

Start your day with the **power of protein!**



Whether you're bringing justice to the living room or putting in a long day at work, 8 ounces of Central Dairy milk gives you the 8 grams of protein you need to conquer the day. Locally produced Central Dairy milk is not only a delicious way to start the day, it is an excellent source of nine essential nutrients, making it one of the most nutrient-dense foods. Milk life to the fullest with Central Dairy.

Fresh as a Missouri morning.

