

## RLS Logistics Fresh\*\* & Frozen (0 degrees) LTL Service Schedule

State	Ship Day for RLS NJ	Ship Day for RLS PA	LTL	
	Cold Storage Customers	Cold Storage Customers	Pick Up Day	Arrival Day
Alabama	Thurs. / Fri.	Weds. / Thurs. / Fri.		Mon. / Tues.
Arkansas	Thurs. / Fri.	Weds. / Thurs. / Fri.		Mon. / Tues.
Arizona	Thurs. / Fri.	Weds. / Thurs. / Fri.		Weds. / Thurs.
California	Thurs. / Fri.	Weds. / Thurs. / Fri.		Thurs. / Fri.
Colorado	Thurs. / Fri.	Weds. / Thurs. / Fri.		Tues. / Weds.
Connecticut*	Thurs. / Fri.	Weds. / Thurs. / Fri.	Thurs. / Fri.	Mon. / Tues.
Delaware*	Thurs. / Fri.	Weds. / Thurs. / Fri.	Thurs. / Fri.	Mon. / Tues.
Florida	Thurs. / Fri.	Weds. / Thurs. / Fri.		Mon. / Tues.
Georgia	Thurs. / Fri.	Weds. / Thurs. / Fri.		Mon. / Tues.
Idaho	Thurs. / Fri.	Weds. / Thurs. / Fri.		Weds. / Thurs.
Illinois (Southern & Western)	Thurs. / Fri.	Weds. / Thurs. / Fri.		Mon. / Tues.
Illinois (Chicago / Northern)	Mon.	Mon.		Thurs. / Fri.
Indiana	Mon.	Mon.		Weds. / Thurs.
Iowa	Thurs. / Fri.	Weds. / Thurs. / Fri.		Tues. / Weds.
Kansas	Thurs. / Fri.	Weds. / Thurs. / Fri.		Tues. / Weds.
Kentucky	Thurs. / Fri.	Weds. / Thurs. / Fri.		Mon. / Tues.
Louisiana	Thurs. / Fri.	Weds. / Thurs. / Fri.		Tues. / Weds.
Maine*	Thurs. / Fri.	Weds. / Thurs. / Fri.	Thurs. / Fri.	Mon. / Tues.
Maryland*	Thurs. / Fri.	Weds. / Thurs. / Fri.	Thurs. / Fri.	Mon. / Tues.
Massachusetts*	Thurs. / Fri.	Weds. / Thurs. / Fri.	Thurs. / Fri.	Mon. / Tues.
Michigan	Mon.	Mon.		Thurs. / Fri.
Minnesota	Thurs. / Fri.	Weds. / Thurs. / Fri.		Weds. / Thurs.
Mississippi	Thurs. / Fri.	Weds. / Thurs. / Fri.		Mon. / Tues.
Missouri	Thurs. / Fri.	Weds. / Thurs. / Fri.		Tues. / Weds.
Montana	Thurs. / Fri.	Weds. / Thurs. / Fri.		Weds. / Thurs.
Nebraska	Thurs. / Fri.	Weds. / Thurs. / Fri.		Mon. / Tues.
Nevada	Thurs. / Fri.	Weds. / Thurs. / Fri.		Weds. / Thurs.
New Hampshire*	Thurs. / Fri.	Weds. / Thurs. / Fri.	Thurs. / Fri.	Mon. / Tues.
New Jersey*	Thurs. / Fri.	Weds. / Thurs. / Fri.	Thurs. / Fri.	Mon. / Tues.
New Mexico	Thurs. / Fri.	Weds. / Thurs. / Fri.		Tues. / Weds.
New York*	Thurs. / Fri. Tues.	Weds. / Thurs. / Fri. Weds. / Thurs. / Fri.	Thurs. / Fri.	Mon. / Tues. Thurs. / Fri.
North Carolina	Thurs. / Fri.	Weds. / Thurs. / Fri.		Mon. / Tues.
North Dakota	Thurs. / Fri.	Weds. / Thurs. / Fri.		Tues. / Weds.
Ohio	Mon.	Mon.		Weds. / Thurs.
Oklahoma	Thurs. / Fri.	Weds. / Thurs. / Fri.		Mon. / Tues.
Oregon	Thurs. / Fri.	Weds. / Thurs. / Fri.		Thurs. / Fri.
Pennsylvania*	Thurs. / Fri. Tues.	Weds. / Thurs. / Fri. Weds. / Thurs. / Fri.	Thurs. / Fri.	Mon. / Tues. Thurs. / Fri.
Rhode Island*	Thurs. / Fri.	Weds. / Thurs. / Fri.	Thurs. / Fri.	Mon. / Tues.
South Carolina	Thurs. / Fri.	Weds. / Thurs. / Fri.		Mon. / Tues.
South Dakota	Thurs. / Fri.	Weds. / Thurs. / Fri.		Tues. / Weds.
Tennessee	Thurs. / Fri.	Weds. / Thurs. / Fri.		Tues. / Weds.
Texas	Thurs. / Fri.	Weds. / Thurs. / Fri.		Tues. / Weds.
Utah	Thurs. / Fri.	Weds. / Thurs. / Fri.		Weds. / Thurs.
Vermont*	Thurs. / Fri.	Weds. / Thurs. / Fri.	Thurs. / Fri.	Mon. / Tues.
Virginia	Thurs. / Fri.	Weds. / Thurs. / Fri.	Thurs. / Fri.	Mon. / Tues.
Washington	Thurs. / Fri.	Weds. / Thurs. / Fri.		Thurs. / Fri.
Washington D.C.*	Thurs. / Fri.	Weds. / Thurs. / Fri.	Thurs. / Fri.	Mon. / Tues.
West Virginia	Mon.	Mon.		Weds. / Thurs.
Wisconsin (Western)	Thurs. / Fri.	Weds. / Thurs. / Fri.		Tues. / Weds.
Wisconsin (Eastern)	Mon.	Mon.		Thurs. / Fri.
Wyoming	Thurs. / Fri.	Weds. / Thurs. / Fri.		Weds. / Thurs.

*Pick up and arrival day are based on weekly averages and are subject to change*

*\*Please email [dispatchnj@rlslogistics.com](mailto:dispatchnj@rlslogistics.com) for city specific pick up and arrival day*

**\*Fresh product will be wrapped with foam insulation and ship on a 0 degree truck (RLS not responsible if delivered below temp**