

# 1.5% Milk

**Serving Size:** 1 cup (240ml)

**Servings Per Container:** 8 (Per Half Gallon)

**Ingredients:** Milk

<b>Amount Per Serving</b>			
Calories 110		Calories from Fat 35	
		<b>% Daily Value</b>	
<b>Total Fat 4g</b>			<b>6%</b>
Saturated Fat 1.5g			8%
Trans Fat 0g			
<b>Cholesterol 15mg</b>			<b>5%</b>
<b>Sodium 125mg</b>			<b>5%</b>
<b>Total Carbohydrate 12g</b>			<b>4%</b>
Dietary Fiber 0%			0%
Sugars 12g			
<b>Protein 8g</b>			
<b>Vitamin A 17%</b>			<b>Vitamin C 4%</b>
<b>Calcium 30%</b>			<b>Iron 0%</b>
<b>Vitamin D 28%</b>			
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	<b>Calories:</b>	<b>2,000</b>	<b>2,500</b>
<b>Total Fat</b>	<b>Less than</b>	<b>65g</b>	<b>80g</b>
<b>Saturated Fat</b>	<b>Less than</b>	<b>20g</b>	<b>25g</b>
<b>Cholesterol</b>	<b>Less than</b>	<b>300mg</b>	<b>300mg</b>
<b>Sodium</b>	<b>Less than</b>	<b>2,400mg</b>	<b>2,400mg</b>
<b>Total Carbohydrates</b>		<b>300mg</b>	<b>375mg</b>
<b>Dietary Fiber</b>		<b>25g</b>	<b>30g</b>
<b>Calories per gram</b>			
<b>Fat 9</b>	<b>Carbohydrate 4</b>	<b>Protein 4</b>	

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

## 1% Milk

**Serving Size:** 1 cup (240ml)

**Servings Per Container:** 8 (Per Half Gallon)

**Ingredients:** Milk

<b>Amount Per Serving</b>			
Calories 100		Calories from Fat 25	
			<b>% Daily Value</b>
<b>Total Fat 2.5g</b>			<b>4%</b>
Saturated Fat 1.5g			8%
Trans Fat 0g			
<b>Cholesterol 10mg</b>			<b>3%</b>
<b>Sodium 125mg</b>			<b>5%</b>
<b>Total Carbohydrate 12g</b>			<b>4%</b>
Dietary Fiber 0%			0%
Sugars 12g			
<b>Protein 8g</b>			
<b>Vitamin A 18%</b>			<b>Vitamin C 4%</b>
<b>Calcium 30%</b>			<b>Iron 0%</b>
<b>Vitamin D 33%</b>			
	<b>Calories:</b>	<b>2,000</b>	<b>2,500</b>
<b>Total Fat</b>	<b>Less than</b>	<b>65g</b>	<b>80g</b>
<b>Saturated Fat</b>	<b>Less than</b>	<b>20g</b>	<b>25g</b>
<b>Cholesterol</b>	<b>Less than</b>	<b>300mg</b>	<b>300mg</b>
<b>Sodium</b>	<b>Less than</b>	<b>2,400mg</b>	<b>2,400mg</b>
<b>Total Carbohydrates</b>		<b>300mg</b>	<b>375mg</b>
<b>Dietary Fiber</b>		<b>25g</b>	<b>30g</b>
<b>Calories per gram</b>			

**Fat 9**

**Carbohydrate 4**

**Protein 4**

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

**2% Milk**

**Serving Size:** 1 cup (240ml)

**Servings Per Container:** 8 (Per Half Gallon)

**Ingredients:** Milk

**Amount Per Serving**

**Calories 120**

**Calories from Fat 40**

**% Daily Value**

**Total Fat 5g**

**7%**

Saturated Fat 3g

**15%**

Trans Fat 0g

**Cholesterol 15mg**

**6%**

**Sodium 120mg**

**5%**

**Total Carbohydrate 12g**

**4%**

Dietary Fiber 0%

**0%**

Sugars 12g

**Protein 8g**

**Vitamin A 22%**

**Vitamin C 4%**

**Calcium 30%**

**Iron 0%**

**Vitamin D 33%**

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	<b>Calories:</b>	<b>2,000</b>	<b>2,500</b>
<b>Total Fat</b>	<b>Less than</b>	<b>65g</b>	<b>80g</b>
<b>Saturated Fat</b>	<b>Less than</b>	<b>20g</b>	<b>25g</b>
<b>Cholesterol</b>	<b>Less than</b>	<b>300mg</b>	<b>300mg</b>
<b>Sodium</b>	<b>Less than</b>	<b>2,400mg</b>	<b>2,400mg</b>
<b>Total Carbohydrates</b>		<b>300mg</b>	<b>375mg</b>
<b>Dietary Fiber</b>		<b>25g</b>	<b>30g</b>

**Calories per gram****Fat 9****Carbohydrate 4****Protein 4**

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

**American Heritage Cream Cheese****Serving Size:** 2 tbsp (30g)**Servings Per Container:** About 7 (serving varied)

**Ingredients:** Pasteurized milk and cream, cheese culture, salt, guar gum, citric acid, potassium sorbate (preservative), carob bean gum, xanthan gum. Contains milk.

**Amount Per Serving**

Calories 80

Calories from Fat 60

**% Daily Value**

<b>Total Fat 7g</b>		<b>11%</b>
Saturated Fat 4.5g		23%
Trans Fat 0g		
<b>Cholesterol 25mg</b>		<b>8%</b>
<b>Sodium 120mg</b>		<b>5%</b>
<b>Total Carbohydrate 2g</b>		<b>1%</b>
Dietary Fiber 0g		0%
Sugars 2g		
<b>Protein 2g</b>		
<b>Vitamin A 6%</b>		<b>Vitamin C 0%</b>
<b>Calcium 4%</b>		<b>Iron 0%</b>

	<b>Calories:</b>	<b>2,000</b>	<b>2,500</b>
<b>Total Fat</b>	<b>Less than</b>	<b>65g</b>	<b>80g</b>
<b>Saturated Fat</b>	<b>Less than</b>	<b>20g</b>	<b>25g</b>
<b>Cholesterol</b>	<b>Less than</b>	<b>300mg</b>	<b>300mg</b>
<b>Sodium</b>	<b>Less than</b>	<b>2,400mg</b>	<b>2,400mg</b>

<b>Total Carbohydrate</b>		<b>300mg</b>	<b>375mg</b>
<b>Dietary Fiber</b>		<b>25g</b>	<b>30g</b>
<b>Calories per gram</b>			
<b>Fat 9</b>	<b>Carbohydrate 4</b>	<b>Protein 4</b>	

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

## Butter

**Serving Size:** 1 tbsp (14g)

**Servings Per Container:** 32

**Ingredients:** Cream, salt **Comments:** The percentage of fat in 1 pound of butter is 78.57%.

<b>Amount Per Serving</b>			
Calories 100			Calories from Fat 100
			<b>% Daily Value</b>
<b>Total Fat 11g</b>			<b>17%</b>
Saturated Fat 7g			36%
<b>Cholesterol 30mg</b>			<b>10%</b>
<b>Sodium 90mg</b>			<b>4%</b>
<b>Total Carbohydrates 0g</b>			<b>0%</b>
<b>Protein 0g</b>			
<b>Vitamin A 8%</b>			
	<b>Calories:</b>	<b>2,000</b>	<b>2,500</b>
<b>Total Fat</b>	<b>Less than</b>	<b>65g</b>	<b>80g</b>
<b>Saturated Fat</b>	<b>Less than</b>	<b>20g</b>	<b>25g</b>
<b>Cholesterol</b>	<b>Less than</b>	<b>300mg</b>	<b>300mg</b>
<b>Sodium</b>	<b>Less than</b>	<b>2,400mg</b>	<b>2,400mg</b>
<b>Total Carbohydrates</b>		<b>300mg</b>	<b>375mg</b>
<b>Dietary Fiber</b>		<b>25g</b>	<b>30g</b>

**Calories per gram**

**Fat 9**

**Carbohydrate 4**

**Protein 4**

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## Café Complements Creamer

**Serving Size:** 1 tbsp (15ml)

**Servings Per Container:** 63

**Ingredients:** Water, sugar, high oleic soybean oil, corn syrup solids, less than 2% of: sodium caseinate (a milk derivative), dipotassium phosphate, datem, polysorbate 60, natural and artificial flavors, carrageenan, mixed tocopherols (for freshness) \*\*\*Not a source of lactose. Supplied to Royal Crest Dairy by Shamrock Farms

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### Amount Per Serving

Calories 35

Calories from Fat 15

**Total Fat 1.5g**

**% Daily Value**

**2%**

Saturated Fat 0g

Polyunsaturated Fat 0g

Monounsaturated Fat 1g

Trans Fat 0g

**Cholesterol 0mg**

**0%**

**Sodium 0mg**

**0%**

**Total Carbohydrates 6g**

**2%**

Dietary Fiber 0g

0%

Sugars 6g

**Protein 0g**

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	<b>Calories:</b>	<b>2,000</b>	<b>2,500</b>
<b>Total Fat</b>	<b>Less than</b>	<b>65g</b>	<b>80g</b>
<b>Saturated Fat</b>	<b>Less than</b>	<b>20g</b>	<b>25g</b>
<b>Cholesterol</b>	<b>Less than</b>	<b>300mg</b>	<b>300mg</b>
<b>Sodium</b>	<b>Less than</b>	<b>2,400mg</b>	<b>2,400mg</b>
<b>Total Carbohydrates</b>		<b>300mg</b>	<b>375mg</b>

<b>Dietary Fiber</b>		<b>25g</b>	<b>30g</b>
<b>Calories per gram</b>			
<b>Fat 9</b>	<b>Carbohydrate 4</b>	<b>Protein 4</b>	

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**Califia Tangerine Juice**

**Serving Size:** 1 cup (240ml)

**Servings Per Container:** 6

**Ingredients:** 100% tangerine juice

<b>Amount Per Serving</b>			
Calories 100			Calories from Fat 5
			<b>% Daily Value</b>
<b>Total Fat 0g</b>			<b>0%</b>
Saturated Fat 0g			0%
<b>Cholesterol 0g</b>			<b>0%</b>
<b>Sodium 0g</b>			<b>0%</b>
<b>Potassium 430mg</b>			<b>12%</b>
<b>Total Carbohydrate 24g</b>			<b>8%</b>
Dietary Fiber 0g			0%
Sugars 24g (no sugar added)			
<b>Protein 1g</b>			
<b>Vitamin A 8%</b>			<b>Vitamin C 80%</b>
<b>Calcium 4%</b>			<b>Iron 2%</b>
	<b>Calories:</b>	<b>2,000</b>	<b>2,500</b>
<b>Total Fat</b>	<b>Less than</b>	<b>65g</b>	<b>80g</b>
<b>Saturated Fat</b>	<b>Less than</b>	<b>20g</b>	<b>25g</b>
<b>Cholesterol</b>	<b>Less than</b>	<b>300mg</b>	<b>300mg</b>
<b>Sodium</b>	<b>Less than</b>	<b>2,400mg</b>	<b>2,400mg</b>

<b>Total Carbohydrates</b>		<b>300mg</b>	<b>375mg</b>
<b>Dietary Fiber</b>		<b>25g</b>	<b>30g</b>
<b>Calories per gram</b>			
<b>Fat 9</b>	<b>Carbohydrate 4</b>	<b>Protein 4</b>	

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

## Califia Unsweetened Almondmilk

**Serving Size:** 1 cup (240ml)

**Servings Per Container:** 6

**Ingredients:** (Water, Almonds), Sunflower Lecithin, Sea Salt, Potassium Citrate, Natural Flavors, Locust Bean Gum, Gellan Gum. Comments: Made from non-genetically engineered almonds.

<b>Amount Per Serving</b>		
Calories 35		Calories from Fat 30
		<b>% Daily Value</b>
<b>Total Fat 3g</b>		<b>5%</b>
Saturated Fat 0g		
Trans Fat 0g		
<b>Cholesterol 0mg</b>		<b>0%</b>
<b>Sodium 160mg</b>		<b>7%</b>
<b>Total Carbohydrates 1g</b>		<b>0%</b>
Dietary Fiber		4%
Sugars 0g		
<b>Protein 1g</b>		
<b>Vitamin A 0%</b>		<b>Vitamin C 0%</b>
<b>Calcium 45%</b>		<b>Iron 2%</b>
<b>Vitamin D 0%</b>		<b>Vitamin B12 0%</b>
<b>Riboflavin 0%</b>		<b>Vitamin E 0%</b>
<b>Magnesium 0%</b>		<b>Zinc 0%</b>
		<b>Copper 0%</b>



	<b>Calories:</b>	<b>2,000</b>	<b>2,500</b>
<b>Total Fat</b>	<b>Less than</b>	<b>65g</b>	<b>80g</b>
<b>Saturated Fat</b>	<b>Less than</b>	<b>20g</b>	<b>25g</b>
<b>Cholesterol</b>	<b>Less than</b>	<b>300mg</b>	<b>300mg</b>
<b>Sodium</b>	<b>Less than</b>	<b>2,400mg</b>	<b>2,400mg</b>
<b>Total Carbohydrates</b>		<b>300mg</b>	<b>375mg</b>
<b>Dietary Fiber</b>		<b>25g</b>	<b>30g</b>
<b>Calories per gram</b>			
<b>Fat 9</b>	<b>Carbohydrate 4</b>	<b>Protein 4</b>	

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### Chippewa Valley Block Colby Jack Cheese

**Serving Size:** 1 oz/1 in cube (28g)

**Servings Per Container:** 16

**Ingredients:** Cultured Pasteurized Milk, Enzymes, salt, Annatto color. Milk that is used to make this product is RBGH free. No Casein or MPC added. No mammal byproducts fed to cows. All animals treated kindly and humanely.

<b>Amount Per Serving</b>		
Calories 110		Calories from Fat 80
		<b>% Daily Value</b>
<b>Total Fat 9g</b>		<b>14%</b>
Saturated Fat 5.5g		27%
Trans Fat 0g		
<b>Cholesterol 30mg</b>		<b>9%</b>
<b>Sodium 170mg</b>		<b>7%</b>
<b>Total Carbohydrate 0g</b>		<b>0%</b>
Dietary Fiber 0g		0%
Sugars 0g		
<b>Protein 7g</b>		

<b>Vitamin A 6%</b>			<b>Vitamin C 0%</b>
<b>Calcium 20%</b>			<b>Iron 0%</b>
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	<b>Calories:</b>	<b>2,000</b>	<b>2,500</b>
<b>Total Fat</b>	<b>Less than</b>	<b>65g</b>	<b>80g</b>
<b>Saturated Fat</b>	<b>Less than</b>	<b>20g</b>	<b>25g</b>
<b>Cholesterol</b>	<b>Less than</b>	<b>300mg</b>	<b>300mg</b>
<b>Sodium</b>	<b>Less than</b>	<b>2,400mg</b>	<b>2,400mg</b>
<b>Total Carbohydrate</b>		<b>300mg</b>	<b>375mg</b>
<b>Dietary Fiber</b>		<b>25g</b>	<b>30g</b>
<b>Calories per gram</b>			
<b>Fat 9</b>	<b>Carbohydrate 4</b>	<b>Protein 4</b>	
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\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

### Chippewa Valley Sharp Block Cheddar Cheese

**Serving Size:** 1 oz/1 in cube (28g)

**Servings Per Container:** 16

**Ingredients:** Cultured Pasteurized Milk, enzymes, salt, & annatto (vegetable color). Milk that is used to make this product IS RBGH free. No Casein or MPC added. No mammal byproducts fed to cows. All animals treated kindly and humanely.

<b>Amount Per Serving</b>		
Calories 110		Calories from Fat 80
		<b>% Daily Value</b>
<b>Total Fat 9g</b>		<b>14%</b>
Saturated Fat 5.5g		27%
<b>Cholesterol 30mg</b>		<b>9%</b>
<b>Sodium 180mg</b>		<b>7%</b>
<b>Total Carbohydrate 1g</b>		<b>0%</b>
Dietary Fiber 0g		0%

Sugars 0g			
<b>Protein 7g</b>			
<b>Vitamin A 6%</b>			<b>Vitamin C 0%</b>
<b>Calcium 20%</b>			<b>Iron 0%</b>
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	<b>Calories:</b>	<b>2,000</b>	<b>2,500</b>
<b>Total Fat</b>	<b>Less than</b>	<b>65g</b>	<b>80g</b>
<b>Saturated Fat</b>	<b>Less than</b>	<b>20g</b>	<b>25g</b>
<b>Cholesterol</b>	<b>Less than</b>	<b>300mg</b>	<b>300mg</b>
<b>Sodium</b>	<b>Less than</b>	<b>2,400mg</b>	<b>2,400mg</b>
<b>Total Carbohydrate</b>		<b>300mg</b>	<b>375mg</b>
<b>Dietary Fiber</b>		<b>25g</b>	<b>30g</b>
<b>Calories per gram</b>			
<b>Fat 9</b>	<b>Carbohydrate 4</b>	<b>Protein 4</b>	
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**Chobani Greek Yogurt – Blueberry**

**Serving Size:** 5.3 oz (150g)

**Servings Per Container:** 1

**Ingredients:** Nonfat yogurt (cultured pasteurized nonfat milk, live and active cultures: S. Thermophilus, L. Bulgaricus, L. Acidophilus, bifidus and L. Casei) Fruit on the bottom (blueberries, evaporated cane juice, pectin, locust bean gum, natural flavor).

<b>Amount Per Serving</b>	
Calories 130	Calories from Fat 0
	<b>% Daily Value</b>
<b>Total Fat 0g</b>	<b>0%</b>
Saturated Fat 0g	0%
Trans Fat 0g	0%
<b>Cholesterol 5mg</b>	<b>0%</b>

<b>Sodium 60mg</b>			<b>3%</b>
<b>Total Carbohydrate 19g</b>			<b>6%</b>
Dietary Fiber <1g			3%
Sugars 15g			
<b>Protein 12g</b>			<b>24%</b>
<b>Vitamin A &lt;0%</b>			<b>Vitamin C 6%</b>
<b>Calcium 15%</b>			<b>Iron 0%</b>
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	<b>Calories:</b>	<b>2,000</b>	<b>2,500</b>
<b>Total Fat</b>	<b>Less than</b>	<b>65g</b>	<b>80g</b>
<b>Saturated Fat</b>	<b>Less than</b>	<b>20g</b>	<b>25g</b>
<b>Cholesterol</b>	<b>Less than</b>	<b>300mg</b>	<b>300mg</b>
<b>Sodium</b>	<b>Less than</b>	<b>2,400mg</b>	<b>2,400mg</b>
<b>Total Carbohydrates</b>		<b>300mg</b>	<b>375mg</b>
<b>Dietary Fiber</b>		<b>25g</b>	<b>30g</b>
<b>Calories per gram</b>			
<b>Fat 9</b>	<b>Carbohydrate 4</b>	<b>Protein 4</b>	
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\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

### Chobani Greek Yogurt – Strawberry

**Serving Size:** 5.3 oz (150g)

**Servings Per Container:** 1

**Ingredients:** Nonfat yogurt (cultured pasteurized nonfat milk, live and active cultures: S. Thermophilus, L. Bulgaricus, L. Acidophilus, bifidus and L. Casei) Fruit on the bottom (strawberries, evaporated cane juice, pectin, natural flavors, Locust bean gum, fruit and vegetable juice concentrate [for color]).

<b>Amount Per Serving</b>		
Calories 120		Calories from Fat 0
		<b>% Daily Value</b>
<b>Total Fat 0g</b>		<b>0%</b>

Saturated Fat 0g			0%
Trans Fat 0g			0%
<b>Cholesterol 5mg</b>			<b>0%</b>
<b>Sodium 60mg</b>			<b>3%</b>
<b>Total Carbohydrate 19g</b>			<b>6%</b>
Dietary Fiber <1g			2%
Sugars 15g			
<b>Protein 12g</b>			<b>24%</b>
<b>Vitamin A &lt;0%</b>			<b>Vitamin C 0%</b>
<b>Calcium 15%</b>			<b>Iron 0%</b>
<hr/>			
	<b>Calories:</b>	<b>2,000</b>	<b>2,500</b>
<b>Total Fat</b>	<b>Less than</b>	<b>65g</b>	<b>80g</b>
<b>Saturated Fat</b>	<b>Less than</b>	<b>20g</b>	<b>25g</b>
<b>Cholesterol</b>	<b>Less than</b>	<b>300mg</b>	<b>300mg</b>
<b>Sodium</b>	<b>Less than</b>	<b>2,400mg</b>	<b>2,400mg</b>
<b>Total Carbohydrates</b>		<b>300g</b>	<b>375g</b>
<b>Dietary Fiber</b>		<b>25g</b>	<b>30g</b>
<b>Calories per gram</b>			
<b>Fat 9</b>	<b>Carbohydrate 4</b>	<b>Protein 4</b>	
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## Chocolate Chunk Cookie Dough

**Serving Size:** 1 1/2 tbsp (30g/1 cookie)

**Servings Per Container:** 37

**Ingredients:** Enriched wheat flour [flour, ascorbic acid (dough conditioner), niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid], sugar, chocolate chunks (sugar, chocolate liqueur, cocoa butter, soy lecithin, vanilla, artificial flavor, salt), vegetable oil margarine [modified palm and palm kernel oil, liquid canola oil, water, salt, whey powder, vegetable monoglycerides, soybean lecithin, potassium sorbate (preservative), citric acid, artificial flavor, vitamin A palmitate, beta carotene, vitamin D3], eggs, liquid invert sugar, cooking molasses, baking soda, natural flavor, salt. Contains wheat, eggs, milk and soy. Processed in a plant that contains peanuts, tree nuts, sulfites and tartrazine.

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**Amount Per Serving**

Calories 130

Calories from Fat 60

	<b>% Daily Value</b>
<b>Total Fat 6g</b>	<b>9%</b>
Saturated Fat 3g	15%
Trans Fat 0g	
<b>Cholesterol 5mg</b>	<b>2%</b>
<b>Sodium 100mg</b>	<b>4%</b>
<b>Total Carbohydrate 18g</b>	<b>6%</b>
Dietary Fiber 1g	4%
Sugars 10g	
<b>Protein 2g</b>	
<b>Vitamin A 4%</b>	<b>Vitamin C 0%</b>
<b>Calcium 0%</b>	<b>Iron 4%</b>

	<b>Calories:</b>	<b>2,000</b>	<b>2,500</b>
<b>Total Fat</b>	<b>Less than</b>	<b>65g</b>	<b>80g</b>
<b>Saturated Fat</b>	<b>Less than</b>	<b>20g</b>	<b>25g</b>
<b>Cholesterol</b>	<b>Less than</b>	<b>300mg</b>	<b>300mg</b>
<b>Sodium</b>	<b>Less than</b>	<b>2,400mg</b>	<b>2,400mg</b>
<b>Total Carbohydrates</b>		<b>300g</b>	<b>375g</b>
<b>Dietary Fiber</b>		<b>25g</b>	<b>30g</b>
<b>Calories per gram</b>			
<b>Fat 9</b>	<b>Carbohydrate 4</b>	<b>Protein 4</b>	

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

## Chocolate Milk

**Serving Size:** 1 cup (240ml)

**Servings Per Container:** 8 (Per Half Gallon)

**Ingredients:** Grade A 2% Reduced fat milk, sugar, cocoa (processed with alkali), salt, cornstarch, carrageenan, real vanilla and Vitamin A & D added.

**Amount Per Serving**

Calories 190

Calories from Fat 42

	<b>% Daily Value</b>
<b>Total Fat 5g</b>	<b>7%</b>
Saturated Fat 3g	15%
Trans Fat 0g	
<b>Cholesterol 20mg</b>	<b>7%</b>
<b>Sodium 165mg</b>	<b>7%</b>
<b>Total Carbohydrate 30g</b>	<b>10%</b>
Dietary Fiber 2g	7%
Sugars 26g	
<b>Protein 8g</b>	
<b>Vitamin A 18%</b>	<b>Vitamin C 0%</b>
<b>Calcium 30%</b>	<b>Iron 0%</b>
<b>Vitamin D 33%</b>	

	<b>Calories:</b>	<b>2,000</b>	<b>2,500</b>
<b>Total Fat</b>	<b>Less than</b>	<b>65g</b>	<b>80g</b>
<b>Saturated Fat</b>	<b>Less than</b>	<b>20g</b>	<b>25g</b>
<b>Cholesterol</b>	<b>Less than</b>	<b>300mg</b>	<b>300mg</b>
<b>Sodium</b>	<b>Less than</b>	<b>2,400mg</b>	<b>2,400mg</b>
<b>Total Carbohydrates</b>		<b>300mg</b>	<b>375mg</b>
<b>Dietary Fiber</b>		<b>25g</b>	<b>30g</b>
<b>Calories per gram</b>			
<b>Fat 9</b>	<b>Carbohydrate 4</b>		<b>Protein 4</b>

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

## Cookies & Cream Cookie Dough

**Serving Size:** 1 1/2 tbsp (30g/1 cookie)

**Servings Per Container:** 37

**Ingredients:** Enriched wheat flour (flour, niacin, reduced iron, ascorbic acid [dough conditioner], thiamine mononitrate, riboflavin, folic acid), sugar, margarine (palm and palm kernel oil, canola oil, water, salt, whey powder [milk], vegetable monoglycerides, soy lecithin [emulsifier], potassium sorbate [preservative], citric acid,

natural flavor, vitamin A palmitate, colored with beta carotene, vitamin D3), white chocolate chunk (sugar, cocoa butter, whole milk powder, soy lecithin [emulsifier], vanilla extract, salt), hydrox cookies (enriched flour [wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid], sugar, high oleic sunflower oil, cocoa processed with alkali, degermed yellow corn flour, salt, leavening [baking soda, monocalcium phosphate], sunflower lecithin, natural flavor, chocolate liquor), eggs, invert sugar, natural flavor, coconut, water, leavening (baking soda), salt. Contains: wheat, milk, soy, and eggs. May contain peanuts and tree nuts.

**Amount Per Serving**

Calories 130

	<b>% Daily Value</b>
<b>Total Fat 6g</b>	<b>8%</b>
Saturated Fat 2.5g	13%
Trans Fat 0g	
Polyunsaturated Fat 0.5g	
Monounsaturated Fat 2g	
<b>Cholesterol 5mg</b>	<b>2%</b>
<b>Sodium 100mg</b>	<b>4%</b>
<b>Total Carbohydrate 16g</b>	<b>6%</b>
Dietary Fiber 0g	0%
Sugars 11g	
Includes 11g Added Sugars	22%
<b>Protein 2g</b>	
<b>Vitamin D 1mcg</b>	<b>6%</b>
<b>Calcium 12mg</b>	<b>0%</b>
<b>Iron 1mg</b>	<b>6%</b>
<b>Potassium 35mg</b>	<b>0%</b>

	<b>Calories:</b>	<b>2,000</b>	<b>2,500</b>
<b>Total Fat</b>	<b>Less than</b>	<b>65g</b>	<b>80g</b>
<b>Saturated Fat</b>	<b>Less than</b>	<b>20g</b>	<b>25g</b>
<b>Cholesterol</b>	<b>Less than</b>	<b>300mg</b>	<b>300mg</b>
<b>Sodium</b>	<b>Less than</b>	<b>2,400mg</b>	<b>2,400mg</b>
<b>Total Carbohydrates</b>		<b>300g</b>	<b>375g</b>
<b>Dietary Fiber</b>		<b>25g</b>	<b>30g</b>
<b>Calories per gram</b>			
<b>Fat 9</b>	<b>Carbohydrate 4</b>	<b>Protein 4</b>	



\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

## Cottage Cheese

**Serving Size:** 1/2 cup (105g)

**Servings Per Container:** 4

**Ingredients:** Cultured fat free milk, milk, cream, grade A whey salt, nonfat milk solids, guar, potassium sorbate, natural flavor, lecithin, mono and diglycerides, citric acid, carrageenan, locust bean gum, corn starch, sodium and potassium phosphates, enzymes & carbon dioxide (to preserve freshness). Comments: Gluten free, does not contain live bacteria or cultures. Mono Diglycerides is made from a vegetable derivative not animal based.

<b>Amount Per Serving</b>			
Calories 110		Calories from Fat 45	
			<b>% Daily Value`</b>
<b>Total Fat 5g</b>			<b>7%</b>
Saturated Fat 3g			15%
<b>Cholesterol 25mg</b>			<b>8%</b>
<b>Sodium 440mg</b>			<b>18%</b>
<b>Potassium 200mg</b>			<b>18%</b>
<b>Total Carbohydrate 6g</b>			<b>2%</b>
Dietary Fiber 0g			0%
Sugars 5g			
<b>Protein 11g</b>			
<b>Vitamin A 4%</b>			<b>Vitamin C 0%</b>
<b>Calcium 10%</b>			<b>Iron 0%</b>
<hr/>			
	<b>Calories:</b>	<b>2,000</b>	<b>2,500</b>
<b>Total Fat</b>	<b>Less than</b>	<b>65g</b>	<b>80g</b>
<b>Saturated Fat</b>	<b>Less than</b>	<b>20g</b>	<b>25g</b>
<b>Cholesterol</b>	<b>Less than</b>	<b>300mg</b>	<b>300mg</b>
<b>Sodium</b>	<b>Less than</b>	<b>2,400mg</b>	<b>2,400mg</b>

<b>Total Carbohydrate</b>		<b>300mg</b>	<b>375mg</b>
<b>Dietary Fiber</b>		<b>25g</b>	<b>30g</b>
<b>Calories per gram</b>			
<b>Fat 9</b>	<b>Carbohydrate 4</b>	<b>Protein 4</b>	

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

## Double Chocolate Chunk Cookie Dough

**Serving Size:** 1 1/2 tbsp (30g/1 cookie)

**Servings Per Container:** 37

**Ingredients:** Enriched wheat flour (flour, ascorbic acid [dough conditioner], niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), sugar, semi-sweet chocolate chips (sugar, unsweetened chocolate, cocoa butter, dextrose, soy lecithin, vanilla extract), vegetable oil margarine (modified palm and palm kernel oil, liquid canola oil, water, salt, whey powder, vegetable monoglycerides, soy lecithin, potassium sorbate [preservative], citric acid, artificial flavor, vitamin A palmitate, colored with beta carotene, vitamin D3), eggs, liquid invert sugar, cocoa powder (processed with alkali), cooking molasses, water, baking soda, natural flavor salt. Contains wheat, eggs, milk and soy. Processed in a plant that contains peanuts, tree nuts, sulfites and tartrazine.

<b>Amount Per Serving</b>		
Calories 130		Calories from Fat 50
		<b>% Daily Value</b>
<b>Total Fat 6g</b>		<b>9%</b>
Saturated Fat 2.5g		13%
Trans Fat 0g		
<b>Cholesterol 5mg</b>		<b>2%</b>
<b>Sodium 105mg</b>		<b>4%</b>
<b>Total Carbohydrate 18g</b>		<b>6%</b>
Dietary Fiber 1g		4%
Sugars 11g		
<b>Protein 2g</b>		
<b>Vitamin A 4%</b>		<b>Vitamin C 0%</b>

<b>Calcium 0%</b>			<b>Iron 6%</b>
<hr/>			
	<b>Calories:</b>	<b>2,000</b>	<b>2,500</b>
<b>Total Fat</b>	<b>Less than</b>	<b>65g</b>	<b>80g</b>
<b>Saturated Fat</b>	<b>Less than</b>	<b>20g</b>	<b>25g</b>
<b>Cholesterol</b>	<b>Less than</b>	<b>300mg</b>	<b>300mg</b>
<b>Sodium</b>	<b>Less than</b>	<b>2,400mg</b>	<b>2,400mg</b>
<b>Total Carbohydrates</b>		<b>300g</b>	<b>375g</b>
<b>Dietary Fiber</b>		<b>25g</b>	<b>30g</b>
<b>Calories per gram</b>			
<b>Fat 9</b>	<b>Carbohydrate 4</b>	<b>Protein 4</b>	
<hr/>			

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

**Egg-Land’s Best Eggs**

**Serving Size:** 1 egg (50g)

**Servings Per Container:** 12

**Ingredients:** Eggs

<b>Amount Per Serving</b>		
Calories 70		Calories from Fat 35
		<b>% Daily Value</b>
<b>Total Fat 4g</b>		<b>6%</b>
Saturated Fat 1g		6%
Trans Fat 0g		0%
<b>Cholesterol 180mg</b>		<b>60%</b>
<b>Sodium 65mg</b>		<b>2%</b>
<b>Total Carbohydrate 1g</b>		<b>0%</b>
<b>Protein 6g</b>		<b>13%</b>
<b>Vitamin A 6%</b>		<b>Vitamin C 0%</b>
<b>Calcium 2%</b>		<b>Iron 4%</b>

**Vitamin E 25%**  
**Riboflavin 15%**  
**Folate 6%**  
**Phosphorus 8%**  
**Zinc 4%**

**Thiamin 24%**  
**Vitamin B6 4%**  
**Vitamin B12 8%**  
**Iodine 40%**

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	<b>Calories:</b>	<b>2,000</b>	<b>2,500</b>
<b>Total Fat</b>	<b>Less than</b>	<b>65g</b>	<b>80g</b>
<b>Saturated Fat</b>	<b>Less than</b>	<b>20g</b>	<b>25g</b>
<b>Cholesterol</b>	<b>Less than</b>	<b>300mg</b>	<b>300mg</b>
<b>Sodium</b>	<b>Less than</b>	<b>2,400mg</b>	<b>2,400mg</b>
<b>Total Carbohydrates</b>		<b>300mg</b>	<b>375mg</b>
<b>Dietary Fiber</b>		<b>25g</b>	<b>30g</b>
<b>Calories per gram</b>			
<b>Fat 9</b>	<b>Carbohydrate 4</b>	<b>Protein 4</b>	

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\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

## **Eldorado Natural Spring Water – 6 Pack**

**Serving Size:** 1 cup (240ml)

**Servings Per Container:** 2

**Ingredients:** Water

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### **Amount Per Serving**

Calories 0

	<b>% Daily Value</b>
<b>Total Fat 0g</b>	<b>0%</b>
<b>Sodium 0mg</b>	<b>0%</b>
<b>Total Carbohydrate 0g</b>	<b>0%</b>
<b>Protein 1g</b>	<b>0%</b>

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<b>Calories:</b>	<b>2,000</b>	<b>2,500</b>
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<b>Total Fat</b>	<b>Less than</b>	<b>65g</b>	<b>80g</b>
<b>Saturated Fat</b>	<b>Less than</b>	<b>20g</b>	<b>25g</b>
<b>Cholesterol</b>	<b>Less than</b>	<b>300mg</b>	<b>300mg</b>
<b>Sodium</b>	<b>Less than</b>	<b>2,400mg</b>	<b>2,400mg</b>
<b>Total Carbohydrates</b>		<b>300mg</b>	<b>375mg</b>
<b>Dietary Fiber</b>		<b>25g</b>	<b>30g</b>
<b>Calories per gram</b>			
<b>Fat 9</b>	<b>Carbohydrate 4</b>	<b>Protein 4</b>	

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

### Eldorado Natural Spring Water – Case

**Serving Size:** 1 cup (240ml)

**Servings Per Container:** 2

**Ingredients:** Water

<b>Amount Per Serving</b>			
Calories 0			
			<b>% Daily Value</b>
<b>Total Fat 0g</b>			<b>0%</b>
<b>Sodium 0mg</b>			<b>0%</b>
<b>Total Carbohydrate 0g</b>			<b>0%</b>
<b>Protein 1g</b>			<b>0%</b>
<hr/>			
	<b>Calories:</b>	<b>2,000</b>	<b>2,500</b>
<b>Total Fat</b>	<b>Less than</b>	<b>65g</b>	<b>80g</b>
<b>Saturated Fat</b>	<b>Less than</b>	<b>20g</b>	<b>25g</b>
<b>Cholesterol</b>	<b>Less than</b>	<b>300mg</b>	<b>300mg</b>
<b>Sodium</b>	<b>Less than</b>	<b>2,400mg</b>	<b>2,400mg</b>
<b>Total Carbohydrates</b>		<b>300mg</b>	<b>375mg</b>
<b>Dietary Fiber</b>		<b>25g</b>	<b>30g</b>

**Calories per gram**

**Fat 9**

**Carbohydrate 4**

**Protein 4**

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\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

## Half & Half

**Serving Size:** 2 tbsp (30ml)

**Servings Per Container:** 16

**Ingredients:** Milk, cream, disodium phosphate, Sodium citrate **Comments:** Disodium phosphate and sodium citrate are added to keep product from separating. Naturally occurring mineral salts.

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### Amount Per Serving

Calories 40

Calories from Fat 30

#### % Daily Value

**Total Fat 3g**

**5%**

Saturated Fat 2g

10%

**Cholesterol 15mg**

**4%**

**Sodium 30mg**

**1%**

**Total Carbohydrate 1g**

**0%**

Dietary Fiber 0%

0%

Sugars 1 g

**Protein >1g**

**Vitamin A 2%**

**Vitamin C 0%**

**Calcium 4%**

**Iron 0%**

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	<b>Calories:</b>	<b>2,000</b>	<b>2,500</b>
<b>Total Fat</b>	<b>Less than</b>	<b>65g</b>	<b>80g</b>
<b>Saturated Fat</b>	<b>Less than</b>	<b>20g</b>	<b>25g</b>
<b>Cholesterol</b>	<b>Less than</b>	<b>300mg</b>	<b>300mg</b>
<b>Sodium</b>	<b>Less than</b>	<b>2,400mg</b>	<b>2,400mg</b>
<b>Total Carbohydrates</b>		<b>300mg</b>	<b>375</b>
<b>Dietary Fiber</b>		<b>25g</b>	<b>30g</b>

**Calories per gram****Fat 9****Carbohydrate 4****Protein 4**

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

**Lemon Zest Cookie Dough****Serving Size:** 1 1/2 tbsp (30g/1 cookie)**Servings Per Container:** 37

**Ingredients:** Enriched wheat flour (flour, ascorbic acid [dough conditioner], niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), vegetable oil shortening (liquid canola oil, modified palm and palm kernel oil), vegetable oil shortening (liquid canola oil, modified palm and palm kernel oil), sugar, water, eggs, natural and artificial flavors, leavening (baking soda, corn and/or wheat starch, sodium aluminum sulphate, monocalcium phosphate), salt, color (yellow 5) Contains wheat, eggs, milk and soy. Processed in a plant that contains peanuts, tree nuts, sulfites and tartrazine.

**Amount Per Serving**

Calories 140

Calories from Fat 70

**% Daily Value****Total Fat 8g****12%**

Saturated Fat 2.5g

13%

Trans Fat 0g

**Cholesterol 5mg****2%****Sodium 100mg****4%****Total Carbohydrate 15g****5%**

Dietary Fiber 0g

0%

Sugars 7g

**Protein 2g****Vitamin A 0%****Vitamin C 0%****Calcium 0%****Iron 2%****Calories:****2,000****2,500**

<b>Total Fat</b>	<b>Less than</b>	<b>65g</b>	<b>80g</b>
<b>Saturated Fat</b>	<b>Less than</b>	<b>20g</b>	<b>25g</b>
<b>Cholesterol</b>	<b>Less than</b>	<b>300mg</b>	<b>300mg</b>
<b>Sodium</b>	<b>Less than</b>	<b>2,400mg</b>	<b>2,400mg</b>
<b>Total Carbohydrates</b>		<b>300g</b>	<b>375g</b>
<b>Dietary Fiber</b>		<b>25g</b>	<b>30g</b>
<b>Calories per gram</b>			
<b>Fat 9</b>	<b>Carbohydrate 4</b>	<b>Protein 4</b>	

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

### Mix-ins™ Cottage Cheese – Peaches & Pecans

**Serving Size:** 1 container (5.3oz)

**Servings Per Container:** 1

**Ingredients:** Cultured skim milk, peaches, water, sugar, cream, salt, corn starch, plant based gums (guar and locust bean), natural flavors, citric acid, carbon dioxide and potassium sorbate (to preserve freshness), annatto (for color), sodium citrate, xanthan gum, vitamin A palmitate, enzyme. Pecans. Contains: pecans, milk. May contain almonds (tree nuts).

<b>Amount Per Serving</b>	<b>Calories from Fat</b>
Calories 230	
	<b>% Daily Value</b>
<b>Total Fat 12g</b>	<b>16%</b>
Saturated Fat 2.5g	12%
Trans Fat 0g	
<b>Cholesterol 15mg</b>	<b>5%</b>
<b>Sodium 240mg</b>	<b>18%</b>
<b>Potassium mg</b>	<b>4%</b>
<b>Total Carbohydrate 15g</b>	<b>5%</b>
Dietary Fiber 2g	7%
Sugars 12g	
<b>Protein 15g</b>	



**Vitamin A 6%**  
**Vitamin C 0%**  
**Vitamin D 0%**

**Calcium 10%**  
**Iron 4%**

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	<b>Calories:</b>	<b>2,000</b>	<b>2,500</b>
<b>Total Fat</b>	<b>Less than</b>	<b>65g</b>	<b>80g</b>
<b>Saturated Fat</b>	<b>Less than</b>	<b>20g</b>	<b>25g</b>
<b>Cholesterol</b>	<b>Less than</b>	<b>300mg</b>	<b>300mg</b>
<b>Sodium</b>	<b>Less than</b>	<b>2,400mg</b>	<b>2,400mg</b>
<b>Total Carbohydrates</b>		<b>300g</b>	<b>375g</b>
<b>Dietary Fiber</b>		<b>25g</b>	<b>30g</b>
<b>Calories per gram</b>			
<b>Fat 9</b>	<b>Carbohydrate 4</b>	<b>Protein 4</b>	

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\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

## **Mix-ins™ Cottage Cheese – Strawberries & Almonds**

**Serving Size:** 1 container (5.3oz)

**Servings Per Container:** 1

**Ingredients:** Cultured skim milk, strawberries, water, sugar, cream, salt, corn starch, natural flavors, plant based gums (guar and locust bean), citric acid, vegetable juice concentrate (for color), carbon dioxide and potassium sorbate (to preserve freshness), xanthan gum, vitamin A palmitate, enzyme. Almonds. Contains: almonds, milk. May contain pecan (tree nuts).

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### **Amount Per Serving**

Calories 210

Calories from Fat

**Total Fat 9g**

**% Daily Value**

**12%**

Saturated Fat 2g

10%

Trans Fat 0g

**Cholesterol 15mg**

**5%**

<b>Sodium 420mg</b>			<b>18%</b>
<b>Potassium mg</b>			<b>4%</b>
<b>Total Carbohydrate 16g</b>			<b>6%</b>
Dietary Fiber 2g			8%
Sugars 11g			
<b>Protein 17g</b>			
<b>Vitamin A 6%</b>			<b>Calcium 10%</b>
<b>Vitamin C 0%</b>			<b>Iron 4%</b>
<b>Vitamin D 0%</b>			
<hr/>			
	<b>Calories:</b>	<b>2,000</b>	<b>2,500</b>
<b>Total Fat</b>	<b>Less than</b>	<b>65g</b>	<b>80g</b>
<b>Saturated Fat</b>	<b>Less than</b>	<b>20g</b>	<b>25g</b>
<b>Cholesterol</b>	<b>Less than</b>	<b>300mg</b>	<b>300mg</b>
<b>Sodium</b>	<b>Less than</b>	<b>2,400mg</b>	<b>2,400mg</b>
<b>Total Carbohydrates</b>		<b>300g</b>	<b>375g</b>
<b>Dietary Fiber</b>		<b>25g</b>	<b>30g</b>
<b>Calories per gram</b>			
<b>Fat 9</b>	<b>Carbohydrate 4</b>	<b>Protein 4</b>	
<hr/>			

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

**Nonfat Milk**

**Serving Size:** 1 cup (240ml)

**Servings Per Container:** 8 (Per Half Gallon)

**Ingredients:** Milk

<b>Amount Per Serving</b>		
Calories 90		Calories from Fat 0
		<b>% Daily Value</b>
<b>Total Fat 0g</b>		<b>1%</b>

Saturated Fat 0g			1%
Trans Fat 0g			
<b>Cholesterol 4mg</b>			<b>1%</b>
<b>Sodium 125mg</b>			<b>5%</b>
<b>Total Carbohydrate 12g</b>			<b>4%</b>
Dietary Fiber 0%			0%
Sugars 11g			
<b>Protein 8g</b>			
<b>Vitamin A 18%</b>			<b>Vitamin C 4%</b>
<b>Calcium 30%</b>			<b>Iron 0%</b>
<b>Vitamin D 33%</b>			
<hr/>			
	<b>Calories:</b>	<b>2,000</b>	<b>2,500</b>
<b>Total Fat</b>	<b>Less than</b>	<b>65g</b>	<b>80g</b>
<b>Saturated Fat</b>	<b>Less than</b>	<b>20g</b>	<b>25g</b>
<b>Cholesterol</b>	<b>Less than</b>	<b>300mg</b>	<b>300mg</b>
<b>Sodium</b>	<b>Less than</b>	<b>2,400mg</b>	<b>2,400mg</b>
<b>Total Carbohydrates</b>		<b>300mg</b>	<b>375mg</b>
<b>Dietary Fiber</b>		<b>25g</b>	<b>30g</b>
<b>Calories per gram</b>			
<b>Fat 9</b>	<b>Carbohydrate 4</b>	<b>Protein 4</b>	
<hr/>			

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

## Oatmeal Cranberry Walnut Cookie Dough

**Serving Size:** 1 1/2 tbsp (30g/1 cookie)

**Servings Per Container:** 37

**Ingredients:** Enriched wheat flour (flour, ascorbic acid (dough conditioner), niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), oats, sugar, vegetable oil margarine [modified palm and palm kernel oil, liquid canola oil, water, salt, whey powder, vegetable monoglycerides, soybean lecithin, potassium sorbate (preservative), citric acid, artificial flavor, vitamin A palmitate, beta carotene, vitamin D3], eggs, walnuts, dried cranberries (cranberries, sugar sunflower oil) liquid invert sugar, cooking molasses, water, baking soda, spice, salt, natural flavor. Contains wheat, eggs, milk and soy. Processed in a plant that contains peanuts, tree nuts, sulfites and tartrazine.

<b>Amount Per Serving</b>			
Calories 130		Calories from Fat 50	
			<b>% Daily Value</b>
<b>Total Fat 6g</b>			<b>9%</b>
Saturated Fat 2g			10%
Trans Fat 0g			
<b>Cholesterol 10mg</b>			<b>3%</b>
<b>Sodium 90mg</b>			<b>4%</b>
<b>Total Carbohydrate 16g</b>			<b>5%</b>
Dietary Fiber 1g			4%
Sugars 9g			
<b>Protein 2g</b>			
<b>Vitamin A 4%</b>			<b>Vitamin C 0%</b>
<b>Calcium 0%</b>			<b>Iron 4%</b>
<hr/>			
	<b>Calories:</b>	<b>2,000</b>	<b>2,500</b>
<b>Total Fat</b>	<b>Less than</b>	<b>65g</b>	<b>80g</b>
<b>Saturated Fat</b>	<b>Less than</b>	<b>20g</b>	<b>25g</b>
<b>Cholesterol</b>	<b>Less than</b>	<b>300mg</b>	<b>300mg</b>
<b>Sodium</b>	<b>Less than</b>	<b>2,400mg</b>	<b>2,400mg</b>
<b>Total Carbohydrates</b>		<b>300g</b>	<b>375</b>
<b>Dietary Fiber</b>		<b>25g</b>	<b>30g</b>
<hr/>			
<b>Calories per gram</b>			
<b>Fat 9</b>	<b>Carbohydrate 4</b>	<b>Protein 4</b>	
<hr/>			

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

## Orange Juice – Half Gallon

**Serving Size:** 1 cup (240ml)

**Servings Per Container:** 8 (Per Half Gallon)

**Ingredients:** Water, orange juice concentrate (pasteurized). Comments: Potassium equals 470 mg per serving.

Concentrate comes from USA, Brazil, Mexico and/or Costa Rico.

<b>Amount Per Serving</b>			
Calories 110		Calories from Fat 5	
			<b>% Daily Value</b>
<b>Total Fat 0g</b>			<b>0%</b>
Saturated Fat 0g			0%
<b>Cholesterol 0g</b>			<b>0%</b>
<b>Sodium 15g</b>			<b>0%</b>
<b>Sodium 15g</b>			<b>1%</b>
<b>Total Carbohydrate 27g</b>			<b>10%</b>
Dietary Fiber 0g			0%
Sugars 21g (no sugar added)			
<b>Protein 2g</b>			
<b>Vitamin A 0%</b>			<b>Vitamin C 80%</b>
<b>Calcium 0%</b>			<b>Iron 0%</b>
<hr/>			
	<b>Calories:</b>	<b>2,000</b>	<b>2,500</b>
<b>Total Fat</b>	<b>Less than</b>	<b>65g</b>	<b>80g</b>
<b>Saturated Fat</b>	<b>Less than</b>	<b>20g</b>	<b>25g</b>
<b>Cholesterol</b>	<b>Less than</b>	<b>300mg</b>	<b>300mg</b>
<b>Sodium</b>	<b>Less than</b>	<b>2,400mg</b>	<b>2,400mg</b>
<b>Total Carbohydrates</b>		<b>300mg</b>	<b>375mg</b>
<b>Dietary Fiber</b>		<b>25g</b>	<b>30g</b>
<b>Calories per gram</b>			
<b>Fat 9</b>	<b>Carbohydrate 4</b>	<b>Protein 4</b>	
<hr/>			

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

## Orange Juice – Quart

**Serving Size:** 1 cup (240ml)

**Servings Per Container:** 4 (for quart size container)

**Ingredients:** Water, orange juice concentrate (pasteurized). Comments: Potassium equals 470 mg per serving. Concentrate comes from USA, Brazil, Mexico and/or Costa Rico.

<b>Amount Per Serving</b>			
Calories 110		Calories from Fat 5	
		<b>% Daily Value</b>	
<b>Total Fat 0</b>			<b>0%</b>
Saturated Fat 0g			0%
<b>Cholesterol 0g</b>			<b>0%</b>
<b>Sodium 15g</b>			<b>1%</b>
<b>Total Carbohydrate 27g</b>			<b>10%</b>
Dietary Fiber 0g			0%
Sugars 21g (no sugar added)			
<b>Protein 2g</b>			
<b>Vitamin A 0%</b>			<b>Vitamin C 80%</b>
<b>Calcium 0%</b>			<b>Iron 0%</b>
<hr/>			
	<b>Calories:</b>	<b>2,000</b>	<b>2,500</b>
<b>Total Fat</b>	<b>Less than</b>	<b>65g</b>	<b>80g</b>
<b>Saturated Fat</b>	<b>Less than</b>	<b>20g</b>	<b>25g</b>
<b>Cholesterol</b>	<b>Less than</b>	<b>300mg</b>	<b>300mg</b>
<b>Sodium</b>	<b>Less than</b>	<b>2,400mg</b>	<b>2,400mg</b>
<b>Total Carbohydrates</b>		<b>300mg</b>	<b>375mg</b>
<b>Dietary Fiber</b>		<b>25g</b>	<b>30g</b>
<b>Calories per gram</b>			
<b>Fat 9</b>	<b>Carbohydrate 4</b>	<b>Protein 4</b>	
<hr/>			

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

## Reduced Fat Cottage Cheese

**Serving Size:** 1/2 cup (105g)

**Servings Per Container:** 4

**Ingredients:** Cultured fat free milk, milk, cream, grade A whey salt, nonfat milk solids, guar, potassium sorbate, natural flavor, lecithin, mono and diglycerides, citric acid, carrageenan, locust bean gum, corn starch, sodium and potassium phosphates, enzymes, vitamin A palitate & carbon dioxide to preserve freshness.

<b>Amount Per Serving</b>			
Calories 90		Calories from Fat 20	
		<b>% Daily Values</b>	
<b>Total Fat 2.5g</b>			<b>4%</b>
Saturated Fat 1.5g			8%
Trans Fat 0g			
<b>Cholesterol 15mg</b>			<b>5%</b>
<b>Sodium 440mg</b>			<b>18%</b>
<b>Postassium 200mg</b>			<b>6%</b>
<b>Total Carbohydrate 5g</b>			<b>2%</b>
Dietary Fiber 0g			0%
Sugars 5g			
<b>Protein 11g</b>			
<b>Vitamin A 4%</b>			<b>Vitamin C 0%</b>
<b>Calcium 10%</b>			<b>Iron 0%</b>
<hr/>			
	<b>Calories:</b>	<b>2,000</b>	<b>2,500</b>
<b>Total Fat</b>	<b>Less than</b>	<b>65g</b>	<b>80g</b>
<b>Saturated Fat</b>	<b>Less than</b>	<b>20g</b>	<b>25g</b>
<b>Cholesterol</b>	<b>Less than</b>	<b>300mg</b>	<b>300mg</b>
<b>Sodium</b>	<b>Less than</b>	<b>2,400mg</b>	<b>2,400mg</b>
<b>Total Carbohydrate</b>		<b>300mg</b>	<b>375mg</b>
<b>Dietary Fiber</b>		<b>25g</b>	<b>30g</b>
<hr/>			
<b>Calories per gram</b>			
<b>Fat 9</b>	<b>Carbohydrate 4</b>	<b>Protein 4</b>	
<hr/>			

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

## Royal Crest Eggs

**Serving Size:** 1 egg (50g)

**Servings Per Container:** 12

**Ingredients:** Egg

<b>Amount Per Serving</b>			
Calories 70		Calories from Fat 45	
		<b>% Daily Value</b>	
<b>Total Fat 5g</b>			<b>8%</b>
Saturated Fat 1.5g			8%
Trans Fat 0g			0%
<b>Cholesterol 185mg</b>			<b>65%</b>
<b>Sodium 70mg</b>			<b>3%</b>
<b>Potassium 70mg</b>			<b>2%</b>
<b>Total Carbohydrate 1g</b>			<b>0%</b>
<b>Protein 6g</b>			<b>12%</b>
<b>Vitamin A 6%</b>		<b>Vitamin C 0%</b>	
<b>Calcium 2%</b>		<b>Iron 4%</b>	
<b>Vitamin D 10%</b>		<b>Thiamin 0%</b>	
<b>Riboflavin 15%</b>		<b>Vitamin B6</b>	
<b>Folate 6%</b>		<b>Vitamin B12 8%</b>	
<b>Phosphorus 10%</b>		<b>Zinc 4%</b>	
<hr/>			
	<b>Calories</b>	<b>2,000</b>	<b>2,500</b>
<b>Total Fat</b>	<b>Less than</b>	<b>65g</b>	<b>80g</b>
<b>Saturated Fat</b>	<b>Less than</b>	<b>20g</b>	<b>25g</b>
<b>Cholesterol</b>	<b>Less than</b>	<b>300mg</b>	<b>300mg</b>
<b>Sodium</b>	<b>Less than</b>	<b>2,400mg</b>	<b>2,400mg</b>
<b>Total Carbohydrates</b>		<b>300mg</b>	<b>375mg</b>
<b>Dietary Fiber</b>		<b>25g</b>	<b>30g</b>



**Calories per gram****Fat 9****Carbohydrate 4****Protein 4**

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

**Royal Rich Milk****Serving Size:** 1 cup (240ml)**Servings Per Container:** 8 (Per Half Gallon)**Ingredients:** Milk**Amount Per Serving**

Calories 160

Calories from Fat 80

**% Daily Value****Total Fat 9g****14%**

Saturated Fat 5g

28%

Trans Fat 0g

**Cholesterol 35mg****12%****Sodium 120mg****5%****Total Carbohydrate 11g****4%**

Dietary Fiber 0%

0%

Sugars 11g

**Protein****Vitamin A 6%****Vitamin C 6****Calcium 30%****Iron 0%****Vitamin D 0**

	<b>Calories:</b>	<b>2,000</b>	<b>2,500</b>
<b>Total Fat</b>	<b>Less than</b>	<b>65g</b>	<b>80g</b>
<b>Saturated Fat</b>	<b>Less than</b>	<b>20g</b>	<b>25g</b>
<b>Cholesterol</b>	<b>Less than</b>	<b>300mg</b>	<b>300mg</b>
<b>Sodium</b>	<b>Less than</b>	<b>2,400mg</b>	<b>2,400mg</b>

<b>Total Carbohydrates</b>		<b>300mg</b>	<b>375mg</b>
<b>Dietary Fiber</b>		<b>25g</b>	<b>30g</b>
<b>Calories per gram</b>			
<b>Fat 9</b>	<b>Carbohydrate 4</b>	<b>Protein 4</b>	

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

**Sara Lee Bagels**

**Serving Size:** 1 bagel (95g)

**Servings Per Container:** 6

**Ingredients:** Enriched wheat flour, flour malted barley reduced iron, niacin, thiamin monoitrate (vitamin B1), riboflavin, (vitamin B2), folic acid, filtered water, sugar, salt, wheat gluten, cornmeal, grain vinegar, preservatives (calcium propionate, sorbic acid), monoglycerides, rice flour, xanthan gum, polysorbate 60, soy lecithin, cornstarch  
**Comments:** Supplied to Royal Crest Dairy by Earthgrains

<b>Amount Per Serving</b>		
Calories 260		Calories from Fat 10
		<b>% Daily Value</b>
<b>Total Fat 1g</b>		<b>2%</b>
Saturated Fat 0g		0%
<b>Cholesterol 0mg</b>		<b>0%</b>
<b>Sodium 390mg</b>		<b>16%</b>
<b>Total Carbohydrates 52g</b>		<b>17%</b>
Dietary Fiber 2g		8%
Sugars 5g		
<b>Protein 8g</b>		
<b>Vitamin A 0%</b>		<b>Vitamin C 0%</b>
<b>Riboflavin 15%</b>		<b>Niacin 15%</b>
<b>Thiamin 25%</b>		<b>Calcium 10%</b>
<b>Iron 20%</b>		

	<b>Calories:</b>	<b>2,000</b>	<b>2,500</b>
<b>Total Fat</b>	<b>Less than</b>	<b>65g</b>	<b>80g</b>
<b>Saturated Fat</b>	<b>Less than</b>	<b>20g</b>	<b>25g</b>
<b>Cholesterol</b>	<b>Less than</b>	<b>300mg</b>	<b>300mg</b>
<b>Sodium</b>	<b>Less than</b>	<b>2,400mg</b>	<b>2,400mg</b>
<b>Total Carbohydrates</b>		<b>300mg</b>	<b>375mg</b>
<b>Dietary Fiber</b>		<b>25g</b>	<b>30g</b>
<b>Calories per gram</b>			
<b>Fat 9</b>	<b>Carbohydrate 4</b>	<b>Protein 4</b>	

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

## Sara Lee Classic 100% Whole Wheat Bread

**Serving Size:** 2 slices (52g)

**Servings Per Container:** 11

**Ingredients:** Whole Wheat Flour, water, sugar wheat gluten, yeast, molasses, salt, soybean oil, wheat bran, datem, calcium propionate (preservative) monoglycerides, calcium sulfate, soy lecithin, citric acid, grain vinegar, potassium oideate, soy flour. Comments: Supplied to Royal Crest Dairy by Earthgrains

<b>Amount Per Serving</b>	
Calories 120	Calories from Fat 10
	<b>% Daily Value</b>
<b>Total Fat 1.5g</b>	<b>1%</b>
Saturated Fat 0g	0%
Polyunsaturated Fat 0%	0%
Monounsaturated Fat 0%	0%
<b>Cholesterol 0mg</b>	<b>0%</b>
<b>Sodium 120mg</b>	<b>5%</b>
<b>Total Carbohydrate 12g</b>	<b>4%</b>
Dietary Fiber 2g	8%
Sugars 2g	
<b>Protein 3g</b>	

**Vitamin A 0%**

**Thiamin 4%**

**Calcium 2%**

**Niacin 4%**

**Vitamin C 0%**

**Riboflavin 0%**

**Iron 4%**

**Folic Acid**

	<b>Calories:</b>	<b>2,000</b>	<b>2,500</b>
<b>Total Fat</b>	<b>Less than</b>	<b>65g</b>	<b>80g</b>
<b>Saturated Fat</b>	<b>Less than</b>	<b>20g</b>	<b>25g</b>
<b>Cholesterol</b>	<b>Less than</b>	<b>300mg</b>	<b>300mg</b>
<b>Sodium</b>	<b>Less than</b>	<b>2,400mg</b>	<b>2,400mg</b>
<b>Total Carbohydrates</b>		<b>300mg</b>	<b>375mg</b>
<b>Dietary Fiber</b>		<b>25g</b>	<b>30g</b>

**Calories per gram**

**Fat 9**

**Carbohydrate 4**

**Protein 4**

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

## **Sara Lee Soft & Smooth Whole Grain White Bread**

**Serving Size:** 2 slices

**Servings Per Container:** 10

**Ingredients:** Enriched Wheat Flour [Flour, Malted Barley Flour, Reduced Iron, Niacin, Thiamine Mononitrate (Vitamin B1), Riboflavin (Vitamin B2), Folic Acid], Water, Whole Wheat Flour, Sugar, Yeast, Wheat Gluten, Oat Fiber, Calcium Sulfate, Salt, Soybean Oil, Vitamin Blend (Calcium Sulfate, Vitamin D3, Folic Acid), Monoglycerides, Calcium Propionate (preservative), Datem, Soy Lecithin, Citric Acid, Grain Vinegar, Monocalcium Phosphate, Potassium Iodate, Cornstarch. Comments: CONTAINS WHEAT AND SOY

### **Amount per Serving**

Calories 130

Calories from Fat 15

**Total Fat 1.5g**

**Saturated Fat 0g**

**% Daily Value**

**2%**

**0%**

Trans Fat 0g			0%
Polyunsaturated Fat 0.5%			
Monounsaturated Fat 0%			
<b>Cholesterol 0mg</b>			<b>0%</b>
<b>Sodium 250mg</b>			<b>10%</b>
<b>Total Carbohydrates 26g</b>			<b>9%</b>
Dietary Fiber 3g			12%
Sugars 3g			
<b>Protein 5g</b>			
<b>Vitamin A 0%</b>			<b>Vitamin C 0%</b>
<b>Thiamin 10%</b>			<b>Riboflavin 6%</b>
<b>Calcium 30%</b>			<b>Iron 10%</b>
<b>Niacin 8%</b>			<b>Folic Acid 20%</b>
<hr/>			
	<b>Calories:</b>	<b>2,000</b>	<b>2,500</b>
<b>Total Fat</b>	<b>Less than</b>	<b>65g</b>	<b>80g</b>
<b>Saturated Fat</b>	<b>Less than</b>	<b>20g</b>	<b>25g</b>
<b>Cholesterol</b>	<b>Less than</b>	<b>300mg</b>	<b>300mg</b>
<b>Sodium</b>	<b>Less than</b>	<b>2,400mg</b>	<b>2,400mg</b>
<b>Total Carbohydrates</b>		<b>300mg</b>	<b>375mg</b>
<b>Dietary Fiber</b>		<b>25g</b>	<b>30g</b>
<b>Calories per gram</b>			
<b>Fat 9</b>	<b>Carbohydrate 4</b>	<b>Protein 4</b>	
<hr/>			

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

**Sargento String Cheese**

**Serving Size:** 1 oz (28g)

**Servings Per Container:** 12

**Ingredients:** Pasteurized milk, cheese culture, salt, enzymes

<b>Amount Per Serving</b>
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Calories 80

Calories from Fat 50

	<b>% Daily Value</b>
<b>Total Fat 6g</b>	<b>9%</b>
Saturated Fat 3.5g	18%
<b>Cholesterol 15mg</b>	<b>5%</b>
<b>Sodium 240mg</b>	<b>10%</b>
<b>Total Carbohydrate 1g</b>	<b>0%</b>
Dietary Fiber 0g	0%
Sugars 0g	
<b>Protein 8g</b>	
<b>Vitamin A 4%</b>	<b>Vitamin C 0%</b>
<b>Calcium 20%</b>	<b>Iron 0%</b>

	<b>Calories:</b>	<b>2,000</b>	<b>2,500</b>
<b>Total Fat</b>	<b>Less than</b>	<b>65g</b>	<b>80g</b>
<b>Saturated Fat</b>	<b>Less than</b>	<b>20g</b>	<b>25g</b>
<b>Cholesterol</b>	<b>Less than</b>	<b>300mg</b>	<b>300mg</b>
<b>Sodium</b>	<b>Less than</b>	<b>2,400mg</b>	<b>2,400mg</b>
<b>Total Carbohydrate</b>		<b>300mg</b>	<b>375mg</b>
<b>Dietary Fiber</b>		<b>25g</b>	<b>30g</b>
<b>Calories per gram</b>			
<b>Fat 9</b>	<b>Carbohydrate 4</b>	<b>Protein 4</b>	

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

### Sargento® Sharp Cheddar Cheese Slices

**Serving Size:** 1 Slice (21g)

**Servings Per Container:** 11 Slices

**Ingredients:** Pasteurized milk, cheese culture, salt, enzymes, annatto (vegetable color).

**Amount Per Serving**

Calories 80		Calories from Fat 60
		<b>% Daily Value</b>
<b>Total Fat 7g</b>		<b>9%</b>
Saturated Fat 4g		20%
Trans Fat 0g		
<b>Cholesterol 20mg</b>		<b>7%</b>
<b>Sodium 130mg</b>		<b>6%</b>
<b>Total Carbohydrate 0g</b>		<b>0%</b>
Dietary Fiber 0g		0%
Sugars 0g		
<b>Protein 5g</b>		<b>10%</b>
<b>Vitamin A 4%</b>		<b>Vitamin C 0%</b>
<b>Calcium 10%</b>		<b>Iron 0%</b>
<hr/>		
	<b>Calories:</b>	<b>2,000      2,500</b>
<b>Total Fat</b>	<b>Less than</b>	<b>65g      80g</b>
<b>Saturated Fat</b>	<b>Less than</b>	<b>20g      25g</b>
<b>Cholesterol</b>	<b>Less than</b>	<b>300mg      300mg</b>
<b>Sodium</b>	<b>Less than</b>	<b>2,400mg      2,400mg</b>
<b>Total Carbohydrates</b>		<b>300g      375g</b>
<b>Dietary Fiber</b>		<b>25g      30g</b>
<b>Calories per gram</b>		
<b>Fat 9</b>	<b>Carbohydrate 4</b>	<b>Protein 4</b>
<hr/>		

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

**Sour Cream**

**Serving Size:** 2 tbsp (30g)

**Servings Per Container:** 11

**Ingredients:** Cultured milk and cream, grade A whey, modified corn starch, sodium phosphate, sodium citrate, guar gum, carrageena calcium sulfate, potassium sorbate, and locust bean gum.

<b>Amount Per Serving</b>
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Calories 60

Calories from Fat 50

	<b>% Daily Value</b>
<b>Total Fat 6g</b>	<b>9%</b>
Saturated Fat 3.5g	18%
Trans Fat 0g	
<b>Cholesterol 20mg</b>	<b>7%</b>
<b>Sodium 60mg</b>	<b>2%</b>
<b>Postassium 60mg</b>	<b>2%</b>
<b>Total Carbohydrate 2g</b>	<b>1%</b>
Dietary Fiber 0g	0%
Sugars 1g	
<b>Protein 1g</b>	
<b>Vitamin A 2%</b>	<b>Vitamin C 0%</b>
<b>Calcium 4%</b>	<b>Iron 0%</b>
<b>Vitamin D 0%</b>	

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	<b>Calories:</b>	<b>2,000</b>	<b>2,500</b>
<b>Total Fat</b>	<b>Less than</b>	<b>65g</b>	<b>80g</b>
<b>Saturated Fat</b>	<b>Less than</b>	<b>20g</b>	<b>25g</b>
<b>Cholesterol</b>	<b>Less than</b>	<b>300mg</b>	<b>300mg</b>
<b>Sodium</b>	<b>Less than</b>	<b>2,400mg</b>	<b>2,400mg</b>
<b>Total Carbohydrates</b>		<b>300mg</b>	<b>375mg</b>
<b>Dietary Fiber</b>		<b>25g</b>	<b>30g</b>
<b>Calories per gram</b>			
<b>Fat 9</b>	<b>Carbohydrate 4</b>	<b>Protein 4</b>	

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\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

## Spreadable Butter

**Serving Size:** 1 tbsp (14g)

**Servings Per Container:** 16

**Ingredients:** Pasteurized sweet cream, canola oil, salt, Vitamin A palmitate and beta carotene Contains: Milk



<b>Amount Per Serving</b>			
Calories 90		Calories from Fat 90	
			<b>% Daily Value</b>
<b>Total Fat 11g</b>			<b>16%</b>
Saturated Fat 6g			32%
Trans Fat 0g			
Polyunsaturated Fat 2g			
Monounsaturated Fat 2g			
<b>Cholesterol 10mg</b>			<b>4%</b>
<b>Sodium 70mg</b>			<b>3%</b>
<b>Total Carbohydrate 0g</b>			<b>0%</b>
<b>Protein 0g</b>			
<b>Vitamin A 8%</b>			
<hr/>			
	<b>Calories:</b>	<b>2,000</b>	<b>2,500</b>
<b>Total Fat</b>	<b>Less than</b>	<b>65g</b>	<b>80g</b>
<b>Saturated Fat</b>	<b>Less than</b>	<b>20g</b>	<b>25g</b>
<b>Cholesterol</b>	<b>Less than</b>	<b>300mg</b>	<b>300mg</b>
<b>Sodium</b>	<b>Less than</b>	<b>2,400mg</b>	<b>2,400mg</b>
<b>Total Carbohydrates</b>		<b>300mg</b>	<b>375mg</b>
<b>Dietary Fiber</b>		<b>25g</b>	<b>30g</b>
<hr/>			
<b>Calories per gram</b>			
<b>Fat 9</b>	<b>Carbohydrate 4</b>	<b>Protein 4</b>	
<hr/>			

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

### Sugar Cookie Dough

**Serving Size:** 1 1/2 tbsp (30g/1 cookie)

**Servings Per Container:** 37

**Ingredients:** Enriched wheat flour (flour, ascorbic acid (dough conditioner), niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), vegetable oil margarine [modified palm and palm kernel oil, liquid canola

oil, water, salt, whey powder, vegetable monoglycerides, soybean lecithin, potassium sorbate (preservative), citric acid, artificial flavor, vitamin A palmitate, beta carotene, vitamin D3], sugar, icing sugar (contains corn starch) eggs, water, leavening (baking soda, sodium aluminum sulphate, monocalcium phosphate), natural and artificial flavors, salt. Contains wheat, eggs, milk and soy. Processed in a plant that contains peanuts, tree nuts, sulfites and tartrazine.

<b>Amount Per Serving</b>			
Calories 130		Calories from Fat 60	
		<b>% Daily Value</b>	
<b>Total Fat 7g</b>			<b>11%</b>
Saturated Fat 3g			15%
Trans Fat 0g			
<b>Cholesterol 10mg</b>			<b>3%</b>
<b>Sodium 120mg</b>			<b>5%</b>
<b>Total Carbohydrate 16g</b>			<b>5%</b>
Dietary Fiber 0g			0%
Sugars 8g			
<b>Protein 2g</b>			
<b>Vitamin A 6%</b>			<b>Vitamin C 0%</b>
<b>Calcium 0%</b>			<b>Iron 2%</b>
<hr/>			
	<b>Calories:</b>	<b>2,000</b>	<b>2,500</b>
<b>Total Fat</b>	<b>Less than</b>	<b>65g</b>	<b>80g</b>
<b>Saturated Fat</b>	<b>Less than</b>	<b>20g</b>	<b>25g</b>
<b>Cholesterol</b>	<b>Less than</b>	<b>300mg</b>	<b>300mg</b>
<b>Sodium</b>	<b>Less than</b>	<b>2,400mg</b>	<b>2,400mg</b>
<b>Total Carbohydrates</b>		<b>300g</b>	<b>375g</b>
<b>Dietary Fiber</b>		<b>25g</b>	<b>30g</b>
<hr/>			
<b>Calories per gram</b>			
<b>Fat 9</b>	<b>Carbohydrate 4</b>	<b>Protein 4</b>	
<hr/>			

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

# Talbot's Apple Juice

**Serving Size:** 1 cup (240ml)

**Servings Per Container:** 16

**Ingredients:** 100% Apple Juice, less than 1/10 of 1% Sodium Benzoate to preserve flavor.

<b>Amount Per Serving</b>		<b>Calories from Fat 0</b>	
		<b>% Daily Value</b>	
<b>Calories</b> 120			
<b>Total Fat</b> 0g			<b>0%</b>
Saturated Fat 0g			0%
<b>Cholesterol</b> 0mg			<b>0%</b>
<b>Sodium</b> 60mg			<b>3%</b>
<b>Total Carbohydrate</b> 30g			<b>10%</b>
Dietary Fiber 0g			0%
Sugars 30g			
<b>Protein</b> 0g			
<b>Vitamin A</b> 10%			<b>Vitamin C</b> 6%
<b>Calcium</b> 0%			<b>Iron</b> 2%
<b>Vitamin D</b> 0%			
	<b>Calories:</b>	<b>2,000</b>	<b>2,500</b>
<b>Total Fat</b>	<b>Less than</b>	<b>65g</b>	<b>80g</b>
<b>Saturated Fat</b>	<b>Less than</b>	<b>20g</b>	<b>25g</b>
<b>Cholesterol</b>	<b>Less than</b>	<b>300mg</b>	<b>300mg</b>
<b>Sodium</b>	<b>Less than</b>	<b>2,400mg</b>	<b>2,400mg</b>
<b>Total Carbohydrates</b>		<b>300mg</b>	<b>375mg</b>
<b>Dietary Fiber</b>		<b>25g</b>	<b>30g</b>
<b>Calories per gram</b>			
<b>Fat</b> 9	<b>Carbohydrate</b> 4		<b>Protein</b> 4

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

# Whipping Cream

**Serving Size:** 1 tbsp (15ml)

**Servings Per Container:** 32

**Ingredients:** Milk, Cream, Carrageenan Comments: This product is a fresh product (NOT ultra-pasteurized).  
rBGH free

<b>Amount Per Serving</b>			
Calories 50		Calories from Fat 45	
		<b>% Daily Value</b>	
<b>Total Fat 5g</b>			<b>8%</b>
Saturated Fat 3.5g			17%
Trans Fat 0g			
<b>Cholesterol 20mg</b>			<b>7%</b>
<b>Sodium 5mg</b>			<b>2%</b>
<b>Potassium 15mg</b>			<b>4%</b>
<b>Total Carbohydrates &lt; 1g</b>			<b>1%</b>
Dietary Fiber 0g			0%
Sugars > 0g			
<b>Protein 0g</b>			
<b>Vitamin A 4%</b>			<b>Vitamin C 0%</b>
<b>Calcium 0%</b>			<b>Iron 0%</b>
<hr/>			
	<b>Calories:</b>	<b>2,000</b>	<b>2,500</b>
<b>Total Fat</b>	<b>Less than</b>	<b>65g</b>	<b>80g</b>
<b>Saturated Fat</b>	<b>Less than</b>	<b>20g</b>	<b>25g</b>
<b>Cholesterol</b>	<b>Less than</b>	<b>300mg</b>	<b>300mg</b>
<b>Sodium</b>	<b>Less than</b>	<b>2,400mg</b>	<b>2,400mg</b>
<b>Total Carbohydrates</b>		<b>300mg</b>	<b>375mg</b>
<b>Dietary Fiber</b>		<b>25g</b>	<b>30g</b>
<hr/>			
<b>Calories per gram</b>			
<b>Fat 9</b>	<b>Carbohydrate 4</b>	<b>Protein 4</b>	
<hr/>			

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on

your calorie needs.

## White Chocolate Macadamia Nut Cookie Dough

**Serving Size:** 1 1/2 tbsp (30g/1 cookie)

**Servings Per Container:** 37

**Ingredients:** Enriched wheat flour [flour, ascorbic acid (dough conditioner), niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid], sugar, white chocolate chunks (sugar, cocoa butter, milk, soy lecithin, artificial flavor, salt), vegetable oil margarine [modified palm and palm kernel oil, liquid canola oil, water, salt, whey powder, vegetable monoglycerides, soybean lecithin, potassium sorbate (preservative), citric acid, artificial flavor, vitamin A palmitate, beta carotene, vitamin D3], eggs, macadamias, liquid invert sugar, cooking molasses, baking soda, natural flavor, salt. Contains wheat, eggs, milk and soy. Processed in a plant that contains peanuts, tree nuts, sulfites and tartrazine.

<b>Amount per Serving</b>			
Calories 140		Calories from Fat 60	
			<b>% Daily Value</b>
<b>Total Fat 7g</b>			<b>11%</b>
Saturated Fat 3g			15%
Trans Fat 3g			
<b>Cholesterol 10mg</b>			<b>3%</b>
<b>Sodium 100mg</b>			<b>4%</b>
<b>Total Carbohydrate 17g</b>			<b>6%</b>
Dietary Fiber 0g			
Sugars 11g			
<b>Protein 2g</b>			
<b>Vitamin A 4%</b>			<b>Vitamin C 0%</b>
<b>Calcium 2%</b>			<b>Iron 2%</b>
<hr/>			
	<b>Calories:</b>	<b>2,000</b>	<b>2,500</b>
<b>Total Fat</b>	<b>Less than</b>	<b>65g</b>	<b>80g</b>
<b>Saturated Fat</b>	<b>Less than</b>	<b>20g</b>	<b>25g</b>
<b>Cholesterol</b>	<b>Less than</b>	<b>300mg</b>	<b>300mg</b>
<b>Sodium</b>	<b>Less than</b>	<b>2,400mg</b>	<b>2,400mg</b>
<b>Total Carbohydrates</b>		<b>300g</b>	<b>375g</b>
<b>Dietary Fiber</b>		<b>25g</b>	<b>30g</b>

**Calories per gram****Fat 9****Carbohydrate 4****Protein 4**

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

**Whole Milk****Serving Size:** 1 cup (240ml)**Servings Per Container:** 8 (Per Half Gallon)**Ingredients:** Milk**Amount Per Serving**

Calories 150

Calories from Fat 70

**% Daily Value****Total Fat 8g****13%**

Saturated Fat 5g

25%

Trans Fat 0g

**Cholesterol 35mg****11%****Sodium 120mg****5%****Total Carbohydrate 11g****4%**

Dietary Fiber 0%

0%

Sugars 11g

**Protein 8g****Vitamin A 18%****Vitamin C 4%****Calcium****Iron 0%****Vitamin D 33%**

	<b>Calories:</b>	<b>2,000</b>	<b>2,500</b>
<b>Total Fat</b>	<b>Less than</b>	<b>65g</b>	<b>80g</b>
<b>Saturated Fat</b>	<b>Less than</b>	<b>20g</b>	<b>25g</b>
<b>Cholesterol</b>	<b>Less than</b>	<b>300mg</b>	<b>300mg</b>
<b>Sodium</b>	<b>Less than</b>	<b>2,400mg</b>	<b>2,400mg</b>

<b>Total Carbohydrates</b>		<b>300mg</b>	<b>375mg</b>
<b>Dietary Fiber</b>		<b>25g</b>	<b>30g</b>
<b>Calories per gram</b>			
<b>Fat 9</b>	<b>Carbohydrate 4</b>	<b>Protein 4</b>	

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\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.