



Locally Made.
Naturally Delicious.™



HILAND COTTAGE CHEESE

Available in 24, 16, 12, 5, and 4 ounce portions. Varieties include Low Fat, Fat Free, Small Curd, Large Curd, Dry Curd, Lactose Free, Garden Veggie, Peach, Pineapple, Strawberry, and Zesty Fiesta flavors.



**24OZ LOW FAT
COTTAGE CHEESE**
Item #14799



Nutrition Facts	
About 6 servings per container	
Serving size	1/2 Cup (114g)
Amount per serving	
Calories	90
% Daily Value*	
Total Fat 2.5g	3%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 15mg	5%
Sodium 490mg	21%
Total Carbohydrate 5g	2%
Dietary Fiber 0g	0%
Total Sugars 5g	
Includes 1g Added Sugars	2%
Protein 12g	24%
Vitamin D 0mcg 0% • Calcium 100mg 8%	
Iron 0.1mg 0% • Potassium 160mg 4%	
Vitamin A 60mcg 6%	
*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

INGREDIENTS: CULTURED LOWFAT MILK, NONFAT DRY MILK, LACTOSE, SALT, STABILIZER (GUAR GUM, MONO AND DIGLYCERIDES, XANTHAN GUM, CARRAGEENAN, CAROB BEAN GUM), CITRIC ACID, CARBON DIOXIDE AND POTASSIUM SORBATE (MAINTAIN FRESHNESS), VITAMIN A PALMITATE AND CHEESE CULTURES. **CONTAINS: MILK.**



**24OZ SMALL CURD
COTTAGE CHEESE**
Item #14797



Nutrition Facts	
About 6 servings per container	
Serving size	1/2 cup (114g)
Amount per serving	
Calories	100
% Daily Value*	
Total Fat 4.5g	6%
Saturated Fat 3g	15%
Trans Fat 0g	
Cholesterol 25mg	8%
Sodium 480mg	21%
Total Carbohydrate 5g	2%
Dietary Fiber 0g	0%
Total Sugars 4g	
Includes 1g Added Sugars	2%
Protein 11g	22%
Vitamin D 0mcg 0% • Calcium 80mg 6%	
Iron 0.1mg 0% • Potassium 130mg 2%	
*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

INGREDIENTS: CULTURED MILK, LACTOSE, SALT, STABILIZER (GUAR GUM, MONO AND DIGLYCERIDES, XANTHAN GUM, CARRAGEENAN, CAROB BEAN GUM), CITRIC ACID, CARBON DIOXIDE AND POTASSIUM SORBATE (MAINTAIN FRESHNESS) AND CHEESE CULTURES. **CONTAINS: MILK.**



**24OZ LARGE CURD
COTTAGE CHEESE**
Item #14800



Nutrition Facts	
About 6 servings per container	
Serving size	1/2 cup (114g)
Amount per serving	
Calories	100
% Daily Value*	
Total Fat 4.5g	6%
Saturated Fat 3g	15%
Trans Fat 0g	
Cholesterol 25mg	8%
Sodium 480mg	21%
Total Carbohydrate 5g	2%
Dietary Fiber 0g	0%
Total Sugars 4g	
Includes 1g Added Sugars	2%
Protein 11g	22%
Vitamin D 0mcg 0% • Calcium 80mg 6%	
Iron 0.1mg 0% • Potassium 130mg 2%	
*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

INGREDIENTS: CULTURED MILK, LACTOSE, SALT, STABILIZER (GUAR GUM, MONO AND DIGLYCERIDES, XANTHAN GUM, CARRAGEENAN, CAROB BEAN GUM), CITRIC ACID, CARBON DIOXIDE AND POTASSIUM SORBATE (MAINTAIN FRESHNESS) AND CHEESE CULTURES. **CONTAINS: MILK.**



24 OZ (680G)
CASE COUNT - 12



**24OZ 1% SMALL CURD
COTTAGE CHEESE**
Item #25307



Nutrition Facts	
About 6 servings per container	
Serving size	1/2 Cup (114g)
Amount per serving	
Calories	80
	% Daily Value*
Total Fat 1g	1%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 490mg	21%
Total Carbohydrate 5g	2%
Dietary Fiber 0g	0%
Total Sugars 5g	
Includes 1g Added Sugars	2%
Protein 12g	24%
Vitamin D 0mcg 0% • Calcium 100mg 8%	
Iron 0.1mg 0% • Potassium 160mg 4%	
Vitamin A 40mcg 4%	
*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

INGREDIENTS: CULTURED LOW FAT MILK, NONFAT DRY MILK, LACTOSE, SALT, STABILIZER (GUAR GUM, MONO AND DIGLYCERIDES, XANTHAN GUM, CARRAGEENAN, CAROB BEAN GUM), CITRIC ACID, POTASSIUM SORBATE AND CARBON DIOXIDE (MAINTAIN FRESHNESS), VITAMIN A PALMITATE AND CHEESE CULTURES.
CONTAINS: MILK.



**24OZ FAT FREE
COTTAGE CHEESE**
Item #14801



Nutrition Facts	
About 6 servings per container	
Serving size	1/2 Cup (114g)
Amount per serving	
Calories	80
	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 470mg	20%
Total Carbohydrate 6g	2%
Dietary Fiber 0g	0%
Total Sugars 6g	
Includes 1g Added Sugars	2%
Protein 13g	26%
Vitamin D 0mcg 0% • Calcium 120mg 10%	
Iron 0.1mg 0% • Potassium 180mg 4%	
Vitamin A 50mcg 6%	
*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

INGREDIENTS: CULTURED SKIM MILK, NONFAT DRY MILK, LACTOSE, SALT, STABILIZER (GUAR GUM, MONO AND DIGLYCERIDES, XANTHAN GUM, CARRAGEENAN, CAROB BEAN GUM), CITRIC ACID, CARBON DIOXIDE AND POTASSIUM SORBATE (MAINTAIN FRESHNESS), VITAMIN A PALMITATE AND CHEESE CULTURES.
CONTAINS: MILK.



**24 OZ (680G)
CASE COUNT - 12**



**16OZ LOW FAT
COTTAGE CHEESE**
Item #14798



**16OZ SMALL CURD
COTTAGE CHEESE**
Item #14796



**16OZ 1% SMALL CURD
COTTAGE CHEESE**
Item #25308



**16OZ LACTOSE FREE
COTTAGE CHEESE**
Item #35530



Nutrition Facts	
About 4 servings per container	
Serving size	1/2 Cup (114g)
Amount per serving	
Calories	90
% Daily Value*	
Total Fat 2.5g	3%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 15mg	5%
Sodium 490mg	21%
Total Carbohydrate 5g	2%
Dietary Fiber 0g	0%
Total Sugars 5g	
Includes 1g Added Sugars	2%
Protein 12g	24%
Vitamin D 0mcg 0% • Calcium 100mg 8%	
Iron 0.1mg 0% • Potassium 160mg 4%	
Vitamin A 60mcg 6%	
*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

INGREDIENTS: CULTURED LOWFAT MILK, NONFAT DRY MILK, LACTOSE, SALT, STABILIZER (GUAR GUM, MONO AND DIGLYCERIDES, XANTHAN GUM, CARRAGEENAN, CAROB BEAN GUM), CITRIC ACID, CARBON DIOXIDE AND POTASSIUM SORBATE (MAINTAIN FRESHNESS), VITAMIN A PALMITATE AND CHEESE CULTURES. **CONTAINS: MILK.**

Nutrition Facts	
About 4 servings per container	
Serving size	1/2 Cup (114g)
Amount per serving	
Calories	100
% Daily Value*	
Total Fat 4.5g	6%
Saturated Fat 3g	15%
Trans Fat 0g	
Cholesterol 25mg	8%
Sodium 480mg	21%
Total Carbohydrate 5g	2%
Dietary Fiber 0g	0%
Total Sugars 4g	
Includes 1g Added Sugars	2%
Protein 11g	22%
Vit. D 0mcg 0% • Calcium 80mg 6%	
Iron 0.1mg 0% • Potassium 130mg 2%	
*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

INGREDIENTS: CULTURED MILK, LACTOSE, SALT, STABILIZER (GUAR GUM, MONO AND DIGLYCERIDES, XANTHAN GUM, CARRAGEENAN, CAROB BEAN GUM), CITRIC ACID, CARBON DIOXIDE AND POTASSIUM SORBATE (MAINTAIN FRESHNESS) AND CHEESE CULTURES. **CONTAINS: MILK.**

Nutrition Facts	
About 4 servings per container	
Serving size	1/2 Cup (114g)
Amount per serving	
Calories	80
% Daily Value*	
Total Fat 1g	1%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 490mg	21%
Total Carbohydrate 5g	2%
Dietary Fiber 0g	0%
Total Sugars 5g	
Includes 1g Added Sugars	2%
Protein 12g	24%
Vitamin D 0mcg 0% • Calcium 100mg 10%	
Iron 0.1mg 2% • Potassium 160mg 4%	
Vitamin A 40mcg 8%	
*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

INGREDIENTS: CULTURED LOWFAT MILK, NONFAT DRY MILK, LACTOSE, SALT, STABILIZER (GUAR GUM, MONO AND DIGLYCERIDES, XANTHAN GUM, CARRAGEENAN, CAROB BEAN GUM), CITRIC ACID, POTASSIUM SORBATE AND CARBON DIOXIDE (MAINTAIN FRESHNESS), VITAMIN A PALMITATE AND CHEESE CULTURES. **CONTAINS: MILK.**

Nutrition Facts	
About 4 servings per container	
Serving size	1/2 Cup (114g)
Amount per serving	
Calories	100
% Daily Value*	
Total Fat 4.5g	6%
Saturated Fat 3g	15%
Trans Fat 0g	
Cholesterol 25mg	8%
Sodium 490mg	21%
Total Carbohydrate 4g	1%
Dietary Fiber 0g	0%
Total Sugars 4g	
Includes 0g Added Sugars	0%
Protein 12g	24%
Vit. D 0.1mcg 0% • Calcium 100mg 8%	
Iron 0.1mg 0% • Potassium 150mg 4%	
*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

INGREDIENTS: SKIM MILK, MILK, CREAM, SALT, STABILIZER (GUAR GUM, MONO AND DIGLYCERIDES, XANTHAN GUM, CARRAGEENAN, CAROB BEAN GUM), CITRIC ACID, CARBON DIOXIDE AND POTASSIUM SORBATE (MAINTAIN FRESHNESS), LACTASE ENZYME* AND CHEESE CULTURES. ***NOT FOUND IN REGULAR COTTAGE CHEESE. CONTAINS: MILK.**



**16 OZ (454G)
CASE COUNT - 18**



**12OZ DRY CURD
COTTAGE CHEESE**
Item #8110



Nutrition Facts	
3 servings per container	
Serving size	1/2 Cup (114g)
Amount per serving	
Calories	100
<small>% Daily Value*</small>	
Total Fat 0.5g	1%
Saturated Fat 0.5g	2%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 15mg	1%
Total Carbohydrate 2g	1%
Dietary Fiber 0g	0%
Total Sugars 2g	
Includes 0g Added Sugars	0%
Protein 20g	40%
Vitamin D 0%	• Calcium 4%
Iron 0%	• Potassium 0%

INGREDIENTS: GRADE A PASTEURIZED SKIM MILK, CHEESE CULTURES AND ENZYMES.
CONTAINS: MILK.



**12 OZ (340G)
CASE COUNT - 18**



**4OZ LOW FAT
COTTAGE CHEESE**

Item #20283



Nutrition Facts

1 serving per container

Serving size 1/2 cup (114g)

Amount per serving
Calories 90

% Daily Value*

Total Fat 2.5g **3%**

Saturated Fat 1.5g **8%**

Trans Fat 0g

Cholesterol 15mg **5%**

Sodium 490mg **21%**

Total Carbohydrate 5g **2%**

Dietary Fiber 0g **0%**

Total Sugars 5g

Includes 1g Added Sugars **2%**

Protein 12g **24%**

Vitamin A 6% • Vitamin C 4%

Calcium 8% • Iron 0%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS: CULTURED LOWFAT MILK, NONFAT DRY MILK, LACTOSE, SALT, STABILIZER (GUAR GUM, MONO AND DIGLYCERIDES, XANTHAN GUM, CARRAGEENAN, CAROB BEAN GUM), CITRIC ACID, CARBON DIOXIDE AND POTASSIUM SORBATE (MAINTAIN FRESHNESS), VITAMIN A PALMITATE AND CHEESE CULTURES.

CONTAINS: MILK.



**4 OZ (114G)
12 UNITS / SLEEVE
CASE COUNT - 48**