

Product Bottled by Plains Dairy

Product Name Whole Vitamin D Milk
Serving Size 1 Cup (240 ml)

	<u>Amount per Serving</u>	<u>% Daily Value*</u>
Calories	150	
Calories from Fat	70	
Total Fat	8 g	12%
Saturated Fat	5 g	25%
Trans Fat	0 g	0%
Cholesterol	35 mg	11%
Sodium	130 mg	5%
Total Carbohydrate	13 g	4%
Dietary Fiber	0 g	0%
Sugars	12 g	
Protein	8 g	
Vitamin A	6%	
Vitamin C	2%	
Calcium	25%	
Iron	0%	
Vitamin D	25%	

*Percent Daily Values are based on a 2000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Ingredients:

Milk, Vitamin D3 added

Naturally Produced without Artificial Hormones

*No significant difference has been shown between rBST-Treated and Non rBST-Treated Cows.

This product may produce allergic reactions in persons with milk allergies.

This product is Kosher Certified

Revised 4/16/2009

Products Bottled by Plains Dairy

Product Name 1% Lowfat Chocolate Milk
Serving Size 1 Cup (240 ml)

	<u>Amount per Serving</u>	<u>% Daily Value*</u>
Calories	150	
Calories from Fat	25	
Total Fat	2.5 g	4%
Saturated Fat	1.5 g	7%
Trans Fat	0g	0%
Cholesterol	10 mg	3%
Sodium	220 mg	9%
Total Carbohydrate	25 g	8%
Dietary Fiber	1 g	4%
Sugars	24 g	
Protein	8 g	
Vitamin A	10%	
Vitamin C	4%	
Calcium	30%	
Iron	4%	
Vitamin D	25%	

*Percent Daily Values are based on a 2000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Ingredients:

Lowfat Milk, High Fructose Corn Syrup, Sugar, Cocoa, Salt, Carrageenan, Guar Gum, Corn Starch, Silicon Dioxide, Vitamin A Palmitate, Vitamin D3, and Artificial Color

Naturally Produced without Artificial Hormones

*No significant difference has been shown between rBST-Treated and Non rBST-Treated Cows.

This product may produce allergic reactions in persons with milk allergies.

This product is Kosher Certified

Revised 4/16/2009

Products Bottled by Plains Dairy

Product Name No Sugar Added Choclolat 1% Milk
Serving Size 1 Cup (240 ml)

	<u>Amount per Serving</u>	<u>% Daily Value*</u>
Calories	110	
Calories from Fat	25	
Total Fat	2.5	4%
Saturated Fat	2g	8%
Trans Fat	0g	0%
Cholesterol	10mg	3%
Sodium	250mg	10%
Total Carbohydrate	15g	5%
Dietary Fiber	1g	4%
Sugars	12g	
Protein	8g	
Vitamin A	10%	
Vitamin C	0%	
Calcium	50%	
Iron	0%	
Vitamin D	25%	

*Percent Daily Values are based on a 2000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Ingredients:

Low Fat Milk, Cocoa,(processed with Alkali) Corn Starch, Cocoa, Carrageenan, Calcium, Carbonate, Gum Arabic, Sucralose, Guar Gum, Potassium Citrate, Silicon Dioxide, Vanillin, Vitamin A, Palmitate, Vitamin D3.

Naturally Produced without Artificial Hormones

*No significant difference has been shown between rBST-Treated and Non rBST-Treated Cows.

This product may produce allergic reactions in persons with milk allergies.

This product is Kosher Certified

Revised #####

Products Bottled by Plains Dairy

Product Name	Whole Chocolate Milk	
Serving Size	1 Cup	(240 ml)
	<u>Amount per Serving</u>	<u>% Daily Value*</u>
Calories	230	
Calories from Fat	72	
Total Fat	8g	12%
Saturated Fat	5g	24%
Cholesterol	30mg	11%
Sodium	200mg	9%
Total Carbohydrate	26g	9%
Dietary Fiber	1g	4%
Sugars	24g	
Protein	8g	
Vitamin A	6%	
Vitamin C	2%	
Calcium	25%	
Iron	0%	
Vitamin D	0%	

*Percent Daily Values are based on a 2000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Ingredients:

Milk, High Fructose Corn Syrup, Sugar, Cocoa, Salt, Carrageenan, Guar Gum, Corn Starch, Silicon Dioxide, and Artificial Color

Naturally Produced without Artificial Hormones

*No significant difference has been shown between rBST-Treated and Non rBST-Treated Cows.

This product may produce allergic reactions in persons with milk allergies.

This product is Kosher Certified

Revised 4/16/2009

Products Bottled by Plains Dairy

Product Name	Reduced Fat 2% Milk	
Serving Size	1 Cup	(240 ml)
	<u>Amount per Serving</u>	<u>% Daily Value*</u>
Calories	130	
Calories from Fat	45	
Total Fat	5 g	8%
Saturated Fat	3 g	15%
Trans Fat	0g	0%
Cholesterol	25 mg	8%
Sodium	135 mg	6%
Total Carbohydrate	13 g	4%
Dietary Fiber	0 g	0%
Sugars	12 g	
Protein	8 g	
Vitamin A	10%	
Vitamin C	2%	
Calcium	25%	
Iron	0%	
Vitamin D	25%	

*Percent Daily Values are based on a 2000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Ingredients:

Reduced Fat Milk, Vitamin A Palmitate, and Vitamin D3 added

Naturally Produced without Artificial Hormones

*No significant difference has been shown between rBST-Treated and Non rBST-Treated Cows.

This product may produce allergic reactions in persons with milk allergies.

This product is Kosher Certified

Revised 4/16/2009

Products Bottled by Plains Dairy

Product Name	Cultured 2% Reduced Fat Butter Milk	
Serving Size	1 Cup	(240 ml)
	<u>Amount per Serving</u>	<u>% Daily Value*</u>
Calories	130	
Calories from Fat	45	
Total Fat	5 g	8%
Saturated Fat	3 g	15%
Trans Fat	0g	0%
Cholesterol	25 mg	8%
Sodium	270 mg	11%
Total Carbohydrate	13 g	4%
Dietary Fiber	0 g	0%
Sugars	12 g	
Protein	8 g	
Vitamin A	0%	
Vitamin C	2%	
Calcium	25%	
Iron	0%	
Vitamin D	0%	

*Percent Daily Values are based on a 2000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Ingredients:

Cultured Reduced Fat Milk, Sodium Citrate, Salt, Modified Food Starch, Mono and Diglycerides, Carrageenan, Locust Bean Gum, Standardized with Salt and Dextrose

Naturally Produced without Artificial Hormones

*No significant difference has been shown between rBST-Treated and Non rBST-Treated Cows.

This product may produce allergic reactions in persons with milk allergies.

This product is Kosher Certified

Revised 4/16/2009

Products Bottled by Plains Dairy

Product Name	Low Fat 1% Milk	
Serving Size	1 Cup	(240 ml)
	<u>Amount per Serving</u>	<u>% Daily Value*</u>
Calories	110	
Calories from Fat	20	
Total Fat	2.5 g	4%
Saturated Fat	1.5 g	8%
Trans Fat	0g	0%
Cholesterol	10 mg	4%
Sodium	135 mg	6%
Total Carbohydrate	13 g	4%
Dietary Fiber	0 g	0%
Sugars	12 g	
Protein	8 g	
Vitamin A	10%	
Vitamin C	2%	
Calcium	25%	
Iron	0%	
Vitamin D	25%	

*Percent Daily Values are based on a 2000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Ingredients:

Lowfat Milk, Vitamin A Palmitate, Vitamin D3 added

Naturally Produced without Artificial Hormones

*No significant difference has been shown between rBST-Treated and Non rBST-Treated Cows.

This product may produce allergic reactions in persons with milk allergies.

This product is Kosher Certified

Revised 4/16/2009

Products Bottled by Plains Dairy

Product Name	Fat Free Skim Milk	
Serving Size	1 Cup	(240 ml)
	<u>Amount per Serving</u>	<u>% Daily Value*</u>
Calories	90	
Calories from Fat	0	
Total Fat	0 g	0%
Saturated Fat	0 g	0%
Trans Fat	0g	0%
Cholesterol	5 mg	2%
Sodium	135 mg	6%
Total Carbohydrate	13 g	4%
Dietary Fiber	0 g	0%
Sugars	12 g	
Protein	8 g	
Vitamin A	10%	
Vitamin C	2%	
Calcium	25%	
Iron	0%	
Vitamin D	25%	

*Percent Daily Values are based on a 2000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Ingredients:

Skim Milk, Vitamin A Palmitate, Vitamin D3 added

Naturally Produced without Artificial Hormones

*No significant difference has been shown between rBST-Treated and Non rBST-Treated Cows.

This product may produce allergic reactions in persons with milk allergies.

This product is Kosher Certified

Revised 4/16/2009

Products Bottled by Plains Dairy

Product Name	Strawberry Flavored 1% Lowfat Milk	
Serving Size	1 Cup	(240 ml)
	<u>Amount per Serving</u>	<u>% Daily Value*</u>
Calories	150	
Calories from Fat	25	
Total Fat	2.5 g	4%
Saturated Fat	1.5 g	7%
Trans Fat	0g	0%
Cholesterol	10 mg	3%
Sodium	115 mg	5%
Total Carbohydrate	24 g	8%
Dietary Fiber	0 g	0%
Sugars	23 g	
Protein	8 g	
Vitamin A	10%	
Vitamin C	4%	
Calcium	30%	
Iron	0%	
Vitamin D	25%	

*Percent Daily Values are based on a 2000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Ingredients:

Reduced Fat Milk, High Fructose Corn Syrup, Sucrose, Strawberry Flavor, Vitamin A Palmitate, and Vitamin D3, Red # 40

Naturally Produced without Artificial Hormones

*No significant difference has been shown between rBST-Treated and Non rBST-Treated Cows.

This product may produce allergic reactions in persons with milk allergies.

This product is Kosher Certified

Revised

4/16/2009

Products Bottled by Plains Dairy

Product Name	Egg Nog Non Alcoholic	
Serving Size	1/2 Cup	(120 ml)
	<u>Amount per Serving</u>	<u>% Daily Value*</u>
Calories	190	
Calories from Fat	70	
Total Fat	8 g	12%
Saturated Fat	5 g	25%
Cholesterol	35 mg	12%
Sodium	160 mg	7%
Total Carbohydrate	28 g	9%
Dietary Fiber	0 g	0%
Sugars	26 g	
Protein	4 g	
Vitamin A	6%	
Vitamin C	2%	
Calcium	15%	
Iron	0%	

*Percent Daily Values are based on a 2000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Ingredients:

Milk, Cream, Sugar, Corn Syrup, Egg Yolk Solids, High Fructose Corn Syrup, Contains 2% or less: Whey, Nonfat Milk, Natural Flavors, Nutmeg, Annatto and Turmeric (for Color), Guar Gum, Carrageenan, Mono and Diglycerides.

Naturally Produced without Artificial Hormones

*No significant difference has been shown between rBST-Treated and Non rBST-Treated Cows.

This product may produce allergic reactions in persons with milk allergies.

This Product is Kosher Certified

Revised 4/16/2009

Products Bottled by Plains Dairy

Product Name	Orange Juice	
Serving Size	1 Cup	(240 ml)
	<u>Amount per Serving</u>	<u>% Daily Value*</u>
Calories	120	
Calories from Fat	0	
Total Fat	0 g	0%
Trans Fat	0 g	0%
Cholesterol	0 mg	0%
Sodium	15 mg	0%
Total Carbohydrate	29 g	10%
Dietary Fiber	0 g	0%
Sugars	28 g	
Protein	1 g	
Vitamin A	0%	
Vitamin C	130%	
Calcium	2%	
Iron	0%	

*Percent Daily Values are based on a 2000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Ingredients:

Water and Orange Juice Concentrate
100% Orange Juice Concentrate from US, Mexico and Brazil. No Sugar or Preservatives Added.

Naturally Produced without Artificial Hormones

*No significant difference has been shown between rBST-Treated and Non rBST-Treated Cows.

This product may produce allergic reactions in persons with orange allergies.

This product is Kosher Certified

Revised 4/16/2009

Products Bottled by Plains Dairy

Product Name	Whole Vitamin D Milk	
Serving Size	1.5 Cup	(355 ml)
	<u>Amount per Serving</u>	<u>% Daily Value*</u>
Calories	225	
Calories from Fat	105	
Total Fat	12 g	18%
Trans Fat	7.5 g	37%
Cholesterol	52.5 mg	17%
Sodium	195 mg	9%
Total Carbohydrate	20 g	6%
Dietary Fiber	0 g	0%
Sugars	18 g	
Protein	12 g	
Vitamin A	9%	
Vitamin C	3%	
Calcium	37%	
Iron	0%	
Vitamin D	37%	

*Percent Daily Values are based on a 2000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Ingredients:

Vitamin D3

Naturally Produced without Artificial Hormones

*No significant difference has been shown between rBST-Treated and Non rBST-Treated Cows.

This product may produce allergic reactions in persons with milk allergies.

This product is Kosher Certified

Revised 4/16/2009

Products Bottled by Plains Dairy

Product Name	1% Lowfat Chocolate Milk	
Serving Size	1.5 Cup	(355 ml)
	<u>Amount per Serving</u>	<u>% Daily Value*</u>
Calories	240	
Calories from Fat	37.5	
Total Fat	4 g	6%
Saturated Fat	7.5 g	37%
Trans Fat	0g	0%
Cholesterol	15 mg	4.5%
Sodium	315 mg	13.5%
Total Carbohydrate	39 g	13.5%
Dietary Fiber	1.5 g	6%
Sugars	36 g	
Protein	12 g	
Vitamin A	15%	
Vitamin C	3%	
Calcium	45%	
Iron	6%	
Vitamin D	37%	

*Percent Daily Values are based on a 2000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Ingredients:

Lowfat Milk, High Fructose Corn Syrup, Sugar, Cocoa, Salt, Carrageenan, Guar Gum, Corn Starch, Silicon Dioxide Vitamin A Palmitate, Vitamin D3, and Artificial Color

Naturally Produced without Artificial Hormones

*No significant difference has been shown between rBST-Treated and Non rBST-Treated Cows.

This product may produce allergic reactions in persons with milk allergies.

This product is Kosher Certified

Revised 4/16/2009

Products Bottled by Plains Dairy

Product Name	Whole Chocolate Milk	
Serving Size	1.5 Cup	(355 ml)
	<u>Amount per Serving</u>	<u>% Daily Value*</u>
Calories	330	
Calories from Fat	108	
Total Fat	12 g	18%
Saturated Fat	7.5 g	36%
Trans Fat	0g	0%
Cholesterol	45 mg	17%
Sodium	300 mg	13.5%
Total Carbohydrate	39 g	14%
Dietary Fiber	1.5 g	6%
Sugars	39 g	
Protein	12 g	
Vitamin A	0%	
Vitamin C	3%	
Calcium	37%	
Iron	0%	
Vitamin D	0%	

*Percent Daily Values are based on a 2000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Ingredients:

Milk, High Fructose Corn Syrup, Sugar, Cocoa, Salt, Carrageenan, Guar Gum, Corn Starch, Silicon Dioxide, and Artificial Color

Naturally Produced without Artificial Hormones

*No significant difference has been shown between rBST-Treated and Non rBST-Treated Cows.

This product may produce allergic reactions in persons with milk allergies.

This product is Kosher Certified

Revised 4/16/2009

Products Bottled by Plains Dairy

Product Name	Reduced Fat 2% Milk	
Serving Size	1.5 Cup	(355 ml)
	<u>Amount per Serving</u>	<u>% Daily Value*</u>
Calories	195	
Calories from Fat	68	
Total Fat	7.5 g	12%
Saturated Fat	4.5 g	22.50%
Cholesterol	38 mg	12%
Sodium	203 mg	9%
Total Carbohydrate	20 g	6%
Dietary Fiber	0 g	0%
Sugars	18 g	
Protein	12 g	
Vitamin A	15%	
Vitamin C	3%	
Calcium	37%	
Iron	0%	
Vitamin D	37%	

*Percent Daily Values are based on a 2000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Ingredients:

Reduced Fat Milk, Vitamin A Palmitate, and Vitamin D3

Naturally Produced without Artificial Hormones

*No significant difference has been shown between rBST-Treated and Non rBST-Treated Cows.

This product may produce allergic reactions in persons with milk allergies.

This product is Kosher Certified

Revised 4/16/2009

Products Bottled by Plains Dairy

Serving Size	Orange Juice 1.5 Cup	(355 ml)
	Amount per Serving	% Daily Value*
Calories	210	
Calories from Fat	0	
Total Fat	0 g	0%
Trans Fat	0 g	0%
Sodium	5 mg	0%
Total Carbohydrate	50 g	17%
Sugars	44 g	
Protein	2 g	
Vitamin A	6%	
Vitamin C	165%	
Calcium	45%	
Iron	0%	
Vitamin D	37%	

*Percent Daily Values are based on a 2000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Ingredients:

Water and Orange Juice Concentrate
100% Orange Juice Concentrate from US and Brazil. No Sugar or Preservatives Added.

Naturally Produced without Artificial Hormones

*No significant difference has been shown between rBST-Treated and Non rBST-Treated Cows.

This product may produce allergic reactions in persons with orange allergies.

This product is Kosher Certified

Revised 4/16/2009

Products Bottled by Plains Dairy

Serving Size	Egg Nog Non Alcoholic 1.5 Cup	(360 ml)
	Amount per Serving	% Daily Value*
Calories	570	
Calories from Fat	210	
Total Fat	24 g	36%
Saturated Fat	15 g	75%
Trans Fat	0G	
Cholesterol	105 mg	36%
Sodium	480 mg	21%
Total Carbohydrate	84 g	27%
Dietary Fiber	0 g	0%
Sugars	78 g	
Protein	12 g	
Vitamin A	18%	
Vitamin C	6%	
Calcium	45%	
Iron	0%	

*Percent Daily Values are based on a 2000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Ingredients:

Milk, Cream, Sugar, Corn Syrup, Egg Yolk Solids, High Fructose Corn Syrup, Contains 2% or less: Whey, Nonfat Milk, Natural Flavors, Nutmeg, Annatto and Turmeric (for Color), Guar Gum, Carrageenan, Mono and Diglycerides.

Naturally Produced without Artificial Hormones

*No significant difference has been shown between rBST-Treated and Non rBST-Treated Cows.

This product may produce allergic reactions in persons with milk allergies.

This product is Kosher Certified

Revised 4/16/2009

Products Bottled by Plains Dairy

	Red Diamond Sweet Tea	
Serving Size	1.5 Cup	(355 ml)
	<u>Amount per Serving</u>	<u>% Daily Value*</u>
Calories	80	
Calories from Fat	0	
Total Fat	0 g	0%
Saturated Fat	0 g	0%
Cholesterol	0 mg	0%
Sodium	0 mg	0%
Total Carbohydrate	18 g	6%
Dietary Fiber	0 g	0%
Sugars	19 g	
Protein	0 g	
Vitamin A	0%	
Vitamin C	0%	
Calcium	0%	
Iron	0%	
Vitamin D	0%	

*Percent Daily Values are based on a 2000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Ingredients:

Water, Orange Pekoe and Pekoe Tea, Sugar, Potassium Sorbate Added as a Preservative

Naturally Produced without Artificial Hormones

*No significant difference has been shown between rBST-Treated and Non rBST-Treated Cows.

This product is Kosher Certified

Revised 4/16/2009

Products Bottled by Plains Dairy

Product Name 1% Lowfat Milk
Serving Size 1 Cup (240 ml)

	<u>Amount per Serving</u>	<u>% Daily Value*</u>
Calories	110	
Calories from Fat	20	
Total Fat	2.5 g	4%
Saturated Fat	1.5 g	8%
Cholesterol	10 mg	4%
Sodium	135 mg	6%
Total Carbohydrate	13 g	4%
Dietary Fiber	0 g	0%
Sugars	12 g	
Protein	8 g	
Vitamin A	10%	
Vitamin C	2%	
Calcium	25%	
Iron	0%	
Vitamin D	25%	

*Percent Daily Values are based on a 2000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Ingredients:

Lowfat Milk, Vitamin A Palmitate and Vitamin D3

Naturally Produced without Artificial Hormones

*No significant difference has been shown between rBST-Treated and Non rBST-Treated Cows.

This product may produce allergic reactions in persons with milk allergies.

This product is Kosher Certified

Revised 4/16/2009

Plains Dairy

Product Name	Plains Cottage Cheese	
Serving Size	1/2 Cup	(113 grams)
	<u>Amount per Serving</u>	<u>% Daily Value*</u>
Calories	120	N/A
Calories from Fat	50	N/A
Total Fat	5 g	8%
Saturated Fat	3.5 g	17%
Trans Fat	0 g	
Cholesterol	25 mg	9%
Sodium	430 mg	18%
Potassium	150 mg	4%
Total Carbohydrate	4 g	1%
Dietary Fiber	0 g	0%
Sugars	3 g	
Protein	13 g	25%
Vitamin A	N/A	4%
Vitamin C	N/A	0%
Calcium	N/A	8%
Iron	N/A	0%

*Percent Daily Values are based on a 2000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Ingredients:

Cultured Pasteurized Nonfat Milk, Milk, Cream, Salt, Grade A Whey, Nonfat Dry Milk, Guar Gum, Potassium Sorbate (a preservative), Locust Bean Gum, Carrageenan, Calcium Sulfate, Sodium and Potassium Phosphates, and Enzymes.

Allergen Information:

This product may produce allergic reactions in persons with milk allergies.

This product is Kosher Certified

Plains Dairy

Product Name Plains 2% Cottage Cheese
Serving Size 1/2 Cup (113 grams)

	<u>Amount per Serving</u>	<u>% Daily Value*</u>
Calories	90	N/A
Calories from Fat	20	N/A
Total Fat	2.5 g	4%
Saturated Fat	1.5 g	8%
Trans Fat	0 g	
Cholesterol	15 mg	5%
Sodium	450 mg	19%
Potassium	160 mg	4%
Total Carbohydrate	4 g	1%
Dietary Fiber	0 g	0%
Sugars	4 g	
Protein	13 g	26%
Vitamin A	N/A	4%
Vitamin C	N/A	2%
Calcium	N/A	8%
Iron	N/A	0%

*Percent Daily Values are based on a 2000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Ingredients:

Cultured Pasteurized Nonfat Milk, Milk, Cream, Salt, Grade A Whey, Nonfat Dry Milk, Guar Gum, Potassium Sorbate (a preservative), Locust Bean Gum, Carrageenan, Calcium Sulfate, Sodium and Potassium Phosphates, Vitamin a Palmitate, and Enzymes.

Allergen Information:

This product may produce allergic reactions in persons with milk allergies.

This product is Kosher Certified

Plains Dairy

Product Name Plains Ranch Sour Cream Dip
Serving Size 2 Tablespoons (31 grams)

	<u>Amount per Serving</u>	<u>% Daily Value*</u>
Calories	60	N/A
Calories from Fat	50	N/A
Total Fat	6 g	9%
Saturated Fat	3.5 g	17%
Trans Fat	0 g	
Cholesterol	20 mg	7%
Sodium	230 mg	10%
Potassium	55 mg	2%
Total Carbohydrate	2 g	1%
Dietary Fiber	0 g	0%
Sugars	2 g	
Protein	1 g	2%
Vitamin A	N/A	4%
Vitamin C	N/A	0%
Calcium	N/A	4%
Iron	N/A	0%

*Percent Daily Values are based on a 2000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Ingredients:

Cultured Milk and Cream, Grade A Whey, Salt, Monosodium Glutamate, Food Starch-Modified (corn), Sodium Phosphate, Dehydrated Garlic and Onion, Gelatin, Guar Gum, Buttermilk Powder (cultured skim milk), Spices Carrageenan, Calcium Sulfate, Dehydrated Pa

Allergen Information:

This product may produce allergic reactions in persons with milk allergies.

This product is Kosher Certified

Plains Dairy

Product Name Plains Green Chili Sour Cream Dip
Serving Size 2 Tablespoons (31 grams)

	Amount per Serving	% Daily Value*
Calories	60	N/A
Calories from Fat	50	N/A
Total Fat	6 g	9%
Saturated Fat	3.5 g	17%
Trans Fat	0 g	
Cholesterol	20 mg	7%
Sodium	230 mg	10%
Potassium	65 mg	2%
Total Carbohydrate	3 g	2%
Dietary Fiber	0 g	0%
Sugars	2 g	
Protein	1 g	2%
Vitamin A	N/A	6%
Vitamin C	N/A	2%
Calcium	N/A	4%
Iron	N/A	0%

*Percent Daily Values are based on a 2000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Ingredients:

Cultured Milk and Cream, Salt, Grade A Whey, Food Starch-Modified (corn), Dehydrated Vegetables (onion, green chili, garlic, jalapeno), Sodium Phosphate, Spices, Yeast Extract, Monosodium Glutamate, Gelatin, Vinegar Powder (maltodextrin, food starch-modif.

Allergen Information:

This product may produce allergic reactions in persons with milk allergies.

This product is Kosher Certified

Plains Dairy

Product Name Plains Jalapeno Sour Cream Dip
Serving Size 2 Tablespoons (31 grams)

	<u>Amount per Serving</u>	<u>% Daily Value*</u>
Calories	60	N/A
Calories from Fat	50	N/A
Total Fat	6 g	9%
Saturated Fat	3.5 g	17%
Trans Fat	0 g	
Cholesterol	20 mg	7%
Sodium	230 mg	10%
Potassium	60 mg	2%
Total Carbohydrate	3 g	2%
Dietary Fiber	0 g	0%
Sugars	2 g	
Protein	1 g	2%
Vitamin A	N/A	6%
Vitamin C	N/A	6%
Calcium	N/A	4%
Iron	N/A	0%

*Percent Daily Values are based on a 2000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Ingredients:

Cultured Milk and Cream, Grade a Whey, Dehydrated Vegetables (bell peppers, jalapeno peppers, onion, garlic, parsley), Salt Food Starch-Modified (corn), Sodium Phosphate, Natural and Artificial Flavors, Gelatin, Hydrolyzed Vegetable Protein (corn), Guar

Allergen Information:

This product may produce allergic reactions in persons with milk allergies.

This product is Kosher Certified

Plains Dairy

Product Name Plains French Onion Sour Cream Dip
Serving Size 2 Tablespoons (31 grams)

	<u>Amount per Serving</u>	<u>% Daily Value*</u>
Calories	60	N/A
Calories from Fat	50	N/A
Total Fat	6 g	9%
Saturated Fat	3.5 g	17%
Trans Fat	0 g	
Cholesterol	20 mg	7%
Sodium	220 mg	10%
Potassium	60 mg	2%
Total Carbohydrate	3 g	2%
Dietary Fiber	0 g	0%
Sugars	2 g	
Protein	1 g	2%
Vitamin A	N/A	6%
Vitamin C	N/A	0%
Calcium	N/A	4%
Iron	N/A	0%

*Percent Daily Values are based on a 2000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Ingredients:

Cultured Milk and Cream, Dehydrated Onion, Grade A Whey, Salt, Food Starch Modified (corn), Sodium Phosphate, Sugar, Monosodium Glutamate, Hydrolyzed Vegetable Protein (corn), Gelatin, Guar Gum, Carrageenan, Calcium Sulfate, Dehydrated Parsley, Dehydrated

Allergen Information:

This product may produce allergic reactions in persons with milk allergies.

This product is Kosher Certified

Plains Dairy

Product Name Plains Sour Cream
Serving Size 2 Tablespoons (31 grams)

	<u>Amount per Serving</u>	<u>% Daily Value*</u>
Calories	60	N/A
Calories from Fat	50	N/A
Total Fat	6 g	8%
Saturated Fat	3.5 g	18%
Trans Fat	0 g	
Cholesterol	20 mg	7%
Sodium	60 mg	3%
Total Carbohydrate	2 g	1%
Dietary Fiber	0 g	0%
Sugars	2 g	
Protein	Less than 1 gram	2%
Vitamin A	N/A	4%
Vitamin C	N/A	0%
Calcium	N/A	4%
Iron	N/A	0%

*Percent Daily Values are based on a 2000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Ingredients:

Cultured Milk and Cream, Grade A Whey, Food Starch-Modified (corn), Sodium Phosphate, Guar Gum, Carrageenan, Calcium Sulfate, and Locust Bean Gum.

Allergen Information:

This product may produce allergic reactions in persons with milk allergies.

This product is Kosher Certified