

Hartzler 2%

Nutrition Facts

Serving Size 1 Cup (236 ml)
Servings Per Container 8

Amount Per Serving

Calories 120 **Calories from Fat** 45

% Daily Value*

Total Fat 5g **8%**

Saturated Fat 3g **16%**

Cholesterol 20mg **7%**

Sodium 110mg **5%**

Total Carbohydrate 11g **4%**

Dietary Fiber 0g **0%**

Sugars 11g

Protein 8g

Vitamin A 10% • Vitamin C 2%

Calcium 25% • Iron 0%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Ingredients: Reduced Fat Milk, Vitamin A Palmitate

Hartzler Chocolate

Nutrition Facts

Serving Size 1 Cup (236 ml)
Servings Per Container 8

Amount Per Serving

Calories 200 **Calories from Fat** 70

% Daily Value*

Total Fat 8g **13%**

Saturated Fat 5g **27%**

Cholesterol 35mg **11%**

Sodium 200mg **8%**

Total Carbohydrate 24g **8%**

Dietary Fiber 0g **0%**

Sugars 23g

Protein 8g

Vitamin A 6% • Vitamin C 2%

Calcium 25% • Vitamin D 5%

Iron 2%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Ingredients: Whole Milk, Sugar, Cocoa processed with Alkali, Dextrose, Starch, Salt, Carrageenan, and Pure Vanilla

Hartzler Whole

Nutrition Facts

Serving Size 1 Cup (236 ml)
Servings Per Container 8

Amount Per Serving

Calories 150 **Calories from Fat** 70

% Daily Value*

Total Fat 8g **13%**

Saturated Fat 5g **27%**

Cholesterol 35mg **12%**

Sodium 110mg **5%**

Total Carbohydrate 11g **4%**

Dietary Fiber 0g **0%**

Sugars 11g

Protein 8g

Vitamin A 6% • Vitamin C 2%

Calcium 25% • Iron 0%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Hartzler Skim

Nutrition Facts

Serving Size 1 Cup (236 ml)
Servings Per Container 8

Amount Per Serving

Calories 80 **Calories from Fat** 0

% Daily Value*

Total Fat 0g **0%**

Saturated Fat 0g **0%**

Cholesterol 0mg **0%**

Sodium 110mg **5%**

Total Carbohydrate 11g **4%**

Dietary Fiber 0g **0%**

Sugars 11g

Protein 8g

Vitamin A 10% • Vitamin C 2%

Calcium 25% • Iron 0%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Ingredients: Fat Free Skim Milk, Vitamin A Palmitate

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