



9816

4 oz. Nonfat Blended Blueberry



PACKAGING			
SCC Code:	10078800112909	Item UPC:	078800112902
Kosher:		Servings Per Case:	1
Unit Quantity:	48	Unit Size:	4 OZ
Ambient Shelf Life:	N/A	Pallet High:	8
Refrigerated Shelf Life:	90 DAYS	Pallet Tie:	14
Frozen Shelf Life:		Case Net Weight (imperial):	12.50 LB
Case Gross Weight (imperial):	13.50 LB	Case Length (imperial):	13.00 IN
Case Width (imperial):	9.63 IN	Case Cube (feet):	0.51 CF
Case Height (imperial):	7.00 IN		

NUTRITION

Nutrition Facts

Serving Size 4 oz. (113 g) (113.4g)
 Servings Per Container 1

Amount Per Serving

Calories 90			Calories from Fat 0
			% Daily Value*
Total Fat 0 g			0%
Saturated Fat 0 g			0%
Trans Fat 0 g			
Cholesterol 0 mg			0%
Sodium 50 mg			2%
Total Carbohydrate 19 g			6%
Dietary Fiber 0 g			0%
Sugars 15 g			
Protein 3 g			
Vitamin A 0 %	•	Vitamin C 0 %	
Calcium 30 %	•	Iron 0 %	
Vitamin D 20 %	•		

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

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Potassium		3,500mg	3,500mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
 Fat 9 • Carbohydrate 4 • Protein 4

GENERAL DESCRIPTION

The only national yogurt brand on the market produced with a 90-day shelf life, drastically reducing code-date issues. Offers a smooth, delicious flavor without the tart aftertaste common in many other yogurts. Made with real fruit, and sweetened with real sugar, no HFCS, artificial colors or flavors or gelatin. 4oz. serving = one Meat Alternate.

LIST OF INGREDIENTS

Cultured Pasteurized Grade A Nonfat Milk, Sugar, Water, Modified Corn Starch, Blueberry Juice Concentrate, Whey, Elderberry Juice (For color), Natural Flavors, Tricalcium Phosphate, Gellan Gum, Lemon Juice Concentrate, Potassium Sorbate (For freshness), Citric Acid, Carob Bean Gum, Vitamin D 3

PREPARATION AND COOKING INSTRUCTIONS

Keep refrigerated until ready to eat.



MPC 9816 Swiss Yogurt - Nonfat - Blueberry NEW - Blended (4 oz.)

Nutrition Facts	
Serving Size 4oz. (113g)	
Serving Per Container 1	
Amount Per Serving	
Calories 90	Calories From Fat 0
% Daily Value *	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 50mg	2%
Potassium 140mg	4%
Total Carbohydrate 19g	6%
Dietary Fiber 0g	0%
Sugars 15g	
Protein 3g	6%
Vitamin A 0%	● Vitamin C 0%
Calcium 30%	● Iron 0%
Vitamin D 20%	●
*Percent Daily Values are based on a 2,000 calorie diet.	

INGREDIENTS

Cultured Pasteurized Grade A Nonfat Milk,
Sugar,
Water,
Modified Corn Starch,
Blueberry Juice Concentrate,
Whey,
Elderberry Juice(For color),
Natural Flavors,
Tricalcium Phosphate,
Gellan Gum,
Lemon Juice Concentrate,
Potassium Sorbate(For freshness),
Citric Acid,
Carob Bean Gum,
Vitamin D₃

4oz portion of this product equals one meat alternative

By my signature below, I certify that the above is true.
Carolyn Podgurski, R.D.
Director of Research and Development
Upstate Niagara Cooperative, Inc.
March 10, 2016

Carolyn Podgurski, R.D.



9819

4 oz. Nonfat Blended Cherry Vanilla



PACKAGING			
SCC Code:	10078800112930	Item UPC:	078800112933
Kosher:		Servings Per Case:	1
Unit Quantity:	48	Unit Size:	4 OZ
Ambient Shelf Life:	N/A	Pallet High:	8
Refrigerated Shelf Life:	90 DAYS	Pallet Tie:	14
Frozen Shelf Life:		Case Net Weight (imperial):	12.00 LB
Case Gross Weight (imperial):	13.50 LB	Case Length (imperial):	13.00 IN
Case Width (imperial):	9.63 IN	Case Cube (feet):	0.51 CF
Case Height (imperial):	7.00 IN		

NUTRITION

Nutrition Facts

Serving Size 4 OZ. (113g) (113.4g)
 Servings Per Container 1

Amount Per Serving

Calories 90	Calories from Fat 0	
	% Daily Value*	
Total Fat 0 g		0%
Saturated Fat 0 g		0%
Trans Fat 0 g		
Cholesterol 0 mg		0%
Sodium 50 mg		2%
Total Carbohydrate 19 g		6%
Dietary Fiber 0 g		0%
Sugars 15 g		
Protein 3 g		
Vitamin A 0 %	•	Vitamin C 0 %
Calcium 30 %	•	Iron 0 %
Vitamin D 20 %	•	

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

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Potassium		3,500mg	3,500mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
 Fat 9 • Carbohydrate 4 • Protein 4

GENERAL DESCRIPTION

The only national yogurt brand on the market produced with a 90-day shelf life, drastically reducing code-date issues. Offers a smooth, delicious flavor without the tart aftertaste common in many other yogurts. Made with real fruit, and sweetened with real sugar, no HFCS, artificial colors or flavors or gelatin. 4oz. serving = one Meat Alternate.

LIST OF INGREDIENTS

Cultured Pasteurized Grade A Nonfat Milk, Sugar, Water, Modified Corn Starch, Whey, Natural Flavors, Purple Carrot Concentrate, Tricalcium Phosphate, Gellan Gum, Potassium Sorbate (For freshness), Citric Acid, Annatto, Carob Bean Gum, Vitamin D 3

PREPARATION AND COOKING INSTRUCTIONS

Keep refrigerated until ready to eat.



MPC 9819 Upstate Farms - Swiss Yogurt - Nonfat - Cherry Vanilla - Blended (4 oz.)

Nutrition Facts	
Serving Size 4oz. (113g)	
Serving Per Container 1	
Amount Per Serving	
Calories 90	Calories From Fat 0
% Daily Value *	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 50mg	2%
Potassium 140mg	4%
Total Carbohydrate 19g	6%
Dietary Fiber 0g	0%
Sugars 15g	
Protein 3g	6%
Vitamin A 0%	● Vitamin C 0%
Calcium 30%	● Iron 0%
Vitamin D 20%	●
*Percent Daily Values are based on a 2,000 calorie diet.	

INGREDIENTS

Cultured Pasteurized Grade A Nonfat Milk,
Sugar,
Water,
Modified Corn Starch,
Whey,
Natural Flavors,
Purple Carrot Juice Concentrate,
Tricalcium Phosphate,
Gellan Gum,
Potassium Sorbate(For freshness),
Citric Acid,
Annatto,
Carob Bean Gum,
Vitamin D₃

4oz portion of this product equals one meat alternative

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Director of Research and Development
Upstate Niagara Cooperative, Inc.
March 10, 2016

Carolyn Podgurski, R.D.



9815

4 oz. Nonfat Blended Strawberry



PACKAGING

SCC Code:	10078800112893	Item UPC:	078800112896
Kosher:		Servings Per Case:	1
Unit Quantity:	48	Unit Size:	4 OZ
Ambient Shelf Life:	N/A	Pallet High:	8
Refrigerated Shelf Life:	90 DAYS	Pallet Tie:	14
Frozen Shelf Life:		Case Net Weight (imperial):	12.00 LB
Case Gross Weight (imperial):	13.50 LB	Case Length (imperial):	13.00 IN
Case Width (imperial):	9.63 IN	Case Cube (feet):	0.51 CF
Case Height (imperial):	7.00 IN		

PRODUCT CLAIMS

A Fat Free Food	Cholesterol Free
Cholesterol Free Food	Gluten Free
Healthy	Low Calorie

NUTRITION

Nutrition Facts

Serving Size 4 oz.(113g) (113.4g)
 Servings Per Container 1

Amount Per Serving

Calories 90	Calories from Fat 0	
	% Daily Value*	
Total Fat 0 g		0%
Saturated Fat 0 g		0%
Trans Fat 0 g		
Cholesterol 0 mg		0%
Sodium 50 mg		2%
Total Carbohydrate 19 g		8%
Dietary Fiber 0 g		0%
Sugars 15 g		
Protein 3 g		
Vitamin A 0 %	•	Vitamin C 2 %
Calcium 30 %	•	Iron 0 %
Vitamin D 20 %	•	

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

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Potassium		3,500mg	3,500mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
 Fat 9 • Carbohydrate 4 • Protein 4

GENERAL DESCRIPTION

The only national yogurt brand on the market produced with a 90-day shelf life, drastically reducing code-date issues. Offers a smooth, delicious flavor without the tart aftertaste common in many other yogurts. Made with real fruit, and sweetened with real sugar, no HFCS, artificial colors or flavors or gelatin. 4oz. serving = one Meat Alternate.

LIST OF INGREDIENTS

Cultured Pasteurized Grade A Nonfat Milk, Sugar, Water, Strawberries, Modified Corn Starch, Whey, Natural Flavors, Tricalcium Phosphate, Gellan Gum, Potassium Sorbate (for freshness), Citric Acid, Purple Carrot Juice Concentrate (for color), Carob Bean Gum, Vitamin D3

PREPARATION AND COOKING INSTRUCTIONS

Ready to Eat. Keep refrigerated until ready to eat.



MPC 9815 Upstate Farms - Swiss Yogurt - Nonfat - Strawberry - Blended (4 oz.)

Nutrition Facts	
Serving Size 4oz. (113g)	
Serving Per Container 1	
Amount Per Serving	
Calories 90	Calories From Fat 0
% Daily Value *	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 50mg	2%
Potassium 140mg	4%
Total Carbohydrate 19g	6%
Dietary Fiber 0g	0%
Sugars 15g	
Protein 3g	6%
Vitamin A 0%	● Vitamin C 2%
Calcium 30%	● Iron 0%
Vitamin D 20%	●
*Percent Daily Values are based on a 2,000 calorie diet.	

INGREDIENTS

Cultured Pasteurized Grade A Nonfat Milk,
 Sugar,
 Water,
 Strawberries,
 Modified Corn Starch,
 Whey,
 Natural Flavors,
 Tricalcium Phosphate,
 Gellan Gum,
 Potassium Sorbate(For freshness),
 Citric Acid,
 Purple Carrot Juice Concentrate(for Color),
 Carob Bean Gum
 Vitamin D ₃

4oz portion of this product equals one meat alternative

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