


# MILK

...More Bang for Your Buck

Milk is loaded with NUTRIENTS and is one of the best VALUES in the supermarket!

**25¢ PER CUP**


**FAT FREE MILK**  
Calories 80



	% Daily Value
Total Fat	0%
Total Carbohydrates	4%
Protein	16%
Vitamin A	10%
Vitamin C	2%
Vitamin D	25%
Calcium	30%

**38¢ PER CUP**


**100% ORANGE JUICE**  
Calories 110



	% Daily Value
Total Fat	0%
Total Carbohydrates	8%
Protein	0%
Vitamin A	2%
Vitamin C	150%
Vitamin D	0%
Calcium	2%

**20¢ PER CUP**


**FRUIT PUNCH**  
Calories 120



	% Daily Value
Total Fat	0%
Total Carbohydrates	10%
Protein	0%
Vitamin A	0%
Vitamin C	0%
Vitamin D	0%
Calcium	0%

**39¢ PER CUP**


**SOY DRINK**  
Calories 90



	% Daily Value*
Total Fat	6-7%
Total Carbohydrates	1-3%
Protein	3-14%
Vitamin A	2-10%
Vitamin C	0%
Vitamin D	0-30%
Calcium	0-30%

**16¢ PER CUP**

**COLA**  
Calories 100



	% Daily Value
Total Fat	0%
Total Carbohydrates	9%
Protein	0%
Vitamin A	0%
Vitamin C	0%
Vitamin D	0%
Calcium	0%

**30¢ PER CUP**

**SPORTS DRINK**  
Calories 50



	% Daily Value
Total Fat	0%
Total Carbohydrates	5%
Protein	0%
Vitamin A	0%
Vitamin C	0%
Vitamin D	0%
Calcium	0%