



2901 Cuming Street  
Omaha, NE 68131  
(402) 344-4321 phone  
(402) 346-0277 fax  
[www.HilandDairy.com](http://www.HilandDairy.com)

June 1, 2026

Crete Public Schools  
Attn: Ryan Hinz  
930 Main Street  
Crete, NE 68333

Dear Ryan,

Per your request, we are pleased to submit the following bid on dairy products for the 2026-2027 school year.

| <u>Unit</u> | <u>Product</u>            | <u>Esc/De-Esc Pricing</u> |
|-------------|---------------------------|---------------------------|
| ½ pint      | 1% White Milk             | \$0.3910                  |
| ½ pint      | Skim White Milk           | \$0.3910                  |
| ½ pint      | Skim Chocolate Milk       | \$0.3960                  |
| ½ pint      | Skim Strawberry Milk      | \$0.3960                  |
| ½ pint      | 1% White Milk             | \$0.3910                  |
| ½ pint      | 2% White Milk             | \$0.4010                  |
| ½ pint      | Whole White Milk          | \$0.4180                  |
| ½ pint      | 2% Chocolate Milk         | \$0.4260                  |
| ½ pint      | Whole White Milk          | \$0.4645                  |
| ½ pint      | Lactose Free 1% White     | \$0.70                    |
| ½ pint      | Lactose Free 1% Chocolate | \$0.70                    |
| 4oz         | Cottage Cheese            | \$0.7050                  |
| Gallon      | 1% White                  | \$60523                   |

This bid is for both Escalating/De-escalating. Please see the attached clause for monthly cost adjustment factors for Esc/De-Esc pricing. **You can view nutritional information for all Hiland school products at <https://www.hilanddairy.com/products/school-milk>.**

The bid is (choose one)  awarded to Hiland Dairy or  declined and awarded to \_\_\_\_\_

Name and Title \_\_\_\_\_

Contact Phone \_\_\_\_\_ Email \_\_\_\_\_

Date \_\_\_\_\_ First Delivery Date \_\_\_\_\_

Please complete and scan this bid along with all competing bidders' information to: [sbarnard@hilanddairy.com](mailto:sbarnard@hilanddairy.com)

Thank you,  
  
Scott Barnard, District Sales Manager  
Phone: (402)970-0570  
[sbarnard@hilanddairy.com](mailto:sbarnard@hilanddairy.com)

### **Milk Escalator / De-Escalator Pricing Clause (DFA Supplied)**

The pricing quoted is based on **May's 2026** Federal Milk Marketing Order for Class I Skim and Class I Butterfat. This pricing is subject to change as the cost of raw milk changes each month according to the USDA Federal Milk Market Price Announcements and Dairy Farmers of America.

The cost of milk fluctuates up and down each month based on the cost changes in raw milk. Changes of a minimum of \$.10 per CWT (up or down) will move the cost of a half pint \$ .00054.

Prices will also be adjusted up or down based on cost changes in packaging, ingredients, labor, fuel, juice concentrate, re-sale products (ex. Tropicana, Sport Shake), etc. Supporting documentation will be supplied upon request.

All price changes will become effective on the 1<sup>st</sup> day of the month following the price announcement.



Date: May 5, 2026

## **INVITATION FOR BID (IFB) – MILK PRODUCTS**

2026–2027 School Year

Dear Vendor,

Crete Public Schools is issuing this Invitation for Bid (IFB) for the purchase and delivery of milk products for use in the Child Nutrition Program for the 2026–2027 school year. This procurement is conducted in accordance with Board Policies 3130 and 3131 and applicable federal regulations.

This is a formal sealed bid process. Award will be made to the lowest responsive and responsible bidder meeting all specifications.

### **Estimated Usage (Annual)**

Estimated quantities are provided for planning purposes only and are not guaranteed:

- Half-pint cartons: ~280,800 annually (includes summer school)
- Gallons: ~500 annually

### **Product Requirements**

All milk products must:

- Meet USDA Child Nutrition Program requirements
- Include only allowable milk types (skim flavored only, per CACFP requirements)
- Be pasteurized and meet all state and federal food safety regulations
- Be delivered at proper temperature in compliance with health standards
- Comply with the Buy American Provision

## **Product Pricing**

Vendors shall provide pricing for:

- 1% White Milk (Half Pint)
- Skim Chocolate Milk (Half Pint)
- Skim Strawberry Milk (Half Pint)
- 1% White Milk (Gallon)

Pricing shall include an escalation/de-escalation structure based on Federal Milk Market Order data, reflecting monthly changes in the cost of skim milk and butterfat. Additional factors such as fuel, packaging, and ingredients may be included if clearly defined.

Vendors must provide a detailed explanation of their pricing adjustment methodology, including:

- The specific index or market data used
- Frequency of adjustments
- How skim milk and butterfat changes impact pricing
- Any additional cost factors included

Monthly price adjustments must be clearly communicated and documented.

## **Delivery Requirements**

- Deliveries required a minimum of 2 times per week, up to 3 times per week
- Milk coolers must be stocked on Mondays
- Deliveries to the following sites:
  - Crete Elementary School – 309 E. 11th St.
  - Crete Intermediate School – 1700 Glenwood Ave.
  - Crete Middle School – 1500 E. 15th St.
  - Crete High School – 1750 Iris Ave.
- Vendor responsible for placing product in designated storage areas

## **Contract Term**

August 1, 2026 through July 31, 2027

The district reserves the right to renew this contract annually for up to four (4) additional one-year terms, upon mutual agreement of both parties.

## **Bid Submission Instructions**

Sealed bids must be received no later than:

**June 1, 2026 at 5:00 PM (CST)**

Bids shall be submitted to:

Crete Public Schools  
ATTN: Jodi Erickson and Ryan Hinz  
930 Main Avenue  
Crete, NE 68333

Electronic submissions will also be accepted and must be received by the deadline at:

[ryan.hinz@creteschools.org](mailto:ryan.hinz@creteschools.org)

All bids must be clearly marked: "Milk Bid 2026–2027 School Year"

**Late bids will not be accepted.**

## **Bid Opening**

Bids will be publicly opened at:

Crete Public Schools  
Cardinal Welcome Center  
930 Main Avenue, Crete, NE  
9:00 AM on June 2, 2026

## **Evaluation and Award**

Award will be made to the lowest responsive and responsible bidder meeting all specifications. The district reserves the right to reject any or all bids.

## **Vendor Certifications**

By submitting a bid, the vendor certifies they are not suspended or debarred from federal programs and comply with all applicable laws.

## Bid Sheet

| Product                          | Price  | Notes |
|----------------------------------|--------|-------|
| 1% White Milk (Half Pint)        | .3910  |       |
| Skim Chocolate Milk (Half Pint)  | .3960  |       |
| Skim Strawberry Milk (Half Pint) | .3960  |       |
| 1% White Milk (Gallon)           | 6.0523 |       |

Company Name: Hiland Dairy Foods

Contact Person: Scott Bernard

Phone: 402344-4321

Email: Sbernard@hilanddairy.com



## GOOD MANUFACTURING PRACTICES

Hiland Dairy Foods Company makes every effort to ensure good quality and the safety of our products to our customers and consumers.

We have, therefore, instituted Code of Good Manufacturing Practices (GMP) Compliance for all employees. Below is an outline of that program.

- I. Definitions: Explains whom and what is covered under the compliance code.
- II. Disease Control: Defines transmittable diseases per Pasteurized Milk Ordinance (PMO). (PMO Section 13).
- III. Employee Grooming/Personal Hygiene Practices: All employees must maintain a high degree of personal cleanliness to prevent product contamination.
- IV. Handling Sanitation: Good sanitation practices must be maintained to assure product integrity.
- V. Ingredient, Process and Product Integrity: Finished products and raw ingredients must be handled and maintained in a manner to prevent exposure to extraneous matter.
- VI. Maintenance Related: Building areas and equipment must be maintained in a sanitary condition.
- VII. Receiving & Shipping: Products must be handled with care to prevent damage and exposure to adverse conditions.
- VIII. Coding: Product codes must be checked to ensure correct code and monitored to ensure proper rotation.
- IX. Quality Control: Quality control technicians monitor and audit the plant operations.
- X. Record Keeping: Proper records of product and ingredients coming into, while in, and leaving our possession, must be monitored and maintained per the time periods defined by regulatory.

Name:     Catie Faylor    

Title:     Quality Assurance Manager    

Date:     02/11/2026



Hiland Dairy Foods Company, LLC  
2901 Cuming St.  
Omaha, NE 68131

## Juice and Milk Products Food Safety Program

Hiland Dairy Foods is making every effort to ensure the safety of our products to our customers and consumers.

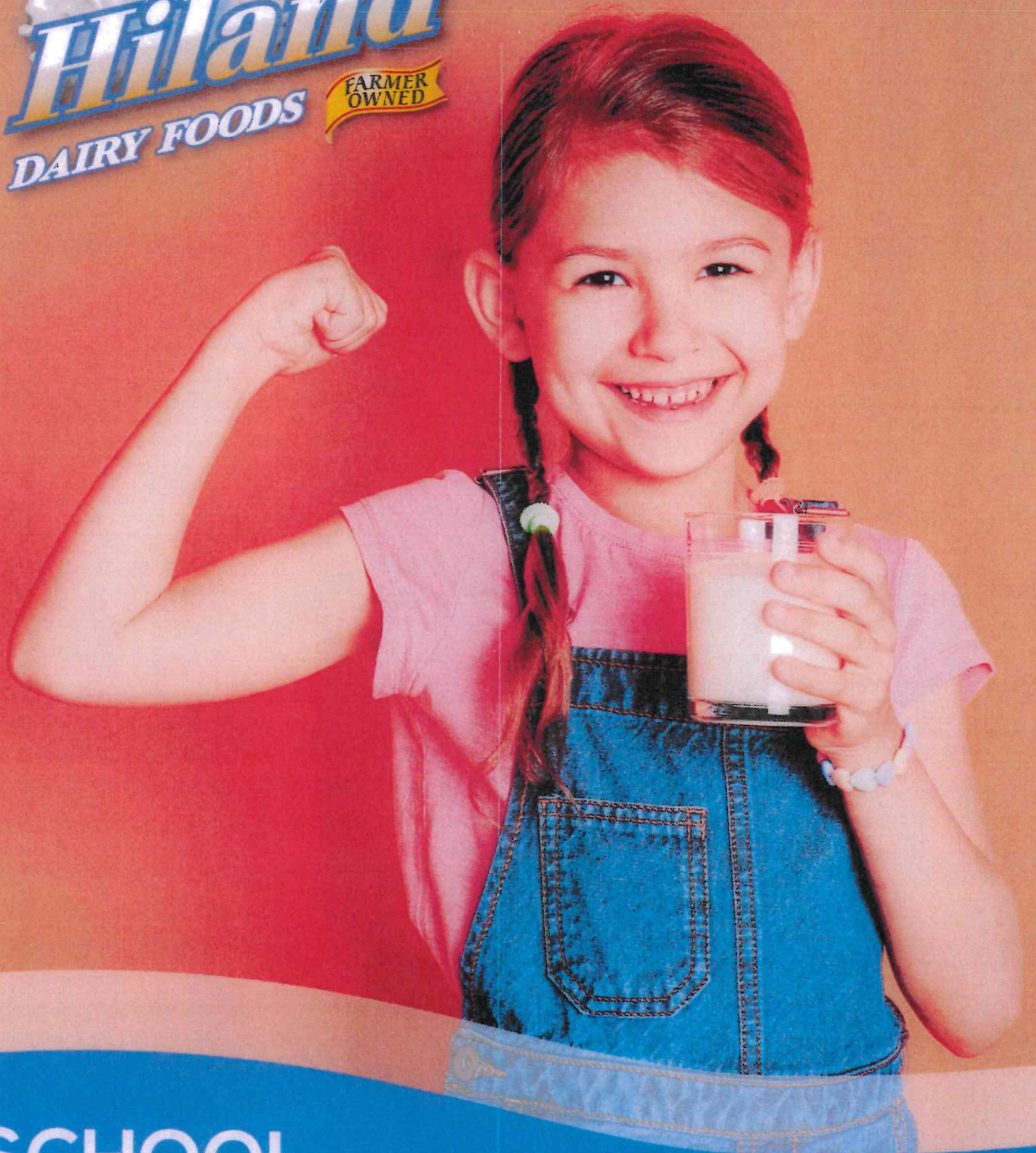
We have, therefore, instituted a comprehensive program, our Juice HACCP program and Milk Preventive Control program, in combination with supporting prerequisite programs, to form our Food Safety Systems Pyramid.

- I. Hazard Analysis of Critical Control Points (HACCP) is a food safety system designed to ensure the manufacture of safe food products, and to prove the product was made safely. *HA* (Hazard Analysis) is the where and how part of the HACCP program and *CCP* is the proof that the control of the process and conditions set are being followed.
- II. We have a Food Safety team comprised of employees, from varied disciplines in the plant, and management. The team describes the food (each product type manufactured) and its distribution, identifies the intended use and consumer of the product, and provides on-site verification of flow diagrams for each product type manufactured. (Ex: white milk, chocolate milk, sour cream, etc).
- III. During the developmental stages of the HAACP and Preventive Control program, the team conducted a hazard analysis (determining whether a biological, chemical, or physical threat was posed), identified the critical control point (CCP) in the product flow (pasteurization, time and temperature), showed what prerequisite programs were in place, if it was not a CCP, and established critical limits for each stage. In addition, monitoring procedures (ex: temperature recording devices, charts, etc.), corrective action and verification & validation procedures were established. Any changes made in a product types' flow diagram are reviewed in a timely manner and all systems validated annually.

A more detailed review of our program can be made, on site, with adequate notification and authorization from all acceptable parties.

Name:   Catie Faylor   Title:   QA Manager   Date:   02-11-2026

**Hiland**  
DAIRY FOODS **FARMER OWNED**



**SCHOOL  
PRODUCTS**

Locally Made.  
Naturally Delicious.™



**SKIM MILK**  
Item #9173



| Nutrition Facts  |            |
|--|------------|
| 1 serving per container  |            |
| Serving size 1 Carton (240mL)  |            |
| Amount per serving   |            |
| <b>Calories</b>  | <b>80</b>  |
| % Daily Value*   |            |
| <b>Total Fat</b> 0g  | <b>0%</b>  |
| Saturated Fat 0g   | <b>0%</b>  |
| Trans Fat 0g   |            |
| <b>Cholesterol</b> 5mg   | <b>2%</b>  |
| <b>Sodium</b> 120mg  | <b>5%</b>  |
| <b>Total Carbohydrate</b> 11g  | <b>4%</b>  |
| Dietary Fiber 0g   | <b>0%</b>  |
| Total Sugars 11g   |            |
| Includes 0g Added Sugars   | <b>0%</b>  |
| <b>Protein</b> 8g  | <b>16%</b> |
| Vitamin D 2mcg   | 15%        |
| Calcium 300mg  | 25%        |
| Iron 0.1mg   | 0%         |
| Potassium 360mg  | 8%         |
| Vitamin A 150mcg   | 15%        |
| *The % Daily Value (DV) 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. |            |

**INGREDIENTS:** GRADE A FAT FREE (SKIM) MILK, VITAMIN A PALMITATE AND VITAMIN D3. **CONTAINS MILK.**



**FAT FREE CHOCOLATE**  
Item #9178



| Nutrition Facts  |            |
|--|------------|
| 1 serving per container  |            |
| Serving size 1 Carton (240mL)  |            |
| Amount per serving   |            |
| <b>Calories</b>  | <b>110</b> |
| % Daily Value*   |            |
| <b>Total Fat</b> 0g  | <b>0%</b>  |
| Saturated Fat 0g   | <b>0%</b>  |
| Trans Fat 0g   |            |
| <b>Cholesterol</b> 5mg   | <b>2%</b>  |
| <b>Sodium</b> 170mg  | <b>7%</b>  |
| <b>Total Carbohydrate</b> 18g  | <b>7%</b>  |
| Dietary Fiber 0g   | <b>0%</b>  |
| Total Sugars 18g   |            |
| Includes 6g Added Sugars   | <b>12%</b> |
| <b>Protein</b> 8g  | <b>16%</b> |
| Vitamin D 2.8mcg   | 15%        |
| Calcium 280mg  | 20%        |
| Iron 0.2mg   | 2%         |
| Potassium 380mg  | 8%         |
| Vitamin A 140mcg   | 15%        |
| *The % Daily Value (DV) 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. |            |

**INGREDIENTS:** GRADE A FAT FREE (SKIM) MILK, SUGAR, ALKALIZED COCOA, CORNSTARCH, SALT, CARRAGEENAN, NATURAL AND ARTIFICIAL FLAVORS, VITAMIN A PALMITATE, VITAMIN D3. **CONTAINS MILK.**



**FAT FREE STRAWBERRY**  
Item #9177



| Nutrition Facts  |            |
|--|------------|
| 1 serving per container  |            |
| Serving size 1 Carton (240mL)  |            |
| Amount per serving   |            |
| <b>Calories</b>  | <b>120</b> |
| % Daily Value*   |            |
| <b>Total Fat</b> 0g  | <b>0%</b>  |
| Saturated Fat 0g   | <b>0%</b>  |
| Trans Fat 0g   |            |
| <b>Cholesterol</b> <5mg  | <b>2%</b>  |
| <b>Sodium</b> 95mg   | <b>4%</b>  |
| <b>Total Carbohydrate</b> 22g  | <b>8%</b>  |
| Dietary Fiber 0g   | <b>0%</b>  |
| Total Sugars 22g   |            |
| Includes 10g Added Sugars  | <b>20%</b> |
| <b>Protein</b> 8g  | <b>16%</b> |
| Vitamin D 2.5mcg   | 15%        |
| Calcium 280mg  | 20%        |
| Iron 0.1mg   | 0%         |
| Potassium 350mg  | 8%         |
| Vitamin A 150mcg   | 15%        |
| *The % Daily Value (DV) 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. |            |

**INGREDIENTS:** GRADE A FAT FREE (SKIM) MILK, SUGAR, VEGETABLE JUICE COLOR, NATURAL FLAVOR, VITAMIN A PALMITATE, VITAMIN D3. **CONTAINS MILK.**



**CASE COUNT - 50**  
**HALF PINT (240 ML)**



**WHOLE MILK**  
Item #9165



**2% MILK**  
Item #9168



**1% MILK**  
Item #9171



### Nutrition Facts

1 serving per container  
**Serving size 1 Carton (240mL)**

| Amount per serving            |            |
|-------------------------------|------------|
| <b>Calories</b>               | <b>150</b> |
| % Daily Value*                |            |
| <b>Total Fat</b> 8g           | <b>10%</b> |
| Saturated Fat 5g              | <b>25%</b> |
| Trans Fat 0g                  |            |
| <b>Cholesterol</b> 35mg       | <b>12%</b> |
| <b>Sodium</b> 120mg           | <b>5%</b>  |
| <b>Total Carbohydrate</b> 11g | <b>4%</b>  |
| Dietary Fiber 0g              | <b>0%</b>  |
| Total Sugars 11g              |            |
| Includes 0g Added Sugars      | <b>0%</b>  |
| <b>Protein</b> 8g             | <b>16%</b> |
| Vitamin D 2.5mcg              | 15%        |
| Calcium 290mg                 | 20%        |
| Iron 0.1mg                    | 0%         |
| Potassium 340mg               | 8%         |

\*The % Daily Value (DV) 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.

**INGREDIENTS:** GRADE A MILK, VITAMIN D3. CONTAINS MILK.

### Nutrition Facts

1 serving per container  
**Serving size 1 Carton (240mL)**

| Amount per serving            |            |
|-------------------------------|------------|
| <b>Calories</b>               | <b>120</b> |
| % Daily Value*                |            |
| <b>Total Fat</b> 5g           | <b>6%</b>  |
| Saturated Fat 3.5g            | <b>18%</b> |
| Trans Fat 0g                  |            |
| <b>Cholesterol</b> 20mg       | <b>7%</b>  |
| <b>Sodium</b> 120mg           | <b>5%</b>  |
| <b>Total Carbohydrate</b> 11g | <b>4%</b>  |
| Dietary Fiber 0g              | <b>0%</b>  |
| Total Sugars 11g              |            |
| Includes 0g Added Sugars      | <b>0%</b>  |
| <b>Protein</b> 8g             | <b>16%</b> |
| Vitamin D 2mcg                | 10%        |
| Calcium 298mg                 | 25%        |
| Iron 0mg                      | 0%         |
| Potassium 354mg               | 8%         |
| Vitamin A 154mcg              | 15%        |

\*The % Daily Value (DV) 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.

**INGREDIENTS:** GRADE A REDUCED FAT MILK, VITAMIN A PALMITATE, VITAMIN D3. CONTAINS MILK.

### Nutrition Facts

1 serving per container  
**Serving size 1 Carton (240mL)**

| Amount per serving            |            |
|-------------------------------|------------|
| <b>Calories</b>               | <b>100</b> |
| % Daily Value*                |            |
| <b>Total Fat</b> 2.5g         | <b>3%</b>  |
| Saturated Fat 1.5g            | <b>8%</b>  |
| Trans Fat 0g                  |            |
| <b>Cholesterol</b> 15mg       | <b>5%</b>  |
| <b>Sodium</b> 120mg           | <b>5%</b>  |
| <b>Total Carbohydrate</b> 11g | <b>4%</b>  |
| Dietary Fiber 0g              | <b>0%</b>  |
| Total Sugars 11g              |            |
| Includes 0g Added Sugars      | <b>0%</b>  |
| <b>Protein</b> 8g             | <b>16%</b> |
| Vitamin D 2.5mcg              | 15%        |
| Calcium 300mg                 | 25%        |
| Iron 0.1mg                    | 0%         |
| Potassium 370mg               | 8%         |
| Vitamin A 150mcg              | 15%        |

\*The % Daily Value (DV) 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.

**INGREDIENTS:** LOWFAT MILK, VITAMIN A PALMITATE AND VITAMIN D3. CONTAINS MILK.



**CASE COUNT - 50  
HALF PINT (240 ML)**

FARMER OWNED  
**Prairie Farms**



**MOO-licious**

**School Solutions**

## Easy Storage

### No Refrigeration Required

- Specially packaged and shelf stable, maintains quality for months
- Unopened cartons store at room temperature without reducing quality or shelf life
- Chill before serving, then refrigerate after opening. Enjoy within 7 days
- 1% lowfat flavors, with no artificial growth hormones or colors
- **8g** of high quality protein plus 13 essential vitamins and minerals
- Allows you to plan ahead for:
  - Field Trips
  - Sporting Events
  - After School Snacks
  - Backpack Programs
  - Summer Pickup Programs
  - Unexpected School Closures

## Pantry Fresh 100% REAL Milk

### Plain and Lactose Free Options

Fluid milk is a required component for reimbursable meals in **Child Nutrition Programs**.

Single Serve, 8 Fl oz



**Order Today**



| Nutrition Facts          |            |
|--------------------------|------------|
| Serving size 1 container |            |
| Amount per serving       |            |
| <b>Calories 100</b>      |            |
| % Daily Value            |            |
| Total Fat 2.5g           | 3%         |
| Saturated Fat 1.5g       | 8%         |
| Trans Fat 0g             |            |
| Cholesterol 10mg         | 4%         |
| Sodium 105mg             | 5%         |
| Total Carbohydrate 12g   | 4%         |
| Dietary Fiber 0g         | 0%         |
| Total Sugars 12g         |            |
| Includes 0g Added Sugars | 0%         |
| <b>Protein 8g</b>        | <b>16%</b> |
| Vitamin D 2.5mcg         | 10%        |
| Calcium 300mg            | 25%        |
| Iron 0mg                 | 0%         |
| Potassium 320mg          | 6%         |
| Vitamin A 150mcg         | 15%        |

INGREDIENTS: LOWFAT MILK, VITAMIN A PALMITATE, VITAMIN D.  
CONTAINS: MILK



| Nutrition Facts           |            |
|---------------------------|------------|
| Serving size 1 container  |            |
| Amount per serving        |            |
| <b>Calories 120</b>       |            |
| % Daily Value             |            |
| Total Fat 0g              | 0%         |
| Saturated Fat 0g          | 0%         |
| Trans Fat 0g              |            |
| Cholesterol 5mg           | 2%         |
| Sodium 150mg              | 7%         |
| Total Carbohydrate 22g    | 8%         |
| Dietary Fiber 1g          | 4%         |
| Total Sugars 21g          |            |
| Includes 10g Added Sugars | 20%        |
| <b>Protein 8g</b>         | <b>16%</b> |
| Vitamin D 2.5mcg          | 10%        |
| Calcium 300mg             | 25%        |
| Iron 0.5mg                | 3%         |
| Potassium 420mg           | 8%         |
| Vitamin A 150mcg          | 15%        |

INGREDIENTS: SKIM MILK, SUGAR, COCOA (PROCESSED WITH ALKALI), CARRAGEENAN, SALT, VITAMIN A PALMITATE, VITAMIN D.  
CONTAINS: MILK



| Nutrition Facts          |            |
|--------------------------|------------|
| Serving size 1 container |            |
| Amount per serving       |            |
| <b>Calories 100</b>      |            |
| % Daily Value            |            |
| Total Fat 2.5g           | 3%         |
| Saturated Fat 1.5g       | 8%         |
| Trans Fat 0g             |            |
| Cholesterol 10mg         | 4%         |
| Sodium 130mg             | 6%         |
| Total Carbohydrate 13g   | 5%         |
| Dietary Fiber 0g         | 0%         |
| Total Sugars 12g         |            |
| Includes 0g Added Sugars | 0%         |
| <b>Protein 8g</b>        | <b>16%</b> |
| Vitamin D 2.5mcg         | 10%        |
| Calcium 300mg            | 25%        |
| Iron 0mg                 | 0%         |
| Potassium 400mg          | 8%         |
| Vitamin A 150mcg         | 15%        |

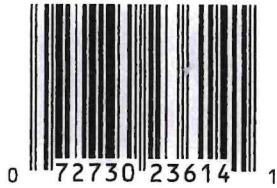
INGREDIENTS: LOWFAT MILK, LACTASE ENZYME\*\* VITAMIN A PALMITATE, VITAMIN D. \*\*INGREDIENT NOT FOUND IN REGULAR MILK. CONTAINS: MILK



| Nutrition Facts          |            |
|--------------------------|------------|
| Serving size 1 container |            |
| Amount per serving       |            |
| <b>Calories 100</b>      |            |
| % Daily Value            |            |
| Total Fat 3g             | 4%         |
| Saturated Fat 1.5g       | 8%         |
| Trans Fat 0g             |            |
| Cholesterol 10mg         | 3%         |
| Sodium 150mg             | 7%         |
| Total Carbohydrate 18g   | 6%         |
| Dietary Fiber 0g         | 0%         |
| Total Sugars 17g         |            |
| Includes 5g Added Sugars | 10%        |
| <b>Protein 8g</b>        | <b>16%</b> |
| Vitamin D 2.5mcg         | 10%        |
| Calcium 280mg            | 20%        |
| Iron 0.7mg               | 4%         |
| Potassium 470mg          | 10%        |
| Vitamin A 150mcg         | 15%        |

INGREDIENTS: LOWFAT MILK, SUGAR, ALKALIZED COCOA POWDER, GELLEN GUM, CARRAGEENAN, VITAMIN A PALMITATE, VITAMIN D3. \*\*LACTASE ENZYME. \*\*INGREDIENT NOT FOUND IN REGULAR MILK. CONTAINS: MILK

1% Lowfat Milk  
Shelf Stable, UHT  
Product Code #34520



Fat Free  
Chocolate Milk  
Shelf Stable, UHT  
Product Code #36596



Lactose Free  
1% Lowfat Milk  
Shelf Stable, UHT  
Product Code #34518



Lactose Free  
1% Lowfat Chocolate Milk  
Shelf Stable, UHT  
Product Code #36142



**Hiland**  
DAIRY FOODS FARMER OWNED

OUR AWARD  
WINNING COTTAGE CHEESE  
JUST GOT BETTER.

INTRODUCING  
THE ALL NEW

**PRO  
PACK  
SNACK**

PERFECTLY PORTIONED  
HIGH PROTEIN • LOW FAT



# PRO PACK SNACK

4oz Low Fat Cottage  
Cheese Cup



## Nutrition Facts

1 serving per container

Serving size 1/2 Cup (114g)

Amount per serving

**Calories** **90**

% Daily Value\*

**Total Fat** 2.5g **3%**

Saturated Fat 1.5g **8%**

Trans Fat 0g

**Cholesterol** 15mg **5%**

**Sodium** 490mg **21%**

**Total Carbohydrate** 5g **2%**

Dietary Fiber 0g **0%**

Total Sugars 5g

Includes 1g Added Sugars **2%**

**Protein** 12g **24%**

Vitamin D 0mcg **0%**

Calcium 100mg **8%**

Iron 0.1mg **0%**

Potassium 160mg **4%**

Vitamin A 60mcg **6%**

\*The % Daily Value (DV) 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.

**INGREDIENTS:** CULTURED LOW FAT MILK, NON FAT DRY MILK, LACTOSE, SALT, STABILIZER (GUAR GUM, MONO AND DIGLYCERIDES, XANTHAM GUM, CARRAGEENAN, CAROB BEAN GUM), CITRIC ACID, CARBON DIOXIDE AND POTASSIUM SORBATE (MAINTAIN FRESHNESS), VITAMIN A PALMITATE AND CHEESE CULTURES.  
**CONTAINS: MILK**

24% DAILY PROTEIN

UNDER 100 CALORIES

PERFECTLY PORTIONED  
FOR EATING ON THE GO.



LOCALLY SOURCED MILK

NO ARTIFICIAL FLAVORS,  
GROWTH HORMONES,  
OR COLORS.