

Dairy/Yogurt/Soy	Serving Size	Calories	Fat (g)	Sat. Fat (g)	Sodium (mg)	Carbs (g)	Fiber (g)	Protein (g)
Prairie Farms Skim Milk	1 c (8 oz)	80	0	0	120	11	0	8
Prairie Farms 2% Milk	1 c (8 oz)	120	5	3.5	120	11	0	8
Prairie Farms Whole Milk	1 c (8 oz)	150	8	5	120	11	0	8
Prairie Farms 2% Chocolate Milk	1 c (8 oz)	180	5	3	240	26	0	8
4% Small Curd Cottage Cheese	1/2 c	120	5	3	470	4	0	13
2% Lowfat Cottage Cheese	1/2 c	90	2.5	1.5	450	5	0	13
Prairie Farms 99% Fat Free Yogurt	6 oz	150	1.5	1	95	32	3	6
Prairie Farms Light Yogurt	6 oz	90	0	0	105	15	3	6
Silk Vanilla Soy Milk	8 oz	100	3.5	0.5	95	10	1	6

We attempt to provide nutrition information that is as complete as possible. The nutritional values are based on standard product formulations and data from our suppliers. Variations may occur due to the use of regional suppliers, seasonal influences, differences in product preparation at the unit level, recipe revisions, and other factors. This information is always subject to change and will be updated periodically.