



Locally Made.  
Naturally Delicious.™

# HILAND MILK

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Available in Whole, 2% Reduced Fat, 1% Low Fat, and Fat Free varieties in gallon, half gallon, quart, and pint sizes.



**VITAMIN D WHOLE MILK**

Item #1031



**2% REDUCED FAT MILK**

Item #1201



**1% LOWFAT MILK**

Item #1346



**FAT FREE SKIM MILK**

Item #1413



Nutrition Facts	
8 servings per container	
<b>Serving size</b>	<b>1 Cup (240mL)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>150</b>
	<b>% Daily Value*</b>
<b>Total Fat</b> 8g	<b>10%</b>
Saturated Fat 5g	<b>25%</b>
Trans Fat 0g	
<b>Cholesterol</b> 35mg	<b>12%</b>
<b>Sodium</b> 120mg	<b>5%</b>
<b>Total Carbohydrate</b> 11g	<b>4%</b>
Dietary Fiber 0g	<b>0%</b>
Total Sugars 11g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 8g	<b>16%</b>
Vit. D 2.5mcg 15% • Calcium 290mg 20%	
Iron 0.1mg 0% • Potassium 340mg 8%	

**INGREDIENTS:** GRADE A MILK AND VITAMIN D3. **CONTAINS:** MILK.

Nutrition Facts	
8 servings per container	
<b>Serving size</b>	<b>1 Cup (240mL)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>120</b>
	<b>% Daily Value*</b>
<b>Total Fat</b> 5g	<b>6%</b>
Saturated Fat 3.5g	<b>18%</b>
Trans Fat 0g	
<b>Cholesterol</b> 20mg	<b>7%</b>
<b>Sodium</b> 120mg	<b>5%</b>
<b>Total Carbohydrate</b> 11g	<b>4%</b>
Dietary Fiber 0g	<b>0%</b>
Total Sugars 11g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 8g	<b>16%</b>
Vit. D 2mcg 10% • Calcium 298mg 25%	
Iron 0mg 0% • Potassium 354mg 8%	
Vitamin A 154mcg 15%	

**INGREDIENTS:** GRADE A REDUCED FAT MILK, VITAMIN A PALMITATE AND VITAMIN D3. **CONTAINS:** MILK.

Nutrition Facts	
8 servings per container	
<b>Serving size</b>	<b>1 Cup (240mL)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>100</b>
	<b>% Daily Value*</b>
<b>Total Fat</b> 2.5g	<b>3%</b>
Saturated Fat 1.5g	<b>8%</b>
Trans Fat 0g	
<b>Cholesterol</b> 15mg	<b>5%</b>
<b>Sodium</b> 120mg	<b>5%</b>
<b>Total Carbohydrate</b> 11g	<b>4%</b>
Dietary Fiber 0g	<b>0%</b>
Total Sugars 11g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 8g	<b>16%</b>
Vit. D 2.5mcg 15% • Calcium 300mg 25%	
Iron 0.1mg 0% • Potassium 370mg 8%	
Vitamin A 150mcg 15%	

**INGREDIENTS:** GRADE A LOWFAT MILK, VITAMIN A PALMITATE AND VITAMIN D3. **CONTAINS:** MILK.

Nutrition Facts	
8 servings per container	
<b>Serving size</b>	<b>1 Cup (240mL)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>80</b>
	<b>% Daily Value*</b>
<b>Total Fat</b> 0g	<b>0%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 5mg	<b>2%</b>
<b>Sodium</b> 120mg	<b>5%</b>
<b>Total Carbohydrate</b> 11g	<b>4%</b>
Dietary Fiber 0g	<b>0%</b>
Total Sugars 11g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 8g	<b>16%</b>
Vit. D 2mcg 15% • Calcium 300mg 25%	
Iron 0.1mg 0% • Potassium 360mg 8%	
Vitamin A 150mcg 15%	

**INGREDIENTS:** GRADE A FAT FREE (SKIM) MILK, VITAMIN A PALMITATE AND VITAMIN D3. **CONTAINS:** MILK.



**GALLON (3.78L)**  
**CASE COUNT - 4**



**VITAMIN D WHOLE MILK**

Item #1111



**2% REDUCED FAT MILK**

Item #1267



**1% LOWFAT MILK**

Item #8074



**FAT FREE SKIM MILK**

Item #1433



Nutrition Facts	
8 servings per container	
<b>Serving size</b>	<b>1 Cup (240mL)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>150</b>
	<b>% Daily Value*</b>
<b>Total Fat</b> 8g	<b>10%</b>
Saturated Fat 5g	<b>25%</b>
Trans Fat 0g	
<b>Cholesterol</b> 35mg	<b>12%</b>
<b>Sodium</b> 120mg	<b>5%</b>
<b>Total Carbohydrate</b> 11g	<b>4%</b>
Dietary Fiber 0g	<b>0%</b>
Total Sugars 11g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 8g	<b>16%</b>
Vit. D 2.5mcg 15% • Calcium 290mg 20%	
Iron 0.1mg 0% • Potassium 340mg 8%	

**INGREDIENTS:** GRADE A MILK AND VITAMIN D3. **CONTAINS:** MILK.

Nutrition Facts	
8 servings per container	
<b>Serving size</b>	<b>1 Cup (240mL)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>120</b>
	<b>% Daily Value*</b>
<b>Total Fat</b> 5g	<b>6%</b>
Saturated Fat 3.5g	<b>18%</b>
Trans Fat 0g	
<b>Cholesterol</b> 20mg	<b>7%</b>
<b>Sodium</b> 120mg	<b>5%</b>
<b>Total Carbohydrate</b> 11g	<b>4%</b>
Dietary Fiber 0g	<b>0%</b>
Total Sugars 11g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 8g	<b>16%</b>
Vit. D 2mcg 10% • Calcium 298mg 25%	
Iron 0mg 0% • Potassium 354mg 8%	
Vitamin A 154mcg 15%	

**INGREDIENTS:** GRADE A REDUCED FAT MILK, VITAMIN A PALMITATE AND VITAMIN D3. **CONTAINS:** MILK.

Nutrition Facts	
8 servings per container	
<b>Serving size</b>	<b>1 Cup (240mL)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>100</b>
	<b>% Daily Value*</b>
<b>Total Fat</b> 2.5g	<b>3%</b>
Saturated Fat 1.5g	<b>8%</b>
Trans Fat 0g	
<b>Cholesterol</b> 15mg	<b>5%</b>
<b>Sodium</b> 120mg	<b>5%</b>
<b>Total Carbohydrate</b> 11g	<b>4%</b>
Dietary Fiber 0g	<b>0%</b>
Total Sugars 11g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 8g	<b>16%</b>
Vit. D 2.5mcg 15% • Calcium 300mg 25%	
Iron 0.1mg 0% • Potassium 370mg 8%	
Vitamin A 150mcg 15%	

**INGREDIENTS:** GRADE A LOWFAT MILK, VITAMIN A PALMITATE AND VITAMIN D3. **CONTAINS:** MILK.

Nutrition Facts	
8 servings per container	
<b>Serving size</b>	<b>1 Cup (240mL)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>80</b>
	<b>% Daily Value*</b>
<b>Total Fat</b> 0g	<b>0%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 5mg	<b>2%</b>
<b>Sodium</b> 120mg	<b>5%</b>
<b>Total Carbohydrate</b> 11g	<b>4%</b>
Dietary Fiber 0g	<b>0%</b>
Total Sugars 11g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 8g	<b>16%</b>
Vit. D 2mcg 15% • Calcium 300mg 25%	
Iron 0.1mg 0% • Potassium 360mg 8%	
Vitamin A 150mcg 15%	

**INGREDIENTS:** GRADE A FAT FREE (SKIM) MILK, VITAMIN A PALMITATE AND VITAMIN D3. **CONTAINS:** MILK.



**HALF GALLON (1.89L)  
CASE COUNT - 9**





VITAMIN D WHOLE MILK

Item #16361



2% REDUCED FAT MILK

Item #16362



1% LOWFAT MILK

Item #24855



FAT FREE SKIM MILK

Item #16363



Nutrition Facts	
4 servings per container	
<b>Serving size 1 Cup (240mL)</b>	
<b>Amount per serving</b>	
<b>Calories</b>	<b>150</b>
% Daily Value*	
<b>Total Fat</b> 8g	<b>10%</b>
Saturated Fat 5g	<b>25%</b>
Trans Fat 0g	
<b>Cholesterol</b> 35mg	<b>12%</b>
<b>Sodium</b> 120mg	<b>5%</b>
<b>Total Carbohydrate</b> 11g	<b>4%</b>
Dietary Fiber 0g	<b>0%</b>
Total Sugars 11g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 8g	<b>16%</b>
Vitamin D 15% • Calcium 20%	
Iron 0% • Potassium 8%	

INGREDIENTS: GRADE A MILK AND VITAMIN D3. CONTAINS: MILK.

Nutrition Facts	
4 servings per container	
<b>Serving size 1 Cup (240mL)</b>	
<b>Amount per serving</b>	
<b>Calories</b>	<b>120</b>
% Daily Value*	
<b>Total Fat</b> 5g	<b>6%</b>
Saturated Fat 3.5g	<b>18%</b>
Trans Fat 0g	
<b>Cholesterol</b> 20mg	<b>7%</b>
<b>Sodium</b> 120mg	<b>5%</b>
<b>Total Carbohydrate</b> 11g	<b>4%</b>
Dietary Fiber 0g	<b>0%</b>
Total Sugars 11g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 8g	<b>16%</b>
Vitamin D 10% • Calcium 25%	
Iron 0% • Potassium 354mg 8%	
Vitamin A 15%	

INGREDIENTS: GRADE A REDUCED FAT MILK, VITAMIN A PALMITATE AND VITAMIN D3. CONTAINS: MILK.

Nutrition Facts	
4 servings per container	
<b>Serving size 1 Cup (240mL)</b>	
<b>Amount per serving</b>	
<b>Calories</b>	<b>100</b>
% Daily Value*	
<b>Total Fat</b> 2.5g	<b>3%</b>
Saturated Fat 1.5g	<b>8%</b>
Trans Fat 0g	
<b>Cholesterol</b> 15mg	<b>5%</b>
<b>Sodium</b> 120mg	<b>5%</b>
<b>Total Carbohydrate</b> 11g	<b>4%</b>
Dietary Fiber 0g	<b>0%</b>
Total Sugars 11g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 8g	<b>16%</b>
Vitamin D 15% • Calcium 20%	
Iron 0% • Potassium 8%	
Vitamin A 15%	

INGREDIENTS: GRADE A LOWFAT MILK, VITAMIN A PALMITATE AND VITAMIN D3. CONTAINS: MILK.

Nutrition Facts	
4 servings per container	
<b>Serving size 1 Cup (240mL)</b>	
<b>Amount per serving</b>	
<b>Calories</b>	<b>80</b>
% Daily Value*	
<b>Total Fat</b> 0g	<b>0%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 5mg	<b>2%</b>
<b>Sodium</b> 120mg	<b>5%</b>
<b>Total Carbohydrate</b> 11g	<b>4%</b>
Dietary Fiber 0g	<b>0%</b>
Total Sugars 11g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 8g	<b>16%</b>
Vitamin D 15% • Calcium 25%	
Iron 0% • Potassium 8%	
Vitamin A 15%	

INGREDIENTS: GRADE A FAT FREE (SKIM) MILK, VITAMIN A PALMITATE AND VITAMIN D3. CONTAINS: MILK.



QUART (946ML)  
CASE COUNT - 9



**VITAMIN D WHOLE MILK**

Item #8069



<b>Nutrition Facts</b>	
1 serving per container	
<b>Serving size 1 Bottle (473mL)</b>	
<b>Amount per serving</b>	
<b>Calories</b>	<b>290</b>
	<b>% Daily Value*</b>
<b>Total Fat</b> 15g	<b>19%</b>
Saturated Fat 10g	<b>50%</b>
Trans Fat 0.5g	
<b>Cholesterol</b> 75mg	<b>25%</b>
<b>Sodium</b> 240mg	<b>10%</b>
<b>Total Carbohydrate</b> 22g	<b>8%</b>
Dietary Fiber 0g	<b>0%</b>
Total Sugars 22g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 16g	<b>32%</b>
Vit. D 5mcg 30% • Calcium 580mg 40%	
Iron 0.2mg 0% • Potassium 680mg 16%	

**INGREDIENTS:** GRADE A MILK AND VITAMIN D3. **CONTAINS:** MILK.



**2% REDUCED FAT MILK**

Item #8071



<b>Nutrition Facts</b>	
1 serving per container	
<b>Serving size 1 Bottle (473mL)</b>	
<b>Amount per serving</b>	
<b>Calories</b>	<b>250</b>
	<b>% Daily Value*</b>
<b>Total Fat</b> 10g	<b>13%</b>
Saturated Fat 7g	<b>35%</b>
Trans Fat 0g	
<b>Cholesterol</b> 45mg	<b>15%</b>
<b>Sodium</b> 240mg	<b>10%</b>
<b>Total Carbohydrate</b> 22g	<b>8%</b>
Dietary Fiber 0g	<b>0%</b>
Total Sugars 22g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 17g	<b>34%</b>
Vit. D 4.9mcg 25% • Calcium 600mg 45%	
Iron 0mg 0% • Potassium 710mg 15%	
Vitamin A 310mcg 35%	

**INGREDIENTS:** GRADE A REDUCED FAT MILK, VITAMIN A PALMITATE AND VITAMIN D3. **CONTAINS:** MILK.



**FAT FREE SKIM MILK**

Item #25236



<b>Nutrition Facts</b>	
1 serving per container	
<b>Serving size 1 Bottle (473mL)</b>	
<b>Amount per serving</b>	
<b>Calories</b>	<b>160</b>
	<b>% Daily Value*</b>
<b>Total Fat</b> 0g	<b>0%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 10mg	<b>3%</b>
<b>Sodium</b> 240mg	<b>10%</b>
<b>Total Carbohydrate</b> 22g	<b>8%</b>
Dietary Fiber 0g	<b>0%</b>
Total Sugars 22g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 17g	<b>34%</b>
Vit. D 5mcg 25% • Calcium 600mg 45%	
Iron 0.1mg 0% • Potassium 730mg 15%	
Vitamin A 300mcg 35%	

**INGREDIENTS:** GRADE A FAT FREE (SKIM) MILK, VITAMIN A PALMITATE AND VITAMIN D3. **CONTAINS:** MILK.



**PINT (473ML)**  
**CASE COUNT - 20**