL ASCORBIC ACID	2.40 MG
FOLIC ACID	0 MCG

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