

List of Acceptable Foods and Beverages
List 16: Milk, Low Fat and Fat Free, Unflavored or Flavored

Manufacturer	Item description	Package or serving size (fluid ounces)	Calories	Fat (g)	Percent Calories from fat	Saturated fat (g)	Percent Calories from Saturated fat	Sodium (mg)	Fiber (g)	Total sugars (g)	State: Total sugars per ounce ≤ 4 g	Added sugars	USDA: Added sugars ≤ 10 g per 8 fl oz (≤ 1.25 g per ounce)	Standard met: No artificial sweeteners, nonnutritive sweeteners, or sugar alcohols	Standard met: No caffeine	Vendors	Product code and notes	Review date	Better Choice: No artificial flavors or colors	Better Choice: No high fructose corn syrup
Clover Farms Dairy	Cream-O-Land 1% Low-fat Milk, 8 fl oz paper carton	8	110	2.5	20.5%	1.5	12.3%	130	0	12	1.5	0.0	0.00	yes	yes	Cream-O-Land Dairy	Code 16 (case 70 count)	1/16/24	X	X
Clover Farms Dairy	Cream-O-Land Fat-free Chocolate Milk, 8 fl oz paper carton	8	120	0	0.0%	0	0.0%	150	0	21	2.6	9.0	1.13	yes	yes	Cream-O-Land Dairy	Code 32 (case 70 count)	5/21/25		X
Clover Farms Dairy	Cream-O-Land Fat-free Milk, 8 fl oz paper carton	8	90	0	0.0%	0	0.0%	150	0	12	1.5	0.0	0.00	yes	yes	Cream-O-Land Dairy	Code 20 (case 70 count)	1/16/24	X	X
Clover Farms Dairy	Cream-O-Land Fat-free Strawberry Milk, 8 fl oz paper carton	8	110	0	0.0%	0	0.0%	105	0	20	2.5	9.0	1.13	yes	yes	Cream-O-Land Dairy	Cream-O-Land Code 23; Rutters Dairy Code 665 (case 50 count)	1/16/24	X	X
Clover Farms Dairy	Rosenberger Fat Free Lactose-Free Milk, 8 fl oz paper carton	8	90	0	0.0%	0	0.0%	130	0	12	1.5	0.0	0.00	yes	yes	Cream-O-Land Dairy	Code 2177 (case 50 count)	1/16/24	X	X
Diversified Foods Inc.	Dairy Pure 1% Lowfat Milk, 8 fl oz aseptic carton	8	110	2.5	20.5%	1.5	12.3%	130	0	12	1.5	0.0	0.00	yes	yes	Ace Endico, Driscoll, Sysco, Thurston, Wade's Dairy	Code 10441; UPC 0-41900-08972-6; Case (27 count) UPC 000-41900-09008-1	1/8/24	X	X
Diversified Foods Inc.	Dairy Pure Fat Free Milk, 8 fl oz aseptic carton	8	90	0	0.0%	0	0.0%	130	0	12	1.5	0.0	0.00	yes	yes	Ace Endico, Driscoll, Sysco, Thurston, Wade's Dairy	UPC 0-41900-08589-6; Case (27 count) UPC 000-41900-08590-2	1/8/24	X	X
Diversified Foods Inc.	Dairy Pure Lactose Free 1% Lowfat Milk, 8 fl oz aseptic carton	8	110	2.5	20.5%	1.5	12.3%	130	0	12	1.5	0.0	0.00	yes	yes	Ace Endico, Driscoll, Sysco, Thurston, Wade's Dairy	UPC 0-41900-08795-1; Case (27 count) UPC 000-41900-08811-8	1/8/24	X	X
Diversified Foods Inc.	Dairy Pure TruMoo Fat Free Milk, Strawberry, 8 fl oz aseptic carton	8	110	0	0.0%	0	0.0%	125	0	18	2.3	7.0	0.88	yes	yes	Special Order: Ace Endico, Driscoll, Sysco, Thurston, Wade's Dairy	UPC 0-41900-08596-4; Case (27 count) UPC 000-41900-08597-1	1/8/24	X	X
Diversified Foods Inc.	Marcel's Modern Pantry Fat Free Chocolate Milk, UHT pasteurized, 8 fl oz	8	120	0	0.0%	0	0.0%	150	1	21	2.6	10.0	1.25	yes	yes	ACE/Endico, Driscoll Foods, Thurston Foods, Wade's Dairy	UPC 7-54686-00277-2; Case (27 count) UPC 107-54686-00277-9	7/3/25	X	X
Diversified Foods Inc.	Marcel's Modern Pantry Fat Free Milk, 8 fl oz aseptic carton	8	90	0	0.0%	0	0.0%	130	0	12	1.5	0.0	0.00	yes	yes	ACE Endico, Driscoll Foods, Gordons Food Service, Thurston Foods, Wade's Dairy	UPC 7-54686-00296-3; Case (27 count) UPC 107-54686-00296-0	2/25/25	X	X
Diversified Foods Inc.	Marcel's Modern Pantry Lactose Free Fat Free Chocolate Milk, 8 fl oz aseptic carton	8	100	0	0.0%	0	0.0%	125	0	17	2.1	5.0	0.63	yes	yes	ACE Endico, Driscoll Foods, Gordons Food Service, Thurston Foods, Wade's Dairy	UPC 7-54686-00306-9; Case (27 count) UPC 107-54686-00306-6	3/3/25	X	X
Diversified Foods Inc.	Marcel's Modern Pantry Lactose Free Fat Free Milk, 8 fl oz aseptic carton	8	90	0	0.0%	0	0.0%	130	0	12	1.5	0.0	0.00	yes	yes	ACE Endico, Driscoll Foods, Gordons Food Service, Thurston Foods, Wade's Dairy	UPC 7-54686-00304-5; Case (27 count) UPC 107-54686-00304-2	2/25/25	X	X
Diversified Foods Inc.	Marcel's Modern Pantry Lactose Free Fat Free Strawberry Milk, 8 fl oz aseptic carton	8	110	0	0.0%	0	0.0%	125	0	18	2.3	6.0	0.75	yes	yes	ACE Endico, Driscoll Foods, Gordons Food Service, Thurston Foods, Wade's Dairy	UPC 7-54686-00307-6; Case (27 count) UPC 107-54686-00307-3	2/25/25	X	X
Diversified Foods Inc.	Marcel's Modern Pantry Lactose Free Lowfat 1% Chocolate Milk, 8 fl oz	8	130	3	20.8%	1.5	10.4%	150	1	20	2.5	9.0	1.13	yes	yes	ACE/Endico, Driscoll Foods, Thurston Foods, Wade's Dairy	UPC 7-54686-00282-6; Case (27 count) UPC 107-54686-00282-3	3/3/25	X	X

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Diversified Foods Inc.	Marcel's Modern Pantry Lactose Free Lowfat 1% Milk, UHT pasteurized, 8 fl oz	8	110	2.5	20.5%	1.5	12.3%	130	0	12	1.5	0.0	0.00	yes	yes	ACE/Endico, Driscoll Foods, Thurston Foods, Wade's Dairy	UPC 7-54686-00275-8; Case (27 count) UPC 107-54686-00275-5	11/27/23	X	X
Diversified Foods Inc.	Marcel's Modern Pantry Lowfat 1% Milk, UHT pasteurized, 8 fl oz	8	110	2.5	20.5%	1.5	12.3%	105	0	12	1.5	0.0	0.00	yes	yes	ACE/Endico, Driscoll Foods, Thurston Foods, Wade's Dairy	UPC 7-54686-00276-5; Case (27 count) UPC 107-54686-00276-2	11/27/23	X	X
Garelick Farms	1% Lowfat Milk, 8 fl oz caron	8	110	0	0.0%	0	0.0%	130	0	12	1.5	0.0	0.00	yes	yes	Garelick Farms, Wade's Dairy	UPC 0-75457-54500-8	6/3/24	X	X
Garelick Farms	Fat Free Milk, 8 fl oz caron	8	90	0	0.0%	0	0.0%	130	0	12	1.5	0.0	0.00	yes	yes	Garelick Farms, Wade's Dairy	UPC 0-75457-54600-5	6/3/24	X	X
Garelick Farms	TruMoo Chocolate Fat Free Milk, 8 fl oz caron	8	110	0	0.0%	0	0.0%	210	0	18	2.3	7.0	0.88	yes	yes	Garelick Farms, Wade's Dairy	UPC 0-41900-07294-0	6/3/24	X	X
Garelick Farms	TruMoo Strawberry Fat Free Milk, 8 fl oz caron	8	110	0	0.0%	0	0.0%	125	0	18	2.3	7.0	0.88	yes	yes	Garelick Farms, Wade's Dairy	UPC 0-41900-07294-0	6/3/24		X
Harrisburg Dairies	Fat-free Chocolate Artificially Flavored Milk, 8 fl oz carton	8	120	0	0.0%	0	0.0%	200	0	20	2.5	8.0	1.00	yes	yes	Wade's Dairy	Code 187; 50 count case	12/28/23		X
Harrisburg Dairies	Fat-free Cookies & Cream Artificially Flavored Milk, 8 fl oz carton	8	120	0	0.0%	0	0.0%	170	0	21	2.6	9.0	1.13	yes	yes	Wade's Dairy	Code 178; 50 count case	12/28/23		X
Harrisburg Dairies	Fat-free Strawberry Artificially Flavored Milk, 8 fl oz carton	8	120	0	0.0%	0	0.0%	105	0	21	2.6	10.0	1.25	yes	yes	Wade's Dairy	Code 177; 50 count case	12/28/23		X
Harrisburg Dairies	Low-fat Milk, 8 fl oz carton	8	100	2.5	22.5%	1.5	13.5%	105	0	12	1.5	0.0	0.00	yes	yes	Wade's Dairy	Code 137; 50 count case	12/28/23	X	X
Harrisburg Dairies	Skim Milk, 4 fl oz carton	4	40	0	0.0%	0	0.0%	50	0	6	1.5	0.0	0.00	yes	yes	Wade's Dairy	Code 168; 75 count case. Portion size for USDA NSLP and SBP meal patterns for K-12 must be 8 fluid ounces.	1/8/24	X	X
Harrisburg Dairies	Skim Milk, 8 fl oz carton	8	80	0	0.0%	0	0.0%	100	0	12	1.5	0.0	0.00	yes	yes	Wade's Dairy	Code 167; 75 count case	12/28/23	X	X
Horizon Organic	Chocolate Organic Lowfat Milk, 8 fl oz aseptic package	8	150	2.5	15.0%	1.5	9.0%	180	0	22	2.8	10.0	1.25	yes	yes	MP&M Vending LLC	UPC 7-42365-20886-7; Case (18 count) UPC 007-42365-20886-7	5/7/25	X	X
Horizon Organic	Organic Lowfat Milk, 8 fl oz aseptic package	8	110	2.5	20.5%	1.5	12.3%	130	0	12	1.5	0.0	0.00	yes	yes	MP&M Vending LLC	UPC 7-42365-00420-9; Case (18 count) UPC 207-42365-00420-3	5/7/25	X	X
HP Hood, LLC	Chocolate Fat-free Milk, 8 fl oz paper carton	8	130	0	0.0%	0	0.0%	220	0	21	2.6	10.0	1.25	yes	yes	All Star Dairy, Crescent Creamery, HP Hood LLC	Item 11244; UPC 0-44100-11244-7; Case (50 count) UPC 100-44100-11244-4	4/8/25		X
HP Hood, LLC	Fat-free Milk, 8 fl oz paper carton	8	80	0	0.0%	0	0.0%	125	0	12	1.5	0.0	0.00	yes	yes	All Star Dairy, Crescent Creamery, HP Hood LLC	Item 1554; UPC 0-44100-001554-0; Case (50 count) UPC 100-44100-01554-7	1/22/24		X
HP Hood, LLC	Lowfat Milk, 1% Milkfat, 8 fl oz paper carton	8	110	2.5	20.5%	1.5	12.3%	125	0	12	1.5	0.0	0.00	yes	yes	All Star Dairy, Crescent Creamery, HP Hood LLC	UPC 0-44100-11183-9; Case (50 count) UPC 100-44100-11183-6	1/22/24	X	X
Midland Farms, Inc.	Fat Free Chocolate Milk, 8 fl oz carton	8	120	0	0.0%	0	0.0%	180	0	18	2.3	7.0	0.88	yes	yes	Hemingway's LLC		8/5/25		
Midland Farms, Inc.	Fat Free Milk, 8 fl oz carton	8	90	0	0.0%	0	0.0%	125	0	12	1.5	0.0	0.00	yes	yes	Hemingway's LLC	UPC 8-36582-00133-9	7/25/25	X	X
Midland Farms, Inc.	Low-fat Milk, 8 fl oz carton	8	110	2.5	20.5%	1.5	12.3%	125	0	12	1.5	0.0	0.00	yes	yes	Hemingway's LLC	UPC 8-36582-00132-2	7/25/25	X	X
Organic Valley	Organic 1% Low-fat Chocolate Milk, 8 fl oz aseptic package	8	150	2.5	15.0%	1.5	9.0%	200	0	21	2.6	10.0	1.25	yes	yes		UPC 0-93966-00827-2; Case (24 count) UPC 300-93966-00827-3	12/28/23	X	X
Organic Valley	Organic 1% Low-fat Milk, 8 fl oz aseptic package	8	110	2.5	20.5%	1.5	12.3%	125	0	12	1.5	0.0	0.00	yes	yes		UPC 0-93966-00222-5; Case (24 count) UPC 300-93966-00222-6	12/28/23	X	X

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Shamrock Farms	1% Low-fat Fat Milk, 7 fl oz plastic bottle	7	90	2	20.0%	1	10.0%	90	0	10	1.4	0.0	0.00	Bran	yes	Vistar	UPC 0-28300-00382-8; Case (24 count) UPC 000-28300-55067-4. Note: Portion size does not meet the NSLP and SBP meal patterns for grades K-12, which require 8 fluid ounces of milk.	1/4/24	X	X
Tasty Brands LLC	Lactose Free Low Fat (1%) Milk, 8 fl oz carton (shelf stable)	8	100	2.5	22.5%	1.5	13.5%	125	0	12	1.5	0.0	0.00	yes	yes	AJ Letizio, Gordon, HPC, Thurston	Item 68104, UPC 8-10089-29244-5; Case (27 count) UPC 008-10089-29245-2	2/24/26	X	X
Tasty Brands LLC	Lactose Free Skim (Fat Free) Chocolate Milk, 8 fl oz carton (shelf stable)	8	120	0	0.0%	0	0.0%	180	0	22	2.8	0.0	0.00	yes	yes	AJ Letizio, Gordon, HPC, Thurston	Item 68106, UPC 8-10089-29248-3; Case (27 count) UPC 008-10089-29249-0	2/24/26	X	X