



Penn State University
BERKEY CREAMERY

MILK

Chocolate Milk

6 Gallon

INGREDIENTS: reduced fat milk, sugar, cocoa processed with alkali, corn starch, salt, carrageenan, vanillin, vitamin A palmitate, vitamin D3. Contains milk.

Nutrition Facts

Serving Size 8 oz. (227g)
Servings Per Container 96

Amount Per Serving	
Calories 170	Calories from Fat 40
	% Daily Value*
Total Fat 4.5g	7%
Saturated Fat 2.5g	13%
Trans Fat 0g	
Cholesterol 20mg	7%
Sodium 150mg	6%
Total Carbohydrate 28g	9%
Dietary Fiber 2g	8%
Sugars 22g	

Protein 7g	
Vitamin A 10%	Vitamin C 0%
Calcium 25%	Iron 4%
Vitamin D 25%	
<small>*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.</small>	
	<small>Calories: 2,000 2,500</small>
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300 mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
<small>Calories per gram:</small>	
<small>Fat 9 • Carbohydrate 4 • Protein 4</small>	