



# SCHOOL MILK

Fresh, Local, Premium Quality Dairy from our ten family farms in Columbia, Dutchess, and Ulster Counties.

Product Code	Description	Unit Size	Pack size	Storage Info	Shelf Life	UPC #
WHOLE8OZ	Whole White Milk	8 oz.	50 units / case	35-38°F	14 days	746104555335
LOWFAT8OZ	Low Fat White Milk	8 oz.	50 units / case	35-38°F	14 days	746104555342
FATFREE8OZ	Skim White Milk	8 oz.	50 units / case	35-38°F	14 days	746104555359
LFCHOC8OZ	Lowfat Chocolate Milk	8 oz.	50 units / case	35-38°F	14 days	746104555380
FFCHOC8OZ	Fat Free Chocolate Milk	8 oz.	50 units / case	35-38°F	14 days	746104555366
CHOC8OZ	All Natural Chocolate Milk	8 oz.	50 units / case	35-38°F	14 days	746104555373

**5 Gallon Bags and 13.5 oz Grab & Go Sizes also Available**

Milk packed in plastic milk crates.



For more information:  
[info@hudsonvalleyfresh.com](mailto:info@hudsonvalleyfresh.com)  
[www.hudsonvalleyfresh.com](http://www.hudsonvalleyfresh.com)

Crates to be promptly returned.  
 January 1, 2019



# Nutritional Information

## WHOLE8OZ

Nutrition Facts	
Serving size 1 container (240 mL)	
Amount per serving	
<b>Calories</b>	<b>170</b>
	% Daily Value*
Total Fat 10g	13%
Saturated Fat 6g	30%
Trans Fat 0g	
Cholesterol 35mg	12%
Sodium 120mg	5%
Total Carbohydrate 11g	4%
Dietary Fiber 0g	0%
Total Sugars 11g	
Includes 0g Added Sugars	0%
<b>Protein 9g</b>	
Vitamin D 3mcg	15%
Calcium 290mg	20%
Iron 0mg	0%
Potassium 368mg	8%

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

## LOWFAT8OZ

Nutrition Facts	
Serving size 1 container (240 mL)	
Amount per serving	
<b>Calories</b>	<b>100</b>
	% Daily Value*
Total Fat 2.5g	3%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 105mg	5%
Total Carbohydrate 12g	4%
Dietary Fiber 0g	0%
Total Sugars 12g	
Includes 0g Added Sugars	0%
<b>Protein 8g</b>	
Vitamin D 3mcg	15%
Calcium 305mg	25%
Iron 0mg	0%
Potassium 366mg	8%
Vitamin A 181mcg	20%

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

## FATFREE8OZ

Nutrition Facts	
Serving size 1 container (240 mL)	
Amount per serving	
<b>Calories</b>	<b>80</b>
	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 105mg	5%
Total Carbohydrate 12g	4%
Dietary Fiber 0g	0%
Total Sugars 12g	
Includes 0g Added Sugars	0%
<b>Protein 8g</b>	
Vitamin D 3mcg	15%
Calcium 299mg	25%
Iron 0mg	0%
Potassium 382mg	8%
Vitamin A 156mcg	15%

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

## CHOC8OZ

Nutrition Facts	
Serving size 1 container (240 mL)	
Amount per serving	
<b>Calories</b>	<b>220</b>
	% Daily Value*
Total Fat 9g	12%
Saturated Fat 6g	29%
Trans Fat 0g	
Cholesterol 35mg	11%
Sodium 200mg	9%
Total Carbohydrate 26g	10%
Dietary Fiber 1g	3%
Total Sugars 25g	
Includes 15g Added Sugars	29%
<b>Protein 9g</b>	
Vitamin D 3mcg	15%
Calcium 276mg	20%
Iron 1mg	6%
Potassium 475mg	10%
Vitamin A 91mcg	10%

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

## LFCHOC8OZ

Nutrition Facts	
Serving size 1 container (240 mL)	
Amount per serving	
<b>Calories</b>	<b>160</b>
	% Daily Value*
Total Fat 2.5g	3%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 10mg	4%
Sodium 190mg	8%
Total Carbohydrate 27g	10%
Dietary Fiber 1g	3%
Total Sugars 26g	
Includes 15g Added Sugars	29%
<b>Protein 8g</b>	
Vitamin D 2mcg	10%
Calcium 290mg	20%
Iron 1mg	6%
Potassium 472mg	10%
Vitamin A 168mcg	20%

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

## FFCHOC8OZ

Nutrition Facts	
Serving size 1 container(240 mL)	
Amount per serving	
<b>Calories</b>	<b>140</b>
	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 180mg	8%
Total Carbohydrate 27g	10%
Dietary Fiber 1g	3%
Total Sugars 26g	
Includes 15g Added Sugars	29%
<b>Protein 8g</b>	
Vitamin D 2mcg	10%
Calcium 283mg	20%
Iron 1mg	6%
Potassium 485mg	10%
Vitamin A 168mcg	20%

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