



Whole Milk: Fresh wholesome goodness straight from the cow to you! Our whole milk is pasteurized and homogenized. Fortified with Vitamin D.

**Pasteurized and Homogenized
Grade A Whole Milk
NUTRITION FACTS**

Serving Size: 8 fl. oz. (240ml)

Amount Per Serving
Calories: 140 **Calories From Fat:** 65

		% Daily Value*	
Total Fat	8g	13%	
Saturated Fat	5g	23%	
Cholesterol	30g	9%	
Sodium	120mg	5%	
Total Carbohydrate	11g	4%	
Dietary Fiber	0	0%	
Sugars	11g		
Protein	8g		
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Vitamin C	4%	Vitamin D	25%
Calcium	30%	Iron	3%

*Percent Daily Values are based on a 2,000 calorie diet.

Ingredients: Milk, Vitamin D



Maple View Farm Milk Company

is located in Orange County, North Carolina, just northwest of Chapel Hill. We raise our own crops for our cows. During the various seasons of the year, our cows eat hay, corn, silage, grass, or a combination of them all. We also grind our own grain to make sure the combination of grains, minerals, and vitamins is a perfect complement to the grass or silage our cows are currently eating. Only milk produced by Holstein cows at Maple View Farm is processed by Maple View Farm Milk Company. If you have a special request, just ask. We're here to serve you. Visitors are always welcome, please call ahead.

Low-Fat Milk: Low-fat milk, but not low-fat taste! 1% butterfat in a milk that tastes great.

**Pasteurized and Homogenized
Grade A Low-Fat Milk
NUTRITION FACTS**

Serving Size: 8 fl. oz. (240ml)

Amount Per Serving
Calories: 110 **Calories From Fat:** 20

		% Daily Value*	
Total Fat	2g	4%	
Saturated Fat	2g	7%	
Cholesterol	10g	3%	
Sodium	100mg	4%	
Total Carbohydrate	11g	4%	
Dietary Fiber	0	0%	
Sugars	11g		
Protein	8g		
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Vitamin A	10%	Vitamin C	4%
Vitamin D	25%	Calcium	30%
Iron	3%		

*Percent Daily Values are based on a 2,000 calorie diet.

Ingredients: Low-Fat Milk, Vitamin A Palmitate, Vitamin D



Skim Milk: Tastes as good as it is for you! Butterfat is only .0025%, but the taste is 100% Holstein goodness.

**Pasteurized and Homogenized
Grade A Skim Milk
NUTRITION FACTS**

Serving Size: 8 fl. oz. (240ml)

Amount Per Serving
Calories: 90 **Calories From Fat:** 0

		% Daily Value*	
Total Fat	0g	0%	
Saturated Fat	0g	0%	
Cholesterol	0g	0%	
Sodium	70mg	3%	
Total Carbohydrate	11g	4%	
Dietary Fiber	0	0%	
Sugars	11g		
Protein	8g		
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Vitamin A	10%	Vitamin C	4%
Vitamin D	25%	Calcium	30%
Iron	3%		

*Percent Daily Values are based on a 2,000 calorie diet.

Ingredients: Skim Milk, Vitamin A Palmitate, Vitamin D





Chocolate Milk: Oooh. . . Sooo Good. . . Rich. . . Creamy. . . Smooth. . . Flavorful. Our whole milk with luxurious chocolate added and processed to ensure a chocolate lover's delight.

**Pasteurized and Homogenized
Grade A Chocolate Milk
NUTRITION FACTS**

Serving Size: 8 fl. oz. (240ml)

Amount Per Serving

Calories: 210 **Calories From Fat:** 80

		% Daily Value*	
Total Fat	9g	15%	
Saturated Fat	5g	25%	
Cholesterol	30g	10%	
Sodium	160mg	7%	
Total Carbohydrate	22g	7%	
Dietary Fiber	1g	0%	
Sugars	20g		
Protein	8g		

Vitamin A	10%	Vitamin C	4%
Calcium	40%	Iron	2%

*Percent Daily Values are based on a 2,000 calorie diet.

Ingredients: Whole Milk, cocoa processed with alkali, dextrose, starch, carrageenan, pure vanilla, and Vitamin D



Whipping Cream: Golden, naturally sweet and satisfying. Available in pints and half gallons (upon request), to serve all your dessert dreams and delights. Makes a great coffee creamer.

**Pasteurized
Grade A Whipping Cream
NUTRITION FACTS**

Serving Size: 1 tbsp

Amount Per Serving

Calories: 45 **Calories From Fat:** 40

		% Daily Value*	
Total Fat	5g	7%	
Saturated Fat	3g	14%	
Cholesterol	20g	6%	
Sodium	40mg	0%	
Total Carbohydrate	0g	0%	
Dietary Fiber	0g		
Sugars	0g		
Protein	0g		

Vitamin A	4%	Vitamin C	0%
Calcium	8%	Iron	0%

*Percent Daily Values are based on a 2,000 calorie diet.

Ingredients: Cream

**Visit our new Country Store near the farm for
fresh milk and homemade ice cream!**



Maple View Farm Milk



**Fresh from the
Farm to You!**

NUTRITIONAL INFORMATION

**Maple View Farm
Milk Company**

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Hillsborough, NC 27278

(919) 933-3600

WebPage: www.MapleViewFarm.com