

# Nutrition Facts

1 serving  
per container

**Serv. Size**  
**1 cup (236mL)**

**Calories**  
per serving **130**

Amount/serving	% DV	Amount/serving	% DV
<b>Total Fat</b> 0g	<b>0%</b>	<b>Total Carb.</b> 23g	<b>8%</b>
Sat Fat 0g	<b>0%</b>	Fiber 0g	<b>0%</b>
Trans Fat 0g		Total Sugars 22g	
<b>Cholesterol</b> 5mg	<b>2%</b>	Incl. 10g Added Sugars	<b>20%</b>
<b>Sodium</b> 230mg	<b>10%</b>	<b>Protein</b> 8g	<b>16%</b>

Vit D 2.5mcg 10% • Calcium 300mg 25% • Iron 0mg 0% • Potas 410mg 8% • Vit A 150mcg 15%

**INGREDIENTS:** SKIM MILK, LIQUID SUGAR (SUGAR, WATER), COCOA (PROCESSED WITH ALKALI), CORNSTARCH, SALT, CARRAGEENAN, NATURAL AND ARTIFICIAL FLAVOR, VITAMIN A PALMITATE, VITAMIN D<sub>3</sub>.

**CONTAINS: MILK**

DIST. BY: DAIRY MAID DAIRY, LLC  
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FREDERICK, MD 21701  
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