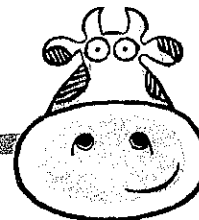


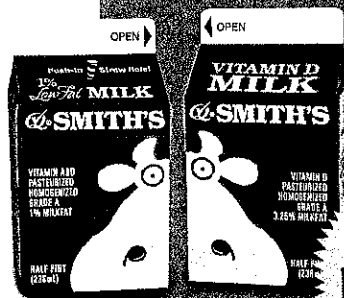
FROM

SMITH'S

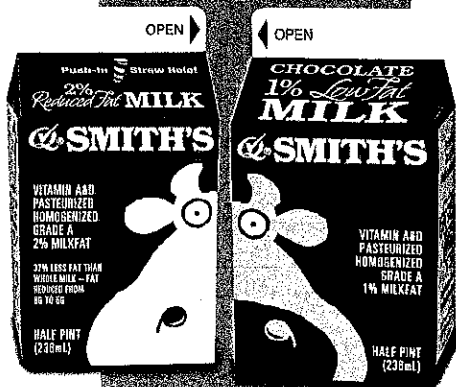
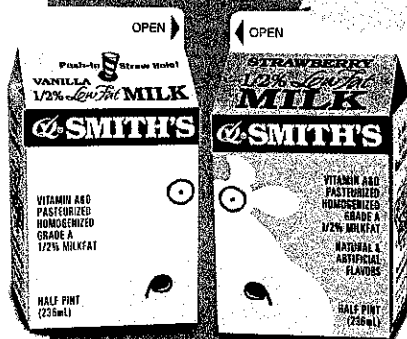
HALF PINT SCHOOL MILK



Fun & Colorful
Slim-Line 8 oz Milk
with Convenient
Push-in Straw Hole



New
Design!



LN #	DESCRIPTION	SIZE	CASE QTY	UPC
Single-Serve Milk				
100	Vitamin D	8 fl oz	50	0 70424 00189 1
69	2%	8 fl oz	50	0 70424 00188 4
208	1% Lowfat	8 fl oz	50	0 70424 00191 4
68	1% Chocolate Low Fat	8 fl oz	50	0 70424 00187 7
163	1/2% Strawberry Low Fat	8 fl oz	50	0 70424 00195 2
211	1/2% Vanilla	8 fl oz	50	0 70424 00192 1

All SMITH'S school milk meets or exceeds nutritional guidelines as recommended by the Alliance for a Healthier Generation.

Nutritional Information

	VITAMIN D	REDUCED FAT 2%	LOW FAT 1%	CHOCOLATE 1%	STRAWBERRY 1/2%	VANILLA 1/2%
Calories	150	130	100	150	150	150
Calories from Fat	70	45	20	25	10	10
Total Fat	8g	5g	2.5g	2.5g	1.5g	1.5g
Saturated Fat	5g	3g	1.5g	1.5g	1g	1g
Trans Fat	0g	0g	0g	0g	0g	0g
Cholesterol	35mg	20mg	10mg	15mg	10mg	10mg
Sodium	125mg	125mg	125mg	220mg	115mg	115mg
Potassium	370mg	380mg	380mg	260mg	170mg	170mg
Total Carbs	13g	13g	13g	24g	27g	28g
Dietary Fiber	0g	0g	0g	0g	0g	0g
Sugars	12g	12g	12g	22g	26g	27g
Protein	8g	8g	8g	8g	7g	7g
Vitamin A	4%	10%	10%	10%	10%	10%
Vitamin C	2%	2%	2%	2%	2%	2%
Calcium	30%	30%	30%	30%	30%	30%
Iron	0%	0%	0%	0%	0%	0%
Vitamin D	25%	25%	25%	25%	25%	25%

Milk cartons ARE recyclable! Visit www.recyclecartons.com for more information on how your school can help reduce waste.

REVISED 9/10

Smith Dairy ordering procedure

We have several methods of placing orders. They are as follows:

1. Phone in your order to our order entry department at 1-800-877-7648
2. Our order entry staff can also phone you for your order
3. Fax orders to 330-684-6700

SMITH'S
Premium Dairy Products and More.

DAIRY ENTERPRISES INCORPORATED
P.O. Box 87, Orrville, OH 44667
1-800-776-7076 www.smithdairy.com

FROM
SMITH'S

SINGLE-SERVE HALF PINTS

Single-Serve Milk
in Convenient,
Easy-open,
Reclosable
Bottles.



Plastic bottles are recyclable and can reduce trash volume by 10 percent or more! Learn how to set up a recycling program by contacting your local Dairy Council at American Dairy Association Mid East 614-890-1800

LN #	DESCRIPTION	SIZE	CASE QTY	UPC
Single Serve Milk				
3005	White 1% Lowfat	8 fl oz	50	0 70424 00166 2
3006	Chocolate 1% Lowfat	8 fl oz	50	0 70424 00167 9
3007	Strawberry 1/2%	8 fl oz	50	0 70424 00168 6
3010	White 2% Lowfat	8 fl oz	50	0 70424 00165 5
3008	Vanilla 1% Lowfat	8 fl oz	50	0 70424 00170 9

NUTRITION - 8 oz. Serving Size

	1%	CHOCOLATE 1%	STRAWBERRY 1/2%	2%	VANILLA 1%
Calories	100	150	150	130	170
Cal. from Fat	20	25	10	45	20
Total Fat	2.5g	2.5g	1.5g	5g	2.5g
Saturated Fat	1.5g	1.5g	1.5g	3g	1.5g
Trans Fat	0g	0g	0g	0g	0g
Cholesterol	10mg	15mg	10mg	20mg	10mg
Sodium	125mg	220mg	115mg	125mg	170mg
Potassium	380mg	260mg	170mg	380mg	340mg
Total Carbs	13g	24g	27g	13g	28g
Dietary Fiber	0g	0g	0g	0g	0g
Sugars	12g	22g	26g	12g	27g
Protein	8g	8g	7g	8g	7g
Vitamin A	10%	10%	10%	10%	10%
Vitamin C	2%	2%	2%	2%	2%
Calcium	30%	30%	30%	30%	30%
Iron	0%	2%	0%	0%	0%
Vitamin D	25%	25%	25%	25%	25%

REVISED 7/09

1

Smith Dairy ordering procedure

- We have several methods of placing orders. They are as follows:
1. Phone in your order to our order entry department at 800-776-7648.
 2. Our order entry staff can also phone you for your order.
 3. Fax orders to 330-684-6700.


SMITH DAIRY
LOCAL AND FAMILY-OWNED SINCE 1909

Smith Dairy Products Company, Orrville, OH 44667
1.800.776.7076 www.smithdairy.com

SMITH'S SCHOOL À LA CARTE



Milk, Punch & Juice

LN #	PRODUCT DESCRIPTION	SIZE	CASE QTY	UPC
Plastic Single Serve Milk				
3101	Vitamin D 3.25%	16 fl oz.	16 cs	0 70424 00140 2
3102	Reduced Fat 2%	16 fl oz.	16 cs	0 70424 00141 9
3104	Chocolate 3.25%	16 fl oz.	16 cs	0 70424 00143 3
3105	Chocolate Lowfat 1%	16 fl oz.	16 cs	0 70424 00144 0
3108	Strawberry Lowfat 1/2%	16 fl oz.	16 cs	0 70424 00147 1

Plastic Single Serve Punch				
3051	Fruit Punch	16 fl oz.	16 cs	0 70424 00537 0
3052	Orange	16 fl oz.	16 cs	0 70424 00502 8
3053	Pink Lemonade	16 fl oz.	16 cs	0 70424 00521 9
106	Orange Drink (Paper)	8 fl oz.	48 cs	0 70424 00505 9

Orange Juice				
2856	Orange Juice (Plastic)	16 fl oz.	12 cs	0 70424 00585 1
102	Orange Juice (Paper)	8 fl oz.	48 cs	0 70424 00587 5
107	Orange Juice (Paper)	4 fl oz.	75 cs	0 70424 00586 8

New in 2010

Ice				
3055	Southern Style Sweet	16 fl oz.	16 cs	0 70424 00567 7

REVISED 8/10

Smith Dairy ordering procedure

We have several methods of placing orders. They are as follows:

1. Phone in your order to our order entry department at 800-776-7848.
2. Our order entry staff can also phone you for your order.
3. Fax orders to 330-684-6700.


SMITH DAIRY
 LOCAL AND FAMILY-OWNED SINCE 1909

Smith Dairy Products Company, Orrville, OH 44667
 1.800.776.7076 www.smithdairy.com

SMITH'S 2% Reduced Fat Milk

03/10/2009

Nutrition Facts	
Serving Size 1 Cup (236 ml)	
Servings Per Container	
Amount Per Serving	
Calories 130	Calories from Fat 45
% Daily Value*	
Total Fat 5g	8%
Saturated Fat 3g	15%
Trans Fat 0g	
Cholesterol 20mg	7%
Sodium 125mg	5%
Potassium 360mg	11%
Total Carbohydrate 13g	4%
Dietary Fiber 0g	0%
Sugars 12g	
Protein 8g	
Vitamin A 10%	Vitamin C 2%
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 calorie needs:	
	Calories 2,000 2,500
Total Fat	Less than 65g 65g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300 mg
Sodium	Less than 2,400mg 2,400mg
Potassium	3,500 mg 3,500 mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

INGREDIENTS: Reduced fat MILK, vitamins A palmitate and D3 added.

Words in CAPS need to be printed in BOLD

37% Less Fat than Whole Milk-Fat
Reduced from 8g to 5g

Homogenized
Pasteurized
Grade A

SMITH'S 1% Lowfat Milk

03/26/2009

Nutrition Facts	
Serving Size 1 Cup (236 ml)	
Servings Per Container	
Amount Per Serving	
Calories 100	Calories from Fat 20
% Daily Value*	
Total Fat 2.5g	4%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 125mg	5%
Potassium 380mg	11%
Total Carbohydrate 13g	4%
Dietary Fiber 0g	0%
Sugars 12g	
Protein 8g	
Vitamin A 10%	Vitamin C 2%
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 calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 65g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300 mg
Sodium	Less than 2,400mg 2,400mg
Potassium	3,500 mg 3,500 mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

INGREDIENTS: Lowfat MILK, vitamins A palmitate and D3 added.

Words in CAPS need to be printed in BOLD

SMITH'S FAT FREE SKIM MILK

08/30/2004

Nutrition Facts	
Serving Size 1 Cup (236 ml)	
Servings Per Container	
Amount Per Serving	
Calories 90	Calories from Fat 5
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 125mg	5%
Potassium 380mg	11%
Total Carbohydrate 13g	4%
Dietary Fiber 0g	0%
Sugars 12g	
Protein 8g	
Vitamin A 10%	Vitamin C 2%
Calcium 30%	Iron 0%
Vitamin D 25%	
*Percent Daily Values are based on a diet of 2,000 calories. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,600
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300 mg
Sodium	Less Than 2,400mg 2,400mg
Potassium	3,500 mg 3,500 mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

INGREDIENTS: NONFAT MILK, vitamins A palmitate and D3 added

Smith's 1% Lowfat Chocolate Milk

03/10/2009

Nutrition Facts	
Serving Size 1 Cup (236 ml)	
Servings Per Container	
Amount Per Serving	
Calories 150	Calories from Fat 25
% Daily Value*	
Total Fat 2.5g	4%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 15mg	5%
Sodium 220mg	9%
Potassium 260mg	7%
Total Carbohydrate 24g	8%
Dietary Fiber 0g	0%
Sugars 22g	
Protein 8g	
Vitamin A 10%	Vitamin C 2%
Calcium 30%	Iron 2%
Vitamin D 25%	
*Percent Daily Values are based on a diet of 2,000 calories. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300 mg
Sodium	Less than 2,400mg 2,400mg
Potassium	2,500 mg 3,500 mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

INGREDIENTS: LOWFAT MILK, sugar, high fructose corn syrup, cocoa (cocoa processed with alkali, salt, carrageenan, vanillin) , vitamins A palmitate and D3 added.

Smith's 1/2% Strawberry Milk

03/26/2009

Nutrition Facts	
Serving Size 1 cup (236 ml)	
Servings Per Container 1	
Amount Per Serving	
Calories 150	Calories from Fat 10
% Daily Value*	
Total Fat 1.5g	2%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 115mg	5%
Potassium 170mg	5%
Total Carbohydrate 27g	9%
Dietary Fiber 0g	0%
Sugars 26g	
Protein 7g	
Vitamin A 10%	Vitamin C 2%
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 calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300 mg
Sodium	Less than 2,400mg 2,400mg
Potassium	3,600 mg 3,500 mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
	Fat 9 • Carbohydrate 4 • Protein 4

INGREDIENTS: LOWFAT MILK, sugar, strawberry flavor (water, natural & artificial flavors, propylene glycol, red 40, blue 1), stabilizer (carrageenan and guar gum, standardized with dextrose), vitamin A palmitate and D3 added.

Contains Milk.

Smith's Lowfat 1/2% Vanilla School Milk

04/11/2011

Nutrition Facts	
Serving Size 1 Cup (236 ml)	
Servings Per Container 1	
Amount Per Serving	
Calories 150	Calories from Fat 10
% Daily Value*	
Total Fat 1.5g	2%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 115mg	5%
Potassium 170mg	5%
Total Carbohydrate 28g	9%
Dietary Fiber 0g	0%
Sugars 27g	
Protein 7g	
Vitamin A 10%	Vitamin C 2%
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 calorie 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
Potassium	3,500 mg 3,500 mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

INGREDIENTS: LOWFAT MILK, sugar, natural and artificial flavor, carrageenan, caramel color, vitamins A palmitate and D3 added.

Contains Milk.

Words in CAPS need to be printed in BOLD
Homogenized
Pasteurized
Grade A
Shield K D Kosher
Gluten Free
Keep Refrigerated

Smith's Fat Free Skim Chocolate Milk (8 oz./Half Pint)

03/24/2011

Nutrition Facts	
Serving Size 1 cup (240 mL)	
Servings Per Container 1	
Amount Per Serving	
Calories 130	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 180mg	8%
Potassium 40mg	1%
Total Carbohydrate 24g	8%
Dietary Fiber 0g	0%
Sugars 23g	
Protein 8g	
Vitamin A 10%	• Vitamin C 4%
Calcium 30%	• Iron 2%
Vitamin D 25%	
<small>*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:</small>	
	<small>Calories: 2,000 2,500</small>
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Potassium	3,500 mg 3,500 mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
<small>Calories per gram:</small>	
<small>Fat 9 • Carbohydrate 4 • Protein 4</small>	

INGREDIENTS: NONFAT MILK, sugar, cocoa (cocoa processed with alkali, salt, carrageenan, vanillin), vitamin A palmitate and D3 added.

Words in CAPS need to be printed in BOLD
Homogenized
Pasteurized
Shield K D Kosher
Gluten Free
Keep Refrigerated
Contains Milk.

Smith's Fat Free Skim Strawberry Milk

03/24/2011

Nutrition Facts	
Serving Size 1 cup (240 mL)	
Servings Per Container 1	
Amount Per Serving	
Calories 140	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 100mg	4%
Potassium 0mg	0%
Total Carbohydrate 28g	9%
Dietary Fiber 0g	0%
Sugars 27g	
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 calorie 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
Potassium	3,500 mg 3,500 mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

INGREDIENTS: NONFAT MILK, sugar, natural & artificial flavors, red 40, blue 1, carrageenan, guar gum, vitamin A palmitate and D3 added.

Words in CAPS need to be printed in BOLD
Homogenized
Pasteurized
Shield K D Kosher
Gluten Free
Keep Refrigerated

Contains Milk.

Smith's Fat Free Skim Vanilla Milk (8 oz./Half Pint)

03/24/2011

Nutrition Facts	
Serving Size 1 cup (240 ml)	
Servings Per Container 1	
Amount Per Serving	
Calories 130	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 100mg	4%
Potassium 0mg	0%
Total Carbohydrate 24g	8%
Dietary Fiber 0g	0%
Sugars 24g	
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 calorie 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
Potassium	3,500 mg 3,500 mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

INGREDIENTS: NONFAT MILK, sugar, natural and artificial flavor, carrageenan, caramel color, vitamin A palmitate and D3 added.

Words in CAPS need to be printed in BOLD
 Homogenized
 Pasteurized
 Shield K D Kosher
 Gluten Free
 Keep Refrigerated
 Contains Milk.

SMITH'S

Premium Dairy Products

Smith's Lowfat 1/2% Strawberry Milk Pint

Nutrition Facts	
Serving Size 1 cup (236 ml)	
Servings Per Container 2	
Amount Per Serving	
Calories 150	Calories from Fat 10
% Daily Value*	
Total Fat 1.5g	2%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 115mg	5%
Potassium 170mg	5%
Total Carbohydrate 27g	9%
Dietary Fiber 0g	0%
Sugars 26g	
Protein 7g	
Vitamin A 10%	• Vitamin C 2%
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 calorie 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
Potassium	3,500 mg 3,500 mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

INGREDIENTS: LOWFAT MILK, sugar, strawberry flavor (water, natural & artificial flavors, propylene glycol, red 40, blue 1), stabilizer (carrageenan and guar gum, standardized with dextrose), vitamin A palmitate and D3 added.

SMITH'S

Premium Dairy Products

Smith's 1% Lowfat Chocolate Milk Pint

Nutrition Facts	
Serving Size 1 Cup (236 ml)	
Servings Per Container 2	
Amount Per Serving	
Calories 150	Calories from Fat 25
% Daily Value*	
Total Fat 2.5g	4%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 15mg	5%
Sodium 220mg	9%
Potassium 260mg	7%
Total Carbohydrate 24g	8%
Dietary Fiber 0g	0%
Sugars 22g	
Protein 8g	
Vitamin A 10%	• Vitamin C 2%
Calcium 30%	• 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 calorie 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
Potassium	3,500 mg 3,500 mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

INGREDIENTS: LOWFAT MILK, sugar, high fructose corn syrup, cocoa (cocoa processed with alkali, salt, carrageenan, vanillin) , vitamins A palmitate and D3 added.

SMITH'S

Premium Dairy Products

Smith Vitamin D Chocolate Milk Pint

Nutrition Facts	
Serving Size 1 carton	
Servings Per Container 1	
Amount Per Serving	
Calories 180	Calories from Fat 70
% Daily Value*	
Total Fat 8g	12%
Saturated Fat 5g	25%
Trans Fat 0g	
Cholesterol 35mg	12%
Sodium 220mg	9%
Potassium 380mg	11%
Total Carbohydrate 25g	8%
Dietary Fiber 0g	0%
Sugars 24g	
Protein 8g	
Vitamin A 4%	• Vitamin C 2%
Calcium 30%	• 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 calorie 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
Potassium	3,500 mg 3,500 mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

INGREDIENTS: MILK, sugar, high fructose corn syrup, cocoa (cocoa processed with alkali, salt, carrageenan, vanillin), vitamin D3 added.

Flavor	Serving Size	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fats (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Protein (g)	Calcium (%)	Dietary Fiber (g)	Sugar (g)
Vitamin D Milk	1 cup	150	70	8	5	0	35	125	13	8	30	0	12
2% Reduced Fat Milk	1 cup	130	45	5	3	0	20	125	13	8	30	0	12
1% Lowfat Milk	1 cup	100	20	2.5	1.5	0	10	125	13	8	30	0	12
Fat Free Skim Milk	1 cup	90	0	0	0	0	5	125	13	8	30	0	12
1% Lowfat Buttermilk	1 cup	110	20	2.5	1.5	0	15	360	14	9	30	0	13
1% Lowfat Chocolate Milk	1 cup	160	25	2.5	1.5	0	15	220	26	8	30	0	24
Lowfat Eggnog	1/2 cup	120	25	3	1.5	0	40	125	20	4	15	0	18
Half and Half	2 Tbsp	25	30	3	2	0	10	20	1	1	4	0	1
Whipping Cream 36%	1 Tbsp	50	50	6	3.5	0	20	5	1	0	2	0	0
Ultra Pasteurized Original Fat-Free Half & Half	2 Tbsp	20	0	0	0	0	0	25	3	1	4	0	2
1% Lowfat and 2% Reduced Fat Milk in 8 oz. Yellow Plastic	Individual	nutrition	info	available	by	request.		Individual	nutrition	info	available	by	request.
Traditional Eggnog	1/2 cup	170	70	8	5	0	60	85	23	4	15	0	21
No Sugar Added Chocolate Lowfat Milk	1 cup	110	25	2.5	1.5	0	15	230	13	9	30	0	12
Ultra Pasteurized Original Half & Half	2 Tbsp	40	30	3	2	0	10	25	1	1	4	0	1

Flavor	Serving Size	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fats (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Protein (g)	Calcium (%)	Dietary Fiber (g)	Sugars (g)
Orange Juice	1 cup	120	0	0	0	0	0	0	29	1	2	0	25
Old Fashioned Lemon Iced Tea	1 cup	90	0	0	0	0	0	10	23	0	0	0	22
Black Cherry Punch	1 cup	110	0	0	0	0	0	0	28	0	0	0	26
Orange Punch	1 cup	110	0	0	0	0	0	0	28	0	0	0	26
Fruit Punch	1 cup	12	0	0	0	0	0	10	29	0	0	0	27
Lemon-Lime Punch	1 cup	120	0	0	0	0	0	5	29	0	0	0	27
Pink Lemon Punch	1 cup	120	0	0	0	0	0	20	29	0	0	0	27
Blue Raspberry Punch	1 cup	90	0	0	0	0	0	0	22	0	0	0	21
Orange Juice with Calcium	1 cup	120	0	0	0	0	0	0	29	1	30	0	25
Southern Style Sweet Tea	1 cup	100	0	0	0	0	0	0	25	0	0	0	23
Peach Tea	1/2 cup	100	0	0	0	0	0	0	26	0	2	0	25

Smith's Orange Juice

03/26/2009

Nutrition Facts	
Serving Size 1 cup	
Servings Per Container	
Amount Per Serving	
Calories 120	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Potassium 420mg	12%
Total Carbohydrate 29g	10%
Dietary Fiber 0g	0%
Sugars 25g	
Protein 1g	
Vitamin A 4%	• Vitamin C 100%
Calcium 2%	• Iron 2%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300 mg
Sodium	Less than 2,400mg 2,400mg
Potassium	3,500 mg 3,500 mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

INGREDIENTS: Water, Orange juice concentrate.

PASTEURIZED

Contains 100% Juice

Slim'n Trim®



**PLAIN
LOWFAT YOGURT**
WITH OTHER NATURAL FLAVORS
1% MILKFAT
GRADE A PASTERURIZED



NUTRITIONAL INFORMATION PER SERVING

SERVING SIZE 8 OZ.	PROTEIN 9 GRAMS
SERVINGS PER CONTAINER 10	CARBOHYDRATE 33 GRAMS
CALORIES 180	FAT 2 GRAMS
PERCENTAGE OF U.S. RECOMMENDED DAILY ALLOWANCES (U.S. RDA)	
PROTEIN 20	IRON 0
VITAMIN A 0	VITAMIN B6 4
VITAMIN C 0	VITAMIN B12 15
THIAMINE 2	PHOSPHORUS 25
RIBOFLAVIN 0	MAGNESIUM 10
CALCIUM 35	ZINC 6
	PANTOTHENIC ACID 6

**NET WT.
5 LBS.**

INGREDIENTS: GRADE A PASTERURIZED CULTURED LOWFAT MILK, SUGAR, NONFAT MILK SOLIDS, CORN SWEETENER, MODIFIED FOOD STARCH, GELATIN, NATURAL FLAVORS, POTASSIUM SORBATE (TO HELP PROTECT FLAVOR).

MEG BY PLANT #42-157
SLIM 'N TRIM REG. U.S. PAT. & TM OFF.

Smith's Small Curd Cottage Cheese

10/25/2010

Nutrition Facts	
Serving Size 1/2 Cup (113g)	
Servings Per Container	
Amount Per Serving	
Calories 100	Calories from Fat 40
% Daily Value*	
Total Fat 4.5g	7%
Saturated Fat 3g	15%
Trans Fat 0g	
Cholesterol 20mg	7%
Sodium 470mg	20%
Potassium 130mg	4%
Total Carbohydrate 4g	1%
Dietary Fiber 0g	0%
Sugars 4g	
Protein 12g	
Vitamin A 2%	• Vitamin C 2%
Calcium 8%	• Iron 0%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie 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
Potassium	3,500 mg 3,500 mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

INGREDIENTS: Cultured nonfat MILK, MILK, CREAM, stabilizer (WHEY, corn starch, sorbic acid, guar gum, citric acid, locust bean gum, carrageenan, SOY LECITHIN, sodium phosphate, potassium phosphate), salt, natural flavor, enzymes.

Contains Milk, Soy.

Smith's Lowfat Cottage Cheese

03/10/2009

Nutrition Facts	
Serving Size 1/2 Cup (113g)	
Servings Per Container	
Amount Per Serving	
Calories 80	Calories from Fat 20
% Daily Value*	
Total Fat 2.5g	4%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 15mg	5%
Sodium 530mg	22%
Potassium 135mg	4%
Total Carbohydrate 5g	2%
Dietary Fiber 0g	0%
Sugars 4g	
Protein 12g	
Vitamin A 2%	Vitamin C 2%
Calcium 8%	Iron 0%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie 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
Potassium	3,500 mg 3,500 mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 8 • Carbohydrate 4 • Protein 4	

INGREDIENTS: Cultured nonfat MILK, MILK, CREAM, stabilizer (WHEY, corn starch, sorbic acid, guar gum, citric acid, locust bean gum, carrageenan, SOY LECITHIN, sodium phosphate, potassium phosphate), salt, natural flavor, enzymes.

Contains Milk, Soy.

Words in CAPS should be in BOLD print

Regular Sour Cream

03/10/2009

Nutrition Facts			
Serving Size 2 Tbsp (30g)			
Servings Per Container			
Amount Per Serving			
Calories 60	Calories from Fat 50		
%			
* Daily Value*			
Total Fat 6g	9%		
Saturated Fat 3.5g	18%		
Trans Fat 0g			
Cholesterol 20mg	7%		
Sodium 25mg	1%		
Potassium 40mg	1%		
Total Carbohydrate 2g	1%		
Dietary Fiber 0g	0%		
Sugars 1g			
Protein 1g			
Vitamin A 4%	• Vitamin C 0%		
Calcium 4%	• Iron 0%		
*Percent Daily Values are based on a diet of 2,000 calories. Your daily values may be higher or lower depending on your calorie 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
Potassium		3,500 mg	3,500 mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
Fat 9 • Carbohydrate 4 • Protein 4			

INGREDIENTS: Cultured MILK and CREAM, modified corn starch, kosher gelatin, sodium phosphate, guar gum, carrageenan, locust bean gum, potassium sorbate [to retain freshness], sodium citrate, enzymes.

Contains Milk.

Words in CAPS print in BOLD

Ko kosher

Flavor	Serving Size	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fats (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Protein (g)	Calcium (%)	Dietary Fiber (g)	Sugars (g)
Gallon Vanilla Shake Mix	1/2 cup	200	60	6	4	0	25	160	31	5	20	0	26
Gallon Reduced Fat Vanilla Soft Serve Mix	1/2 cup	140	50	5	3.5	0	20	95	19	3	15	0	16
Gallon Reduced Fat Chocolate Soft Serve Mix	1/2 cup	120	35	4	2.5	0	15	95	20	3	10	<1	16

Flavor	Serving Size	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fats (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Protein (g)	Calcium (%)	Dietary Fiber (g)	Sugars (g)
Gallon Vanilla Shake Mix	1/2 cup	200	60	6	4	0	25	160	31	5	20	0	26
Gallon Reduced Fat Vanilla Soft Serve Mix	1/2 cup	140	50	5	3.5	0	20	95	19	3	15	0	16
Gallon Reduced Fat Chocolate Soft Serve Mix	1/2 cup	120	35	4	2.5	0	15	95	20	3	10	<1	16