

Nutrition Information for Milk Varieties

VALLEY VIEW FARMS Fat Free Skim Milk ½ Pint (236 mL)	VALLEY VIEW FARMS 1% Lowfat Milk ½ Pint (236 mL)	VALLEY VIEW FARMS Fat Free Chocolate Milk ½ Pint (236 mL)	VALLEY VIEW FARMS Fat Free Strawberry Milk ½ Pint (236 mL)
Calories: 90 Calories from Fat: 0	Calories: 110 Calories from Fat: 20	Calories: 130 Calories from Fat: 5	
Total Fat: 0g 0% Saturated Fat: 0g 0% Trans Fat: 0g Cholesterol: 5mg 2% Sodium: 130mg 5% Potassium: 420g 12% Total Carbohydrate: 13g 4% Dietary Fiber: 0g 0% Sugars: 12g Protein: 8g Vitamin A: 10% Vitamin C: 4% Calcium: 30% Iron: 0% Vitamin D: 25%	Total Fat: 2.5g 4% Saturated Fat: 1.5g 8% Trans Fat: 0g Cholesterol: 10mg 4% Sodium: 125mg 5% Potassium: 420g 12% Total Carbohydrate: 12g 4% Dietary Fiber: 0g 0% Sugars: 12g Protein: 8g Vitamin A: 10% Vitamin C: 4% Calcium: 30% Iron: 0% Vitamin D: 25%	Total Fat: 0.5g 1% Saturated Fat: 0.5g 3% Trans Fat: 0g Cholesterol: 5mg 2% Sodium: 190mg 8% Total Carbohydrate: 24g 8% Dietary Fiber: 0g 0% Sugars: 21g Protein: 8g Vitamin A: 10% Vitamin C: 4% Calcium: 30% Iron: 0% Vitamin D: 25%	