

Get a Head Start on the School Year with Hiland



Hiland Dairy uses fresh milk from their farmer-owner's sustainable, family farms to bring the freshest dairy products to you. This ensures that you are serving fresh, local and healthy foods to your students.

5 milk options in convenient 8 oz. portions including skim, low fat and fat free chocolate, strawberry and vanilla shake

18 yogurt varieties

Variety of juice and dairy foods to pack your menu full of wholesome, nutritious items



HilandDairy.com

Put Fun Back on Your Menu with All-Natural Flavored Milks

A staple of school meals for generations, milk is full of everything your students need and free of what they don't. With 9 essential nutrients and 8 grams of protein, flavored milk tastes great while giving your students the energy they need to excel and your student athletes the nourishment they need to recover, naturally.

- **No artificial growth hormones**
- **No dyes or artificial flavors**
- **No high fructose corn syrup**
- **Tested for antibiotics**
- **Made with milk from sustainable farms close to your school**

Educational and Food Service Support

Hiland helps you in ways that go beyond your bottom line. Our no-cost, added benefits you won't find elsewhere include:

- **Snack menus**
- **Healthy recipes**
- **Materials that can be integrated into lesson plans**
- **Fundraising support**

Give Students the Milk Options They Want

While water is an essential beverage, it cannot replace the potassium, vitamin D and calcium students receive when they drink milk at lunch. School Food Service Directors across America are praising the USDA's decision to put low-fat flavored milk back on the menu because they know it means kids will drink more wholesome, healthy milk.



Locally Made.
Naturally Delicious.

Give your students and families what they deserve.
Give them Hiland.

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