



**UNIT PRICE**

**\$1.49**  
**PER POUND**

**RETAIL PRICE**

**\$1.49**

**Whole Carrots (1 lb.)**

# Nutrition Facts

Serving Size 1 medium

Servings per container 6

## Amount Per Serving

**Calories** 25

Calories from Fat 1

## % Daily Value\*

**Total Fat** 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g

**Cholesterol** 0mg 0%

**Sodium** 42mg 2%

**Total Carbohydrate** 6g 2%

Dietary Fiber 2g 7%

Sugars 3g

**Protein** 1g

Vitamin A 204% • Vitamin C 6%

Calcium 2% • Iron 1%

\*Percent Daily Values are based on a 2,000 calorie diet.  
Your daily values may be higher or lower depending on  
your calorie needs:

## Ingredients:

Carrots



**UNIT PRICE**

**\$0.99**  
**PER POUND**

**RETAIL PRICE**

**\$4.99**

**Whole Organic Carrots (5 lb.)**

## Nutrition Facts

Serving Size 1 CARROT

Servings Per Container 28

### Amount Per Serving

**Calories** 30

**Calories from Fat** 0

**% Daily Value\***

**Total Fat** 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g

**Cholesterol** 0mg 0%

**Sodium** 60mg 3%

**Potassium** 250mg 7%

**Total Carbohydrate** 7g 2%

Dietary Fiber 2g 8%

Sugars 5g

**Protein** 1g

**Vitamin A** 110%

**Vitamin C** 10%

**Calcium** 2%

**Iron** 2%

Percent daily value reflects "as packaged" food.

Product is marked with a Kosher symbol.

\*Percent daily values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

## Ingredients:

Organic Carrots



UNIT PRICE	RETAIL PRICE
<b>\$0.70</b> PER POUND	<b>\$3.49</b>
Whole Carrots (5 lb.)	

## Nutrition Facts

Serving Size 1 CARROT

Servings Per Container 28

### Amount Per Serving

**Calories** 30

**Calories from Fat** 0

**% Daily Value\***

**Total Fat** 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g

**Cholesterol** 0mg 0%

**Sodium** 60mg 3%

**Potassium** 250mg 7%

**Total Carbohydrate** 7g 2%

Dietary Fiber 2g 8%

Sugars 5g

**Protein** 1g

**Vitamin A** 110%

**Vitamin C** 10%

**Calcium** 2%

**Iron** 2%

Percent daily value reflects "as packaged" food.

Product is marked with a Kosher symbol.

\*Percent daily values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

## Ingredients:

Carrots





**UNIT PRICE**

**\$1.99**  
**PER POUND**

**RETAIL PRICE**

**\$1.99**

**Baby Carrots (16 oz.)**

## Nutrition Facts

Serving Size 3.0 OZ

Servings Per Container 5

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### Amount Per Serving

**Calories** 35

Calories from Fat 0

**% Daily Value\***

**Total Fat** 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g

**Cholesterol** 0mg 0%

**Sodium** 65mg 3%

**Potassium** 270mg 8%

**Total Carbohydrate** 8g 3%

Dietary Fiber 2g 8%

Sugars 5g

**Protein** 1g

Vitamin A 120%

Vitamin C 10%

Calcium 2%

Iron 2%

Percent daily value reflects "as packaged" food.

Product is marked with a Kosher symbol.

\*Percent daily values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

## Ingredients:

Carrots





**UNIT PRICE**

**\$3.20**  
**PER POUND**

**RETAIL PRICE**

**\$1.99**

**Shredded Carrots (10 oz.)**

## Nutrition Facts

Serving Size 3.0 OZ

Servings Per Container 3.5

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### Amount Per Serving

**Calories** 35

Calories from Fat 0

---

**% Daily Value\***

**Total Fat** 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g

**Cholesterol** 0mg 0%

**Sodium** 65mg 3%

**Potassium** 270mg 8%

**Total Carbohydrate** 8g 3%

Dietary Fiber 2g 8%

Sugars 5g

**Protein** 1g

---

Vitamin A 120%

Vitamin C 10%

Calcium 2%

Iron 2%

---

Percent daily value reflects "as packaged" food.

Product is marked with a Kosher symbol.

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\*Percent daily values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

## Ingredients:

Carrots



**UNIT PRICE**

**\$1.28**  
**PER POUND**

**RETAIL PRICE**

**\$1.09**

**Canned Carrots (14.5 oz.)**

## Nutrition Facts

Serving Size 0.5 CUP

Servings Per Container 3.5

### Amount Per Serving

**Calories** 30

Calories from Fat 0

**% Daily Value\***

**Total Fat** 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g

**Cholesterol** 0mg 0%

**Sodium** 370mg 15%

**Potassium** 90mg 2%

**Total Carbohydrate** 6g 3%

Dietary Fiber 2g 8%

Sugars 4g

**Protein** 1g

Vitamin A 150% Vitamin C 0%

Calcium 0% Iron 0%

Percent daily value reflects "as packaged" food.

Product is marked with a Kosher symbol.

\*Percent daily values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

## Ingredients:

Carrots, Water, Salt, Calcium Chloride



**UNIT PRICE**

**\$1.28**  
**PER POUND**

**RETAIL PRICE**

**\$1.09**

Canned Carrots-No Salt Added (14.5 oz.)

## Nutrition Facts

Serving Size 0.5 C

Servings Per Container 3.5

### Amount Per Serving

**Calories** 30

Calories from Fat 0

### % Daily Value\*

**Total Fat** 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g

**Cholesterol** 0mg 0%

**Sodium** 55mg 2%

**Potassium** 90mg 2%

**Total Carbohydrate** 6g 3%

Dietary Fiber 2g 8%

Sugars 4g

**Protein** 1g

Vitamin A 150%

Vitamin C 0%

Calcium 0%

Iron 0%

Percent daily value reflects "as packaged" food.

Product is marked with a Kosher symbol.

\*Percent daily values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

## Ingredients:

Carrots, Water





**UNIT PRICE**

**\$0.96**  
**PER POUND**

**RETAIL PRICE**

**\$1.00**

**Frozen Carrots (16 oz.)**



# Nutrition Facts

Serving Size 0.66 CUP

Servings Per Container 5

## Amount Per Serving

**Calories** 35

Calories from Fat 0

**% Daily Value\***

**Total Fat** 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g

**Cholesterol** 0mg 0%

**Sodium** 60mg 2%

**Total Carbohydrate** 7g 2%

Dietary Fiber 2g 8%

Sugars 4g

**Protein** 1g

Vitamin A 60%

Vitamin C 2%

Calcium 2%

Iron 0%

Percent daily value reflects "as packaged" food.

\*Percent daily values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

## Ingredients:

Carrots



**UNIT PRICE**

**\$4.00**  
**PER POUND**

**RETAIL PRICE**

**\$2.29**

**Green Giant Teriyaki Vegetables (9 oz)**

# Nutrition Facts

Serving Size 1.25 cup  
Servings per container 2.5

## Amount Per Serving

**Calories** 45 **Calories from Fat** 0

## % Daily Value\*

**Total Fat** 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g

**Cholesterol** 0mg 0%

**Sodium** 400mg 17%

**Total Carbohydrate** 9g 3%

Dietary Fiber 2g 8%

Sugars 5g

**Protein** 2g

Vitamin A 25% • Vitamin C 35%

Calcium 2% • Iron 2%

\*Percent Daily Values are based on a 2,000 calorie diet.  
Your daily values may be higher or lower depending on  
your calorie needs.

**Ingredients:** Broccoli, Carrots, Cauliflower, Water, Soy Sauce (Water, Wheat, Soybeans, Salt), Sugar, Contains Less than 1% of: Corn Starch, Cider Vinegar, Rice Vinegar, Spice, Xanthan Gum



**UNIT PRICE**

**\$2.99**  
**PER POUND**

**RETAIL PRICE**

**\$4.78**

**6 fresh peaches (1.6 lb.)**

# Nutrition Facts

Serving Size 1 medium

## Amount Per Serving

**Calories** 59

Calories from Fat 3

### % Daily Value\*

**Total Fat** 0g 0%

Saturated Fat 0g 0%

Trans Fat

**Cholesterol** 0mg 0%

**Sodium** 0mg 0%

**Total Carbohydrate** 15g 5%

Dietary Fiber 2g 9%

Sugars 13g

**Protein** 1g

Vitamin A 10% • Vitamin C 17%

Calcium 1% • Iron 2%

\*Percent Daily Values are based on a 2,000 calorie diet.  
Your daily values may be higher or lower depending on  
your calorie needs:

## Ingredients:

Peaches



**UNIT PRICE**

**\$2.08**  
**PER POUND**

**RETAIL PRICE**

**\$1.99**

Canned Peaches in 100% Juice (15 oz.)

## Nutrition Facts

Serving Size 0.5 CUP

Servings Per Container 3.5

---

### Amount Per Serving

**Calories** 50

Calories from Fat 0

---

**% Daily Value\***

**Total Fat** 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g

**Cholesterol** 0mg 0%

**Sodium** 10mg 0%

**Potassium** 125mg 4%

**Total Carbohydrate** 12g 4%

Dietary Fiber 0g 0%

Sugars 11g

---

**Protein** 0g

---

Vitamin A 20%

Vitamin C 10%

Calcium 0%

Iron 4%

---

Percent daily value reflects "as packaged" food.

Product is marked with a Kosher symbol.

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\*Percent daily values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

## Ingredients:

Peaches, Water, Peach Pulp and Juice, Pear Juice Concentrate, Ascorbic Acid (Vitamin C) to protect Color, Citric Acid





**UNIT PRICE**

**\$3.52**  
**PER POUND**

**RETAIL PRICE**

**\$3.49**

**Dole Fruit Cups: Peaches in 100% Juice**

## Nutrition Facts

Serving Size 0.5 CUP

Servings Per Container 3.5

### Amount Per Serving

Calories 50

Calories from Fat 0

% Daily Value\*

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 10mg 0%

Potassium 125mg 4%

Total Carbohydrate 12g 4%

Dietary Fiber 0g 0%

Sugars 11g

Protein 0g

Vitamin A 20%

Vitamin C 10%

Calcium 0%

Iron 4%

Percent daily value reflects "as packaged" food.

Product is marked with a Kosher symbol.

\*Percent daily values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

**Ingredients:** Peaches, White Grape Juice from Concentrate (Water, White Grape Juice Concentrate), Lemon Juice from Concentrate (Water, Lemon Juice Concentrate), Natural Flavors, Ascorbic Acid (to Promote Color Retention), and Citric Acid.



**UNIT PRICE**

**\$2.56**  
**PER POUND**

**RETAIL PRICE**

**\$2.39**

Canned Peaches in Heavy Syrup (15 oz.)

## Nutrition Facts

Serving Size 0.5 CUP

Servings Per Container 3.5

### Amount Per Serving

**Calories** 100

Calories from Fat 0

**% Daily Value\***

**Total Fat** 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g

**Cholesterol** 0mg 0%

**Sodium** 10mg 0%

**Total Carbohydrate** 24g 8%

Dietary Fiber 1g 4%

Sugars 23g

**Protein** 0g

Vitamin A 6%

Vitamin C 8%

Calcium 0%

Iron 2%

Percent daily value reflects "as packaged" food.

Product is marked with a Kosher symbol.

\*Percent daily values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

## Ingredients:

Peaches, Water, Corn Syrup, Sugar



**UNIT PRICE**

**\$2.75**  
**PER POUND**

**RETAIL PRICE**

**\$2.75**

**Frozen Peaches (1 lb.)**

# Nutrition Facts

Serving Size **0.5 CUP** (100 grams)

Servings per container 4.5

## Amount Per Serving

**Calories** 39

Calories from Fat 2

## % Daily Value\*

**Total Fat** 0g 0%

Saturated Fat 0g 0%

Trans Fat

**Cholesterol** 0mg 0%

**Sodium** 0mg 0%

**Total Carbohydrate** 10g 3%

Dietary Fiber 1g 6%

Sugars 8g

**Protein** 1g

Vitamin A 7% • Vitamin C 11%

Calcium 1% • Iron 1%

\*Percent Daily Values are based on a 2,000 calorie diet.  
Your daily values may be higher or lower depending on  
your calorie needs:

## Ingredients:

Peaches



**UNIT PRICE**

**\$3.79**  
**PER GALLON**

**RETAIL PRICE**

**\$3.79**

**Whole Milk (1 gallon)**



# Nutrition Facts

Serving Size 1 cup

Servings per container 16

## Amount Per Serving

**Calories** 150

Calories from Fat 70

## % Daily Value\*

**Total Fat** 8g 12%

Saturated Fat 5g 25%

Trans Fat 0g

**Cholesterol** 35mg 12%

**Sodium** 125mg 5%

**Total Carbohydrate** 12g 4%

Dietary Fiber 0g 0%

Sugars 12g

**Protein** 8g

Vitamin A 6% • Vitamin C 4%

Calcium 30% • Iron 0%

\*Percent Daily Values are based on a 2,000 calorie diet.  
Your daily values may be higher or lower depending on  
your calorie needs.

## Ingredients:

Milk, Vitamin D3



**UNIT PRICE**

**\$3.79**  
**PER GALLON**

**RETAIL PRICE**

**\$3.79**

2% Milk (1 gallon)

# Nutrition Facts

Serving Size 1 cup

Servings per container 16

## Amount Per Serving

**Calories** 130

Calories from Fat 45

## % Daily Value\*

**Total Fat** 5g 8%

Saturated Fat 3g 15%

Trans Fat 0g

**Cholesterol** 20mg 7%

**Sodium** 125mg 5%

**Total Carbohydrate** 12g 4%

Dietary Fiber 0g 0%

Sugars 12g

**Protein** 8g

Vitamin A 10% • Vitamin C 4%

Calcium 30% • Iron 0%

\*Percent Daily Values are based on a 2,000 calorie diet.  
Your daily values may be higher or lower depending on  
your calorie needs.

## Ingredients:

Reduced Fat Milk, Vitamin A Palmitate, Vitamin D3.



**UNIT PRICE**

**\$3.79**  
**PER GALLON**

**RETAIL PRICE**

**\$3.79**

1 % Milk: 1 gallon

# Nutrition Facts

Serving Size 1 cup

Servings per container 16

## Amount Per Serving

**Calories** 110

Calories from Fat 20

## % Daily Value\*

**Total Fat** 3g 4%

Saturated Fat 2g 8%

Trans Fat 0g

**Cholesterol** 10mg 3%

**Sodium** 125mg 5%

**Total Carbohydrate** 12g 4%

Dietary Fiber 0g 0%

Sugars 12g

**Protein** 8g

Vitamin A 10% • Vitamin C 4%

Calcium 30% • Iron 0%

\*Percent Daily Values are based on a 2,000 calorie diet.  
Your daily values may be higher or lower depending on  
your calorie needs.

## Ingredients:

Lowfat Milk, Vitamin A Palmitate, Vitamin D3



**UNIT PRICE**

**\$3.79**  
**PER GALLON**

**RETAIL PRICE**

**\$3.79**

**Fat Free Milk: 1 gallon**

# Nutrition Facts

Serving Size 1 cup

Servings per container 16

## Amount Per Serving

**Calories** 90

Calories from Fat 0

## % Daily Value\*

**Total Fat** 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g

**Cholesterol** 5mg 2%

**Sodium** 125mg 5%

**Total Carbohydrate** 12g 4%

Dietary Fiber 0g 0%

Sugars 12g

**Protein** 8g

Vitamin A 10% • Vitamin C 4%

Calcium 30% • Iron 0%

\*Percent Daily Values are based on a 2,000 calorie diet.  
Your daily values may be higher or lower depending on  
your calorie needs.

## Ingredients:

Fat Free Milk, Vitamin A Palmitate, Vitamin D3





**UNIT PRICE**

**\$6.40**  
**PER GALLON**

**RETAIL PRICE**

**\$3.20**

**Fat Free Milk: 1 half-gallon**

# Nutrition Facts

Serving Size 1 cup

Servings per container 8

## Amount Per Serving

**Calories** 90

Calories from Fat 0

## % Daily Value\*

**Total Fat** 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g

**Cholesterol** 5mg 2%

**Sodium** 125mg 5%

**Total Carbohydrate** 12g 4%

Dietary Fiber 0g 0%

Sugars 12g

**Protein** 8g

Vitamin A 10% • Vitamin C 4%

Calcium 30% • Iron 0%

\*Percent Daily Values are based on a 2,000 calorie diet.  
Your daily values may be higher or lower depending on  
your calorie needs.

## Ingredients:

Fat Free Milk, Vitamin A Palmitate, Vitamin D3



**UNIT PRICE**

**\$7.30**  
**PER GALLON**

**RETAIL PRICE**

**\$1.82**

**Fat Free Milk: 1 quart**

# Nutrition Facts

Serving Size 1 cup

Servings per container 4

## Amount Per Serving

**Calories** 90

Calories from Fat 0

### % Daily Value\*

**Total Fat** 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g

**Cholesterol** 5mg 2%

**Sodium** 125mg 5%

**Total Carbohydrate** 12g 4%

Dietary Fiber 0g 0%

Sugars 12g

**Protein** 8g

Vitamin A 10% • Vitamin C 4%

Calcium 30% • Iron 0%

\*Percent Daily Values are based on a 2,000 calorie diet.  
Your daily values may be higher or lower depending on  
your calorie needs.

## Ingredients:

Fat Free Milk, Vitamin A Palmitate, Vitamin D3



**UNIT PRICE**

**\$14.08**  
**PER GALLON**

**RETAIL PRICE**

**\$1.76**

**Fat Free Milk: 1 pint**

# Nutrition Facts

Serving Size 1 cup

Servings per container 2

## Amount Per Serving

**Calories** 90

Calories from Fat 0

## % Daily Value\*

**Total Fat** 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g

**Cholesterol** 5mg 2%

**Sodium** 125mg 5%

**Total Carbohydrate** 12g 4%

Dietary Fiber 0g 0%

Sugars 12g

**Protein** 8g

Vitamin A 10% • Vitamin C 4%

Calcium 30% • Iron 0%

\*Percent Daily Values are based on a 2,000 calorie diet.  
Your daily values may be higher or lower depending on  
your calorie needs.

## Ingredients:

Fat Free Milk, Vitamin A Palmitate, Vitamin D3



**UNIT PRICE**

**\$14.40**  
**PER GALLON**

**RETAIL PRICE**

**\$1.80**

**Fat Free Chocolate Milk: 1 pint**



# Nutrition Facts

Serving Size 1 cup

Servings per container 2

## Amount Per Serving

**Calories** 130

Calories from Fat 0

## % Daily Value\*

**Total Fat** 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g

**Cholesterol** 5mg 2%

**Sodium** 240mg 10%

**Total Carbohydrate** 24g 8%

Dietary Fiber 0g 0%

Sugars 22g

**Protein** 8g

Vitamin A 10% • Vitamin C 2%

Calcium 30% • Iron 0%

\*Percent Daily Values are based on a 2,000 calorie diet.  
Your daily values may be higher or lower depending on  
your calorie needs.

## Ingredients:

Fat Free Milk, Sugar, Cocoa processed with Alkali, Corn Starch, Salt, Carrageenan, Vanillin (an artificial flavor), Vitamin A Palmitate, Vitamin D3



**UNIT PRICE**

**\$0.07**  
**PER OUNCE**

**RETAIL PRICE**

**\$2.39**

**Nonfat Vanilla Yogurt (32 oz.)**

# Nutrition Facts

Serving Size 8 oz.

Servings per container 4

## Amount Per Serving

**Calories** 190

Calories from Fat 0

## % Daily Value\*

**Total Fat** 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g

**Cholesterol** 5mg 2%

**Sodium** 180mg 8%

**Total Carbohydrate** 34g 11%

Dietary Fiber 0g 0%

Sugars 34g

**Protein** 12g

Vitamin A 0% • Vitamin C 8%

Calcium 45% • Iron 0%

\*Percent Daily Values are based on a 2,000 calorie diet.  
Your daily values may be higher or lower depending on  
your calorie needs.

## Ingredients:

Cultured Pasteurized Grade A Nonfat Milk, Sugar, Nonfat Milk Solids, Vanilla, Active Yogurt Cultures: L. Bulgaricus, S. Thermophilus, Bifidobacterium BB-12, L. Acidophilus, L. Casei



**UNIT PRICE**

**\$0.19**  
**PER OUNCE**

**RETAIL PRICE**

**\$1.00**

Chobani Plain Nonfat Greek Yogurt (6 oz.)

# Nutrition Facts

Serving Size 6 oz.

Servings per container 1

## Amount Per Serving

**Calories** 100

Calories from Fat 0

## % Daily Value\*

**Total Fat** 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g

**Cholesterol** 0mg 0%

**Sodium** 80mg 3%

**Total Carbohydrate** 7g 2%

Dietary Fiber 0g 0%

Sugars 7g

**Protein** 18g

Vitamin A 0% • Vitamin C 0%

Calcium 20% • Iron 0%

\*Percent Daily Values are based on a 2,000 calorie diet.  
Your daily values may be higher or lower depending on  
your calorie needs.

## Ingredients:

Cultured Pasteurized Nonfat Milk, Live and Active Cultures:  
S. Thermophilus, L. Bulgaricus, L. Acidophilus, Bifidus and  
L. Casei.



**UNIT PRICE**

**\$0.19**  
**PER OUNCE**

**RETAIL PRICE**

**\$2.99**

Activia Blueberry Yogurt (4 4-oz. cups)



# Nutrition Facts

Serving Size 4 oz.

## Amount Per Serving

**Calories** 130

Calories from Fat 15

## % Daily Value\*

**Total Fat** 2g 3%

Saturated Fat 1g 5%

Trans Fat 0g

**Cholesterol** 5mg 2%

**Sodium** 55mg 2%

**Total Carbohydrate** 23g 8%

Dietary Fiber 1g 4%

Sugars 19g

**Protein** 4g

Vitamin A 0% • Vitamin C 0%

Calcium 15% • Iron 0%

\*Percent Daily Values are based on a 2,000 calorie diet.  
Your daily values may be higher or lower depending on  
your calorie needs.

## Ingredients:

Cultured Grade A Reduced Fat Milk, Blueberry Puree, Sugar, Fructose, Modified Food Starch, Water, contains less than 1% of Milk Protein Concentrate, Modified Corn Starch, Kosher Gelatin, Natural Flavor, Carmine (for color), Agar Agar, Carrageenan, Calcium Lactate, Lactic Acid, Xanthan Gum, Vitamin D3, Sodium Citrate





**UNIT PRICE**

**\$0.20**  
**PER OUNCE**

**RETAIL PRICE**

**\$0.79**

Yoplait Whips Strawberry Yogurt (4 oz.)

# Nutrition Facts

Serving Size 4 oz.

Servings per container 1

## Amount Per Serving

**Calories** 140

Calories from Fat 20

## % Daily Value\*

**Total Fat** 3g 4%

Saturated Fat 2g 10%

Trans Fat 0g

**Cholesterol** 10mg 3%

**Sodium** 75mg 3%

**Total Carbohydrate** 25g 8%

Dietary Fiber 0g 0%

Sugars 21g

**Protein** 5g

Vitamin A 10% • Vitamin C 0%

Calcium 15% • Iron 0%

\*Percent Daily Values are based on a 2,000 calorie diet.  
Your daily values may be higher or lower depending on  
your calorie needs.

## Ingredients:

Lowfat Strawberry Yogurt (Cultured Pasteurized Grade A Reduced Fat Milk, Sugar, Nonfat Milk, High Fructose Corn Syrup, Strawberry Puree, Modified Corn Starch, Kosher Gelatin, Natural Flavor, Potassium Sorbate Added to Maintain Freshness, Colored with Carmine, Vitamin A Acetate, Vitamin D3), Lactic Acid Esters of Mono and Diglycerides, Nitrogen.



**UNIT PRICE**

**\$0.08**  
**PER OUNCE**

**RETAIL PRICE**

**\$0.50**

Store Brand Light NF Vanilla Yogurt (6 oz.)

# Nutrition Facts

Serving Size 6 oz.

Servings per container 1

## Amount Per Serving

**Calories** 100

Calories from Fat 0

## % Daily Value\*

**Total Fat** 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g

**Cholesterol** 5mg 2%

**Sodium** 70mg 3%

**Total Carbohydrate** 19g 6%

Dietary Fiber 0g 0%

Sugars 15g

**Protein** 6g

Vitamin A 15% • Vitamin C 0%

Calcium 25% • Iron 0%

\*Percent Daily Values are based on a 2,000 calorie diet.  
Your daily values may be higher or lower depending on  
your calorie needs.

## Ingredients:

Cultured Pasteurized Grade A Nonfat Milk, High Fructose Corn Syrup, Modified Corn Starch, Fructose, Kosher Gelatin, Natural Vanilla Flavor, Nonfat Milk Solids, Tricalcium Phosphate, Aspartame\*, Citric Acid, Potassium Sorbate (to Maintain Freshness), Annatto (Color), Sodium Citrate, Turmeric, Vitamin A Palmitate, Vitamin D3, Maltodextrin, Active Yogurt Cultures: L. Bulgaricus, S. Thermophilus, Bifidobacterium BB-12, L. Acidophilus, L. Casei

\*Artificial Sweetener



**UNIT PRICE**

**\$0.14**  
**PER OUNCE**

**RETAIL PRICE**

**\$0.85**

Dannon Fruit on the Bottom Yogurt (6 oz.)



# Nutrition Facts

Serving Size 6 oz.

Servings per container 1

## Amount Per Serving

**Calories** 150

Calories from Fat 15

## % Daily Value\*

**Total Fat** 2g 2%

Saturated Fat 1g 5%

Trans Fat 0g

**Cholesterol** 5mg 2%

**Sodium** 110mg 5%

**Total Carbohydrate** 28g 9%

Dietary Fiber 1g 4%

Sugars 26g

**Protein** 6g

Vitamin A 0% • Vitamin C 0%

Calcium 20% • Iron 0%

\*Percent Daily Values are based on a 2,000 calorie diet.  
Your daily values may be higher or lower depending on  
your calorie needs.

## Ingredients:

Cultured Grade A Low Fat Milk, Fructose Syrup, Red Raspberries, Sugar, Fructose, contains less than 1% of Modified Corn Starch, Corn Starch, Pectin, Kosher Gelatin, Natural Flavor, Malic Acid, Disodium Phosphate, Carmine (for Color), Tricalcium Phosphate.



**UNIT PRICE**

**\$0.17**  
**PER OUNCE**

**RETAIL PRICE**

**\$3.19**

**Danimals Yogurt (6 3-oz. bottles)**



# Nutrition Facts

Serving Size 1 Bottle 3.1 oz

Servings per container 6

## Amount Per Serving

**Calories** 70

Calories from Fat 5

## % Daily Value\*

**Total Fat** 1g 1%

Saturated Fat 0g 0%

Trans Fat 0g

**Cholesterol** 5mg 2%

**Sodium** 40mg 2%

**Total Carbohydrate** 15g 5%

Dietary Fiber 0%

Sugars 14g

**Protein** 2g

Vitamin A 0% • Vitamin C 0%

Calcium 10% • Iron 0%

\*Percent Daily Values are based on a 2,000 calorie diet.  
Your daily values may be higher or lower depending on  
your calorie needs.

## Ingredients:

Cultured Grade A Low Fat Milk, Water, Sugar, contains less than 1% Of Modified Corn Starch, Whey Mineral Complex, Fruit Juice and Vegetable Juice (for Color), Natural Flavor, Pectin, Agar Agar, Malic Acid, Potassium Sorbate (to maintain Freshness), Vitamin D3, Sodium Citrate.



**UNIT PRICE**

**\$0.17**  
**PER OUNCE**

**RETAIL PRICE**

**\$0.99**

YoCrunch Yogurt (6 oz.)

# Nutrition Facts

Serving Size 6 oz.

Servings per container 1

## Amount Per Serving

**Calories** 170

Calories from Fat 30

## % Daily Value\*

**Total Fat** 3g 5%

Saturated Fat 2g 8%

Trans Fat 0g

**Cholesterol** 5mg 2%

**Sodium** 120mg 5%

**Total Carbohydrate** 31g 10%

Dietary Fiber 0g 0%

Sugars 24g

**Protein** 5g

Vitamin A 8% • Vitamin C 0%

Calcium 20% • Iron 4%

\*Percent Daily Values are based on a 2,000 calorie diet.  
Your daily values may be higher or lower depending on  
your calorie needs.

## Ingredients:

Lowfat Yogurt: Cultured Pasteurized Grade A Lowfat Milk, Sugar, Food Starch - Modified, Natural Vanilla Flavor, Potassium Sorbate (to preserve freshness), Vitamin A Palmitate, Vitamin D3. Oreo Cookie Pieces: Sugar, Unbleached Enriched Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate [Vitamin B1], Riboflavin [Vitamin B2], Folic Acid), High Oleic Canola Oil and/or Palm Oil and/or Canola Oil and/or Soybean Oil, Cocoa (processed with Alkali), High Fructose Corn Syrup, Cornstarch, Leavening (Baking Soda and/or Calcium Phosphate), Salt, Soy Lecithin (Emulsifier), Vanillin (an Artificial Flavor), Chocolate.



**UNIT PRICE**

**\$1.33**  
**PER POUND**

**RETAIL PRICE**

**\$1.99**

**S&S Whole Wheat Bread (24 oz.)**

## Nutrition Facts

Serving Size 1 SLICE

Servings Per Container 16

### Amount Per Serving

**Calories** 100

**Calories from Fat** 10

### % Daily Value\*

**Total Fat** 1.5g 2%

Saturated Fat 0g 0%

Trans Fat 0g

**Cholesterol** 0mg 0%

**Sodium** 210mg 9%

**Total Carbohydrate** 19g 6%

Dietary Fiber 3g 12%

Sugars 4g

**Protein** 4g

Vitamin A 0%

Vitamin C 0%

Calcium 4%

Iron 6%

Percent daily value reflects "as packaged" food.

Product is marked with a Kosher symbol.

\*Percent daily values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

## Ingredients:

Whole Wheat Flour, Water, Honey, Sugar, Wheat Gluten, Yeast (Contains 2% or Less of the Following: Soybean Oil, Salt, Molasses, Dough Conditioners (Sodium Stearoyl Lactylate, Monoglycerides, Ascorbic Acid, Azodicarbonamide), Yeast Nutrients (Monocalcium Phosphate, Calcium Sulfate, Ammonium Sulfate), Calcium Propionate (Preservative), Vinegar, Soy Lecithin





**UNIT PRICE**

**\$1.19**  
**PER POUND**

**RETAIL PRICE**

**\$1.79**

**Country White Bread (24 oz.)**

## Nutrition Facts

Serving Size 1 SLICE

Servings Per Container 19

### Amount Per Serving

**Calories** 100

**Calories from Fat** 10

**% Daily Value\***

**Total Fat** 1g 2%

Saturated Fat 0g 0%

Trans Fat 0g

**Cholesterol** 0mg 0%

**Sodium** 200mg 8%

**Total Carbohydrate** 18g 6%

Dietary Fiber 1g 4%

Sugars 2g

**Protein** 3g

Vitamin A 0%

Vitamin C 0%

Calcium 4%

Iron 6%

Percent daily value reflects "as packaged" food.

\*Percent daily values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

## Ingredients:

Enriched Wheat Flour (Wheat Flour, Malted Barley Flour, Reduced Iron, Niacin, Thiamin Mononitrate (Vitamin B1), Riboflavin (Vitamin B2), Folic Acid), Water, High Fructose Corp Syrup, Potato Flour, Yeast, Soybean Oil, Salt, Calcium Propionate (Preservative), Sodium Stearoyl Lactylate, Monoglycerides, Calcium Sulfate, Malt, Soy Lecithin, Fumaric Acid, Acetic Acid, Lactic Acid





**UNIT PRICE**

**\$1.92**  
**PER POUND**

**RETAIL PRICE**

**\$2.99**

**S&S Multigrain Bread: 24 oz package**

## Nutrition Facts

Serving Size 1 SLICE

Servings Per Container 16

### Amount Per Serving

**Calories** 110

Calories from Fat 20

### % Daily Value\*

**Total Fat** 2.5g 4%

Saturated Fat 0g 0%

Trans Fat 0g

**Cholesterol** 0mg 0%

**Sodium** 140mg 6%

**Total Carbohydrate** 21g 7%

Dietary Fiber 3g 12%

Sugars 4g

**Protein** 4g

Vitamin A 0%

Vitamin C 0%

Calcium 2%

Iron 6%

Percent daily value reflects "as packaged" food.

Product is marked with a Kosher symbol.

\*Percent daily values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

## Ingredients:

Enriched Wheat Flour (Wheat Flour, Barley Malt, Niacin, Iron, Thiamin Mononitrate (Vitamin B1), Riboflavin (Vitamin B2), Folic Acid), Water, Sunflower Seeds, Wheat, Sugar, Oat Fiber, Honey, Yeast, Wheat Gluten, Contains 2% or Less of the Following: Soybean Oil, Salt, Sesame Seeds, Rye, Oats, Barley, Corn, Millet, Triticale, Rice Flour, Flaxmeal, Buckwheat, Molasses, Dough Conditioners (Sodium Stearoyl Lactylate, Monoglycerides, Ascorbic Acid, Azodicarbonamide), Calcium Propionate (Preservative), Yeast Nutrient (Ammonium Sulfate), Soy Lecithin



**UNIT PRICE**

**\$2.72**  
**PER POUND**

**RETAIL PRICE**

**\$3.99**

**Arnold Oat Bran Bread (24 oz.)**

## Nutrition Facts

Serving Size 1 SLICE

Servings Per Container 16

### Amount Per Serving

**Calories** 110

**Calories from Fat** 15

**% Daily Value\***

**Total Fat** 1.5g 2%

Saturated Fat 0g 0%

Trans Fat 0g

**Cholesterol** 0mg 0%

**Sodium** 150mg 6%

**Total Carbohydrate** 20g 7%

Dietary Fiber 1g 4%

Sugars 3g

**Protein** 4g

Vitamin A 0%

Vitamin C 0%

Calcium 4%

Iron 8%

Percent daily value reflects "as packaged" food.

Product is marked with a Kosher symbol.

\*Percent daily values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

## Ingredients:

Unbleached Enriched Wheat Flour (Flour, Malted Barley Flour, Reduced Iron, Niacin, Thiamin Mononitrate (Vitamin B1), Riboflavin (Vitamin B2), Folic Acid), Water, Sugar, Oat Bran, Oats, Wheat Gluten, Soybean Oil, Yeast, Salt Molasses, Monoglycerides, Calcium Propionate (Preservative), Natural Flavor, Datem and/or Sodium Stearoyl Lactylate, Calcium Sulfate, Grain Vinegar, Citric Acid, Soy Lecithin, Calcium Carbonate, Nuts (Walnuts and/or Hazelnuts (Filberts), and/or Almonds), Whey, Soy Flour, Nonfat Milk



**UNIT PRICE**

**\$1.33**  
**PER POUND**

**RETAIL PRICE**

**\$1.99**

**PF Whole Grain White Bread (24 oz.)**

# Nutrition Facts

Serving Size 1 Slice (43 g)

Servings per container 16

## Amount Per Serving

**Calories** 110

Calories from Fat 15

## % Daily Value\*

**Total Fat** 2g 3%

Saturated Fat 1g 3%

Trans Fat 0g

**Cholesterol** 0mg 0%

**Sodium** 150mg 6%

**Total Carbohydrate** 21g 7%

Dietary Fiber 3g 12%

Sugars 4g

**Protein** 4g

Vitamin A 0% • Vitamin C 0%

Calcium 10% • Iron 4%

\*Percent Daily Values are based on a 2,000 calorie diet.

Your daily values may be higher or lower depending on your calorie needs.

**Ingredients:** Whole wheat flour, unbromated unbleached enriched wheat flour (flour, niacin, reduce iron, thiamine, mononitrate [vitamin B1], riboflavin [vitamin B2], folic acid, water, high fructose corn syrup, oat fiber, yeast, soybean oil, wheat gluten, contains 2 percent or less of: salt, wheat flour, calcium sulfate, nonfat milk\*, lower sodium natural sea salt, butter\*, honey, calcium propionate, and sorbic acid to retard spoilage, sugar, distilled monoglycerides, datem (dough conditioner), soy lecithin, malted barley flour, cornstarch, enzymes, folic acid.

\*Adds a trivial amount of cholesterol





**UNIT PRICE**

**\$2.99**  
**PER POUND**

**RETAIL PRICE**

**\$3.99**

**PF Raisin Bread (16 oz.)**



# Nutrition Facts

Serving Size 1 Slice

Servings per container 16

## Amount Per Serving

**Calories** 80

Calories from Fat 15

## % Daily Value\*

**Total Fat** 2g 2%

Saturated Fat 0g 0%

Trans Fat 0g

**Cholesterol** 0mg 0%

**Sodium** 100mg 4%

**Total Carbohydrate** 15g 5%

Dietary Fiber 1g 4%

Sugars 5g

**Protein** 2g

Vitamin A 0% • Vitamin C 0%

Calcium 0% • Iron 4%

\*Percent Daily Values are based on a 2,000 calorie diet.

Your daily values may be higher or lower depending on your calorie needs.

**Ingredients:** Unbromated Unbleached Enriched Wheat Flour (Flour, Niacin, Reduced Iron, Thiamine Mononitrate [Vitamin B1], Riboflavin [Vitamin B2], Folic Acid), Raisins, Water, High Fructose Corn Syrup, Soybean Oil, Wheat Gluten, Yeast, Sugar, contains 2 percent or less of: Salt, Cinnamon, Monoglycerides, Calcium Propionate and Sorbic Acid to Retard Spoilage, Datem (Dough Conditioner), Wheat Flour, Nonfat Milk\*, Malted Barley Flour.  
\*Adds a trivial amount of Cholesterol.



**UNIT PRICE**

**\$2.59**  
**PER POUND**

**RETAIL PRICE**

**\$2.59**

**Whole Wheat Tortillas (10 ct.)**

# Nutrition Facts

Serving Size 1 tortilla

Servings per container 10

## Amount Per Serving

**Calories** 130

Calories from Fat 35

## % Daily Value\*

**Total Fat** 4g 6%

Saturated Fat 1g 3%

Trans Fat 0g

**Cholesterol** 0mg 0%

**Sodium** 300mg 13%

**Total Carbohydrate** 21g 7%

Dietary Fiber 3g 12%

Sugars 1g

**Protein** 4g

Vitamin A 0% • Vitamin C 0%

Calcium 2% • Iron 6%

\*Percent Daily Values are based on a 2,000 calorie diet.  
Your daily values may be higher or lower depending on  
your calorie needs.

## Ingredients:

Whole Wheat Flour, Water, Sunflower Oil, Cultured Wheat Flour added with Vinegar, contains 2% or less of: Sugar, Salt, Soy Lecithin, Guar Gum, Citric Acid, Leavening (Sodium Acid Pyrophosphate, Sodium Bicarbonate, Corn Starch, Monocalcium Phosphate), Sodium Bicarbonate.



**UNIT PRICE**

**\$5.60**  
**PER POUND**

**RETAIL PRICE**

**\$2.79**

**Whole Wheat Pita Bread**

# Nutrition Facts

Serving Size 1 Pita

Servings per container 8

## Amount Per Serving

**Calories** 80

Calories from Fat 10

## % Daily Value\*

**Total Fat** 1g 2%

Saturated Fat 0g 0%

Trans Fat 0g

**Cholesterol** 0mg 0%

**Sodium** 60mg 3%

**Total Carbohydrate** 15g 5%

Dietary Fiber 2g 8%

Sugars 1g

**Protein** 3g

Vitamin A 0% • Vitamin C 0%

Calcium 4% • Iron 6%

\*Percent Daily Values are based on a 2,000 calorie diet.

Your daily values may be higher or lower depending on your calorie needs.

## Ingredients:

Whole Wheat Flour, Water, Yeast, Salt, Malt, Sugar, Molasses, Sodium Propionate Added to Retard Spoilage.



**UNIT PRICE**

**\$2.24**  
**PER POUND**

**RETAIL PRICE**

**\$2.00**

Store Brand Oats & O's Cereal (14 oz.)

## Nutrition Facts

Serving Size 1 CUP

Servings Per Container 14

---

### Amount Per Serving

**Calories** 100

Calories from Fat 15

---

### % Daily Value\*

**Total Fat** 1.5g 2%

Saturated Fat 0g 0%

Trans Fat 0g

**Cholesterol** 0mg 0%

**Sodium** 160mg 7%

**Potassium** 170mg 5%

**Total Carbohydrate** 21g 7%

Dietary Fiber 3g 12%

Sugars 1g

Other Carbohydrate 17g

---

**Protein** 3g

---

Vitamin A 20%

Vitamin C 10%

Calcium 10%

Iron 50%

---

Percent daily value reflects "as packaged" food.

Product is marked with a Kosher symbol.

---

\*Percent daily values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

## Ingredients:

Whole Grain Oat Flour (includes the Oat Bran), Wheat Starch, Sugar, Modified Corn Starch, Oat Fiber, Salt, Oat Extract, Dicalcium Phosphate, Tripotassium Phosphate, Vitamin E (Mixed Tocopherols; added to preserve freshness)





**UNIT PRICE**

**\$4.48**  
**PER POUND**

**RETAIL PRICE**

**\$3.99**

**Cheerios (14 oz.)**

## Nutrition Facts

Serving Size 1 CUP

Servings Per Container 14

### Amount Per Serving

**Calories** 100

**Calories from Fat** 15

**% Daily Value\***

**Total Fat** 2g 3%

Saturated Fat 0g 0%

Trans Fat 0g

**Cholesterol** 0mg 0%

**Sodium** 140mg 6%

**Potassium** 170mg 5%

**Total Carbohydrate** 20g 7%

Dietary Fiber 3g 11%

Sugars 1g

Other Carbohydrate 16g

**Protein** 3g

Vitamin A 10%

Vitamin C 10%

Calcium 10%

Iron 45%

Percent daily value reflects "as packaged" food.

Product is marked with a Kosher symbol.

\*Percent daily values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

## Ingredients:

Whole Grain Oats, Corn Starch, Sugar, Salt, Tripotassium Phosphate, Wheat Starch, Vitamin E (Mixed Tocopherols; added to preserve freshness)



**UNIT PRICE**

**\$3.84**  
**PER POUND**

**RETAIL PRICE**

**\$4.29**

**Frosted Mini Wheats (18 oz.)**

## Nutrition Facts

Serving Size 21 BISCUITS

Servings Per Container 9

### Amount Per Serving

**Calories** 190

Calories from Fat 10

### % Daily Value\*

**Total Fat** 1g 2%

Saturated Fat 0g 0%

Trans Fat 0g

**Cholesterol** 0mg 0%

**Sodium** 0mg 0%

**Potassium** 200mg 6%

**Total Carbohydrate** 46g 15%

Dietary Fiber 6g 23%

Sugars 11g

**Protein** 5g

Vitamin A 0%

Vitamin C 0%

Calcium 0%

Iron 90%

Percent daily value reflects "as packaged" food.

\*Percent daily values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

## Ingredients:

Whole Grain Wheat, Sugar, Contains 2% or Less of Brown Rice Syrup, Gelatin, BHT for Freshness



**UNIT PRICE**

**\$5.76**  
**PER POUND**

**RETAIL PRICE**

**\$4.39**

**Froot Loops (12.2 oz.)**







**UNIT PRICE**

**\$3.36**  
**PER POUND**

**RETAIL PRICE**

**\$3.99**

**Raisin Bran (18.7 oz.)**



# Nutrition Facts

Serving Size 1 cup

Servings per container 9

## Amount Per Serving

**Calories** 190

Calories from Fat 10

## % Daily Value\*

**Total Fat** 1g 2%

Saturated Fat 0g 0%

Trans Fat 0g

**Cholesterol** 0mg 0%

**Sodium** 210mg 9%

**Total Carbohydrate** 46g 15%

Dietary Fiber 7g 28%

Sugars 18g

**Protein** 5g

Vitamin A 10% • Vitamin C 0%

Calcium 2% • Iron 25%

\*Percent Daily Values are based on a 2,000 calorie diet.  
Your daily values may be higher or lower depending on  
your calorie needs.

**Ingredients:** Whole Grain Wheat, Raisins, Wheat Bran, Sugar, Brown Sugar Syrup, contains 2% or less of Salt, Malt Flavor.



**UNIT PRICE**

**\$5.32**  
**PER POUND**

**RETAIL PRICE**

**\$3.99**

**Granola (12 oz.)**

# Nutrition Facts

Serving Size 1/2 cup

Servings per container 7

## Amount Per Serving

**Calories** 210

Calories from Fat 60

## % Daily Value\*

**Total Fat** 7g 11%

Saturated Fat 1g 3%

Trans Fat 0g

**Cholesterol** 0mg 0%

**Sodium** 60mg 3%

**Total Carbohydrate** 31g 10%

Dietary Fiber 3g 12%

Sugars 10g

**Protein** 5g

Vitamin A 0% • Vitamin C 0%

Calcium 4% • Iron 8%

\*Percent Daily Values are based on a 2,000 calorie diet.  
Your daily values may be higher or lower depending on  
your calorie needs.

**Ingredients:** Whole Rolled Oats, Naturally Milled Sugar, Expeller Pressed Canola Oil, Whey Crisp Rice (with Sugar, Salt and Barley Malt), Maple Syrup, Cashews, Organic White Flour, Maple Flavor, Salt, Butter Flavor (Butter Oil, Natural Flavor, Water, Soy Lecithin).



**UNIT PRICE**

**\$4.00**  
**PER POUND**

**RETAIL PRICE**

**\$3.79**

Quaker Flavored (10 1.2 oz-packets)

## Nutrition Facts

Serving Size 1 PACKET

Servings Per Container 10

### Amount Per Serving

**Calories** 160

Calories from Fat 20

**% Daily Value\***

**Total Fat** 2g 3%

Saturated Fat 0.5g 2%

Trans Fat 0g

**Cholesterol** 0mg 0%

**Sodium** 260mg 11%

**Potassium** 110mg 3%

**Total Carbohydrate** 32g 11%

Dietary Fiber 3g 12%

Sugars 12g

**Protein** 4g

Vitamin A 20%

Vitamin C 0%

Calcium 8%

Iron 10%

Percent daily value reflects "as packaged" food.

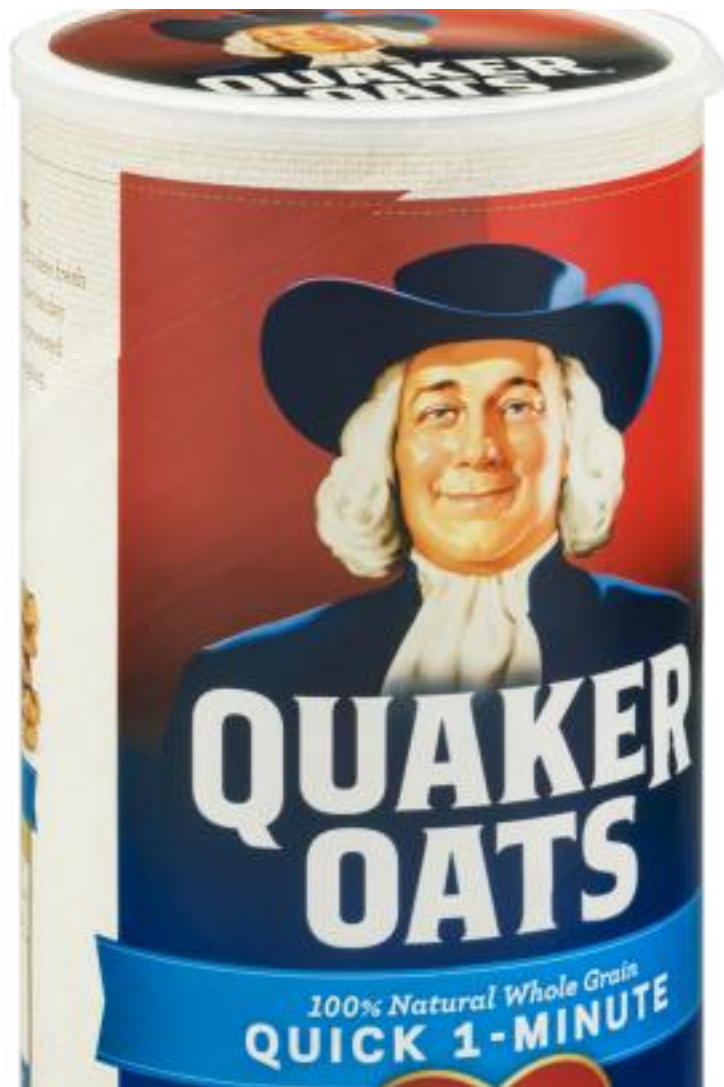
Product is marked with a Kosher symbol.

\*Percent daily values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

## Ingredients:

Whole Grain Rolled Oats, Sugar, Natural and Artificial Flavor, Salt, Calcium Carbonate, Guar Gum, Caramel Color, Niacinamide\*, Reduced Iron, Vitamin A Palmitate, Pyridoxine Hydrochloride\*, Riboflavin\*, Thiamin Mononitrate\*, Folic Acid\*

\*One of the B Vitamins



**UNIT PRICE**

**\$1.92**  
**PER POUND**

**RETAIL PRICE**

**\$4.99**

Quaker Quick Oats (42 oz.)

## Nutrition Facts

Serving Size 0.5 CUP

Servings Per Container 30

---

### Amount Per Serving

**Calories** 150

Calories from Fat 25

---

### % Daily Value\*

**Total Fat** 3g 4%

Saturated Fat 0.5g 2%

Trans Fat 0g

**Cholesterol** 0mg 0%

**Sodium** 0mg 0%

**Total Carbohydrate** 27g 9%

Dietary Fiber 4g 15%

Sugars 1g

**Protein** 5g

---

Vitamin A 0%

Vitamin C 0%

Calcium 0%

Iron 10%

---

Percent daily value reflects "as packaged" food.

Product is marked with a Kosher symbol.

---

\*Percent daily values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

## Ingredients:

Whole Grain Rolled Oats





**UNIT PRICE**

**\$1.44**  
**PER POUND**

**RETAIL PRICE**

**\$3.99**

**Store Brand Quick Oats (42 oz.)**

## Nutrition Facts

Serving Size 0.5 CUP

Servings Per Container 30

---

### Amount Per Serving

**Calories** 150

Calories from Fat 25

---

**% Daily Value\***

**Total Fat** 3g 4%

Saturated Fat 0.5g 2%

Trans Fat 0g

**Cholesterol** 0mg 0%

**Sodium** 0mg 0%

**Total Carbohydrate** 27g 9%

Dietary Fiber 4g 15%

Sugars 1g

**Protein** 5g

---

Vitamin A 0%

Vitamin C 0%

Calcium 0%

Iron 10%

---

Percent daily value reflects "as packaged" food.

Product is marked with a Kosher symbol.

---

\*Percent daily values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

## Ingredients:

Whole Grain Rolled Oats



**UNIT PRICE**

**\$0.27**  
**PER OUNCE**

**RETAIL PRICE**

**\$2.99**

**Peanut Butter Crackers (8 11-oz. packs)**

## Nutrition Facts

Serving Size 1 PACKAGE

Servings Per Container 8

---

### Amount Per Serving

**Calories** 190

Calories from Fat 80

---

**% Daily Value\***

**Total Fat** 9g 14%

Saturated Fat 1.5g 8%

Trans Fat 0g

**Cholesterol** 0mg 0%

**Sodium** 300mg 13%

**Total Carbohydrate** 23g 8%

Dietary Fiber 1g 5%

Sugars 5g

**Protein** 4g

---

Vitamin A 0%

Vitamin C 0%

Calcium 2%

Iron 6%

---

Percent daily value reflects "as packaged" food.

Product is marked with a Kosher symbol.

---

\*Percent daily values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

## Ingredients:

Enriched Flour (Wheat Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Peanut Butter (Roasted Peanuts), Soybean Oil with TBHQ for Freshness, Sugar, High Fructose Corn Syrup, Dextrose, contains 2% or less of Salt, Malted Barley Flour, Leavening (Baking Soda, Monocalcium Phosphate, Sodium Acid Pyrophosphate), Soy Lecithin, Cornstarch, Yellow #6, Cheddar Cheese (Pasteurized Milk, Cheese Cultures, Salt, Enzymes), Whey, Buttermilk, Disodium Phosphate, Red Pepper



**UNIT PRICE**

**\$0.33**  
**PER OUNCE**

**RETAIL PRICE**

**\$4.29**

**Triscuit Crackers (13 oz.)**

## Nutrition Facts

Serving Size 6 CRACKERS

Servings Per Container 13

### Amount Per Serving

**Calories** 120

**Calories from Fat** 35

**% Daily Value\***

**Total Fat** 4g 6%

Saturated Fat 0.5g 3%

Trans Fat 0g

**Cholesterol** 0mg 0%

**Sodium** 180mg 8%

**Potassium** 115mg 3%

**Total Carbohydrate** 20g 7%

Dietary Fiber 3g 12%

Sugars 0g

**Protein** 3g

Vitamin A 0%

Vitamin C 0%

Calcium 0%

Iron 8%

Percent daily value reflects "as packaged" food.

Product is marked with a Kosher symbol.

\*Percent daily values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

## Ingredients:

Whole Grain Soft White Winter Wheat, Soybean Oil, Salt





**UNIT PRICE**

**\$0.25**  
**PER OUNCE**

**RETAIL PRICE**

**\$3.99**

**Wheat Thins (16 oz.)**

# Nutrition Facts

Serving Size 16 crackers

## Amount Per Serving

**Calories** 140

Calories from Fat 45

## % Daily Value\*

**Total Fat** 5g 8%

Saturated Fat 1g 5%

Trans Fat 0g

**Cholesterol** 0mg 0%

**Sodium** 230mg 10%

**Total Carbohydrate** 22g 7%

Dietary Fiber 2g 8%

Sugars 4g

**Protein** 2g

Vitamin A 0% • Vitamin C 0%

Calcium 2% • Iron 4%

\*Percent Daily Values are based on a 2,000 calorie diet.  
Your daily values may be higher or lower depending on  
your calorie needs.

**Ingredients:** Whole Grain Wheat Flour, Unbleached Enriched Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate {Vitamin B1}, Riboflavin {Vitamin B2}, Folic Acid), Soybean Oil, Sugar, Cornstarch, Malt Syrup (From Barley and Corn), Salt, Invert Sugar, Monoglycerides, Leavening (Calcium Phosphate and/or Baking Soda), Vegetable Color (Annatto Extract, Turmeric Oleoresin).



**UNIT PRICE**

**\$0.22**  
**PER OUNCE**

**RETAIL PRICE**

**\$3.00**

**Ritz Crackers (13.7 oz)**





**UNIT PRICE**

**\$0.22**  
**PER OUNCE**

**RETAIL PRICE**

**\$3.00**

Ritz with Whole Grains (13.7 oz)



Serving Size 5 Crackers  
Servings per container 24

Serving Size 5 Crackers  
Servings per container 24

<b>Calories</b> 70	Calories from Fat 25
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<b>Calories</b> 70	Calories from Fat 25
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**Total Fat 3g** 4%

**Total Fat 3g** 4%

Saturated Fat 1g	3%
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Saturated Fat 1g	3%
------------------	----

Trans Fat 0g

<b>Cholesterol</b> 0mg	0%
------------------------	----

<b>Cholesterol</b> 0mg	0%
------------------------	----

**Sodium 120mg** **5%**

**Sodium 120mg** **5%**

**Total Carbohydrate 11g** 4%

**Total Carbohydrate 11g** 4%

Dietary Fiber 1g 4%

Dietary Fiber 1g 4%

Sugars 2g

## Protein 1g

Vitamin A	0%	Vitamin C	0%
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Vitamin A	0%	Vitamin C	0%
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Calcium	2% • Iron	2%
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Calcium	2% • Iron	2%
---------	-----------	----

\*Percent Daily Values are based on a 2,000 calorie diet.  
Your daily values may be higher or lower depending on  
your calorie needs.

Your daily values may be higher or lower depending on your calorie needs.

**Ingredients:** Unbleached Enriched Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate {Vitamin B1}, Riboflavin {Vitamin B2}, Folic Acid), Whole Grain Wheat Flour, Soybean Oil, Sugar, Partially Hydrogenated Cottonseed Oil, Leavening (Calcium Phosphate and/or Baking Soda), Salt, High Fructose Corn Syrup, Soy Lecithin.





**UNIT PRICE**

**\$0.58**  
**PER OUNCE**

**RETAIL PRICE**

**\$3.49**

**Back to Nature Crackers (6 oz.)**

Serving Size 5 Crackers (1 g)  
Servings per container 11

Servings per container 11

**Calories** 70      **Calories from Fat** 25

Calories from Fat 25

Calcium	0% • Iron	4%
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**Ingredients:** Organic Unbleached Enriched Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate {Vitamin B1}, Riboflavin {Vitamin B2}, Folic Acid), Organic Safflower Oil, Organic Ground Wheat Flour, Organic Whole Wheat Flakes, Organic Whole Brown Flax Seed, Organic Evaporated Cane Juice, Organic Brown Rice Syrup, Sea Salt, Leavening (Baking Soda, Monocalcium Phosphate), Organic Barley Malt Extract, Organic Soy Lecithin.



**UNIT PRICE**

**\$2.08**  
**PER POUND**

**RETAIL PRICE**

**\$1.29**

**Whole Wheat Pasta**

# Nutrition Facts

Serving Size 3/4 cup

Servings per container 7

## Amount Per Serving

**Calories** 210

Calories from Fat 15

## % Daily Value\*

**Total Fat** 2g 2%

Saturated Fat 0g 0%

Trans Fat 0g

**Cholesterol** 0mg 0%

**Sodium** 0mg 0%

**Total Carbohydrate** 41g 14%

Dietary Fiber 5g 20%

Sugars 2g

**Protein** 7g

Vitamin A 0% • Vitamin C 0%

Calcium 2% • Iron 10%

\*Percent Daily Values are based on a 2,000 calorie diet.  
Your daily values may be higher or lower depending on  
your calorie needs.

## Ingredients:

Durum Whole Wheat Flour



UNIT PRICE	RETAIL PRICE
<b>\$1.79</b> PER POUND	<b>\$1.79</b>
Dry Black Beans (1 lb.)	



# Nutrition Facts

Serving Size 1/4 cup dry  
Servings per container 12

## Amount Per Serving

**Calories** 70

Calories from Fat 0

## % Daily Value\*

**Total Fat** 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g

**Cholesterol** 0mg 0%

**Sodium** 20mg 1%

**Total Carbohydrate** 23g 8%

Dietary Fiber 15g 60%

Sugars 1g

**Protein** 9g

Vitamin A 0% • Vitamin C 0%

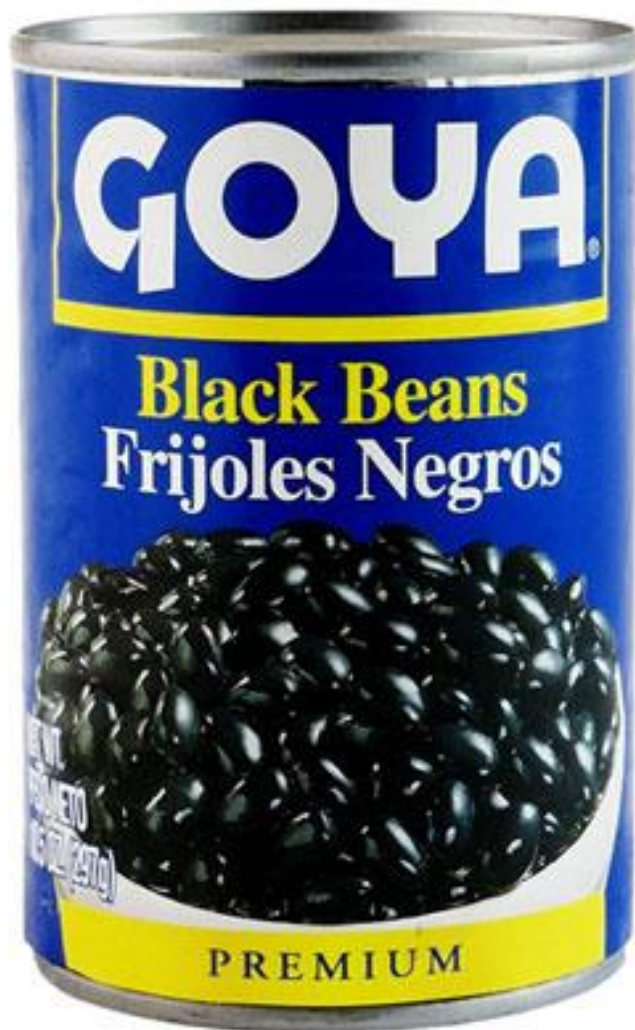
Calcium 4% • Iron 15%

\*Percent Daily Values are based on a 2,000 calorie diet.  
Your daily values may be higher or lower depending on  
your calorie needs.

## Ingredients:

Black Beans





**UNIT PRICE**

**\$1.02**  
**PER POUND**

**RETAIL PRICE**

**\$0.99**

Canned Beans (15.5 oz.)

# Nutrition Facts

Serving Size 1/2 cup

Servings per container 3.5

## Amount Per Serving

**Calories** 90

Calories from Fat 5

## % Daily Value\*

**Total Fat** 1g 1%

Saturated Fat 0g 0%

Trans Fat 0g

**Cholesterol** 0mg 0%

**Sodium** 460mg 19%

**Total Carbohydrate** 19g 6%

Dietary Fiber 6g 24%

Sugars 1g

**Protein** 7g

Vitamin A 0% • Vitamin C 0%

Calcium 4% • Iron 10%

\*Percent Daily Values are based on a 2,000 calorie diet.  
Your daily values may be higher or lower depending on  
your calorie needs.

## Ingredients:

Black Beans, Water, Salt, Calcium Chloride Added as a Firming Agent.



**UNIT PRICE**

**\$1.02**  
**PER POUND**

**RETAIL PRICE**

**\$0.99**

**Canned Beans-Low Sodium (15.5 oz.)**

# Nutrition Facts

Serving Size 1/2 cup

Servings per container 3.5

## Amount Per Serving

**Calories** 100

Calories from Fat 0

## % Daily Value\*

**Total Fat** 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g

**Cholesterol** 0mg 0%

**Sodium** 125mg 5%

**Total Carbohydrate** 18g 6%

Dietary Fiber 8g 32%

Sugars 0g

**Protein** 7g

Vitamin A 0% • Vitamin C 0%

Calcium 4% • Iron 10%

\*Percent Daily Values are based on a 2,000 calorie diet.

Your daily values may be higher or lower depending on your calorie needs.

## Ingredients:

Black Beans, Water, Potassium Chloride, Salt, and Calcium Chloride added as a firming agent



UNIT PRICE	RETAIL PRICE
<b>\$7.99</b> PER POUND	<b>\$5.99</b>
Fresh Tilapia (.75 lb)	

# Nutrition Facts

Serving Size 4 oz

## Amount Per Serving

**Calories** 108

Calories from Fat 17

## % Daily Value\*

**Total Fat** 2g 3%

Saturated Fat 1g 3%

Trans Fat 0g

**Cholesterol** 56mg 19%

**Sodium** 58mg 2%

**Total Carbohydrate** 0g 0%

Dietary Fiber 0%

Sugars

**Protein** 22g

Vitamin A 0% • Vitamin C 0%

Calcium 1% • Iron 4%

\*Percent Daily Values are based on a 2,000 calorie diet.  
Your daily values may be higher or lower depending on  
your calorie needs.

**Ingredients:** Tilapia Fillet Boneless Fresh





**UNIT PRICE**

**\$4.00**  
**PER POUND**

**RETAIL PRICE**

**\$9.99**

**Frozen Tilapia Bag (40 oz.)**

# Nutrition Facts

Serving Size 4 oz

## Amount Per Serving

**Calories** 108

Calories from Fat 17

## % Daily Value\*

**Total Fat** 2g 3%

Saturated Fat 1g 3%

Trans Fat 0g

**Cholesterol** 56mg 19%

**Sodium** 58mg 2%

**Total Carbohydrate** 0g 0%

Dietary Fiber 0%

Sugars

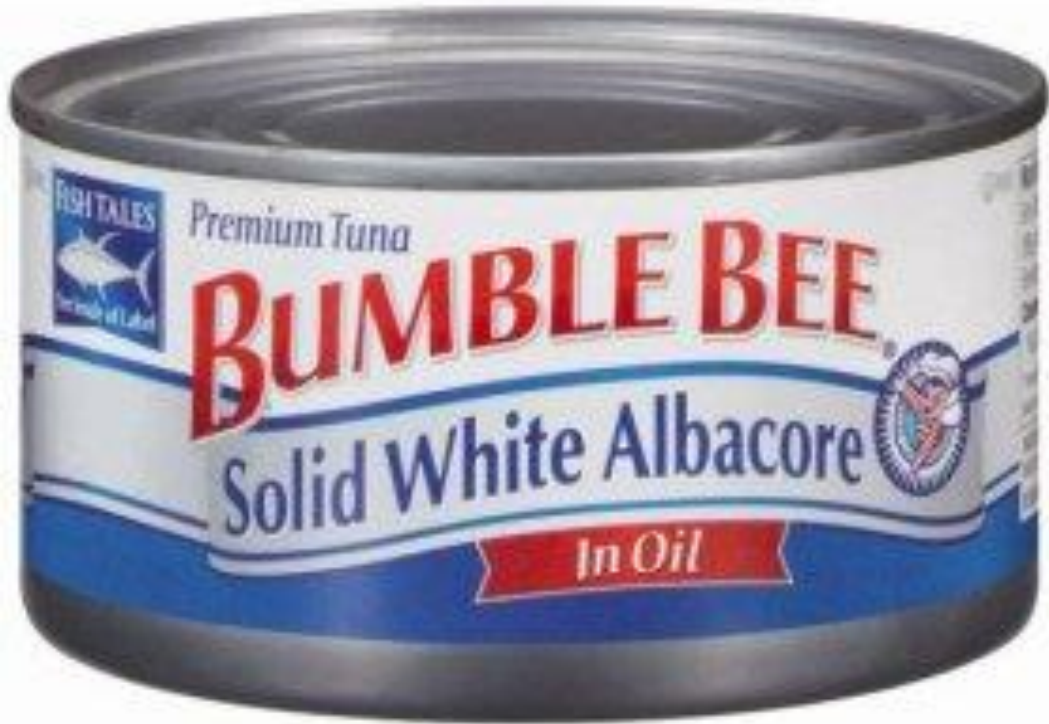
**Protein** 22g

Vitamin A 0% • Vitamin C 0%

Calcium 1% • Iron 4%

\*Percent Daily Values are based on a 2,000 calorie diet.  
Your daily values may be higher or lower depending on  
your calorie needs.

**Ingredients:** Frozen Farm Raised Tilapia Fillets



**UNIT PRICE**

**\$3.17**  
**PER POUND**

**RETAIL PRICE**

**\$0.99**

Bumble Tuna in Oil (5 oz.)

# Nutrition Facts

Serving Size 2 oz.

Servings per container 2.5

## Amount Per Serving

**Calories** 80

Calories from Fat 25

## % Daily Value\*

**Total Fat** 3g 5%

Saturated Fat 1g 3%

Trans Fat 0g

**Cholesterol** 25mg 8%

**Sodium** 180mg 8%

**Total Carbohydrate** 0g 0%

Dietary Fiber 0g 0%

Sugars 0g

**Protein** 14g

Vitamin A 0% • Vitamin C 0%

Calcium 0% • Iron 2%

\*Percent Daily Values are based on a 2,000 calorie diet.  
Your daily values may be higher or lower depending on  
your calorie needs.

**Ingredients:** White Tuna, Soybean Oil, Vegetable Broth, Salt.



**UNIT PRICE**

**\$3.17**  
**PER POUND**

**RETAIL PRICE**

**\$0.99**

Bumble Tuna in Water (5 oz.)

# Nutrition Facts

Serving Size 2 oz.

Servings per container 2.5

## Amount Per Serving

**Calories** 60

Calories from Fat 10

## % Daily Value\*

**Total Fat** 1g 2%

Saturated Fat 0g 0%

Trans Fat 0g

**Cholesterol** 25mg 8%

**Sodium** 140mg 6%

**Total Carbohydrate** 0g 0%

Dietary Fiber 0g 0%

Sugars 0g

**Protein** 14g

Vitamin A 0% • Vitamin C 0%

Calcium 0% • Iron 2%

\*Percent Daily Values are based on a 2,000 calorie diet.  
Your daily values may be higher or lower depending on  
your calorie needs.

**Ingredients:** White Tuna, Water, Vegetable Broth, Salt.





**UNIT PRICE**

**\$4.19**  
**PER POUND**

**RETAIL PRICE**

**\$4.15**

**Ground Beef 80% Lean 20% Fat**

# Nutrition Facts

Serving Size 4 oz

## Amount Per Serving

**Calories** 290      **Calories from Fat** 200

## % Daily Value\*

**Total Fat** 23g      35%

**Saturated Fat** 9g      45%

**Trans Fat** 0g

**Cholesterol** 80mg      27%

**Sodium** 65mg      3%

**Total Carbohydrate** 0g      0%

**Dietary Fiber**      0%

**Sugars**

**Protein** 21g

**Vitamin A**      0% • **Vitamin C**      0%

**Calcium**      0% • **Iron**      10%

\*Percent Daily Values are based on a 2,000 calorie diet.  
Your daily values may be higher or lower depending on  
your calorie needs.

## Ingredients:

Ground Beef Round 80% Lean



**UNIT PRICE**

**\$6.39**  
**PER POUND**

**RETAIL PRICE**

**\$6.58**

**Ground Beef 93% Lean 7% Fat**

# Nutrition Facts

Serving Size 4 oz

## Amount Per Serving

**Calories** 170      **Calories from Fat** 72

## % Daily Value\*

**Total Fat** 8g      12%

Saturated Fat 3g      15%

Trans Fat 0g

**Cholesterol** 65mg      22%

**Sodium** 70mg      3%

**Total Carbohydrate** 0g      0%

Dietary Fiber      0%

Sugars

**Protein** 23g

Vitamin A      0% • Vitamin C      0%

Calcium      0% • Iron      15%

\*Percent Daily Values are based on a 2,000 calorie diet.  
Your daily values may be higher or lower depending on  
your calorie needs.

## Ingredients:

Ground Beef Round 93% Lean

[illegible]

UNIT PRICE	RETAIL PRICE
<b>\$5.39</b> PER POUND	<b>\$8.07</b>
Ground Beef Patties 85% Lean 15% Fat	



# Nutrition Facts

Serving Size 1 Burger about 6 oz

## Amount Per Serving

**Calories** 366      **Calories from Fat** 230

## % Daily Value\*

**Total Fat** 25g      38%

Saturated Fat 10g      50%

Trans Fat 0g

**Cholesterol** 115mg      38%

**Sodium** 112mg      5%

**Total Carbohydrate** 0g      0%

Dietary Fiber      0%

Sugars

**Protein** 32g

Vitamin A      0% • Vitamin C      0%

Calcium      3% • Iron      20%

\*Percent Daily Values are based on a 2,000 calorie diet.  
Your daily values may be higher or lower depending on  
your calorie needs.

## Ingredients:

Ground Beef Patties 85% Lean





**UNIT PRICE**

**\$3.84**  
**PER POUND**

**RETAIL PRICE**

**\$4.99**

**Ground Turkey 93% Lean 7% Fat**

# Nutrition Facts

Serving Size 4 oz. (112 g)

Servings per container 5

## Amount Per Serving

**Calories** 160

Calories from Fat 70

## % Daily Value\*

**Total Fat** 8g 12%

Saturated Fat 3g 13%

Trans Fat 0g

**Cholesterol** 80mg 27%

**Sodium** 85mg 4%

**Total Carbohydrate** 0g 0%

Dietary Fiber 0%

Sugars

**Protein** 22g

Vitamin A 0% • Vitamin C 0%

Calcium 0% • Iron 10%

\*Percent Daily Values are based on a 2,000 calorie diet.  
Your daily values may be higher or lower depending on  
your calorie needs.

## Ingredients:

Ground Turkey 93% Lean



**UNIT PRICE**

**\$3.98**  
**PER GALLON**

**RETAIL PRICE**

**\$1.99**

**Sunny D (5% Juice)**

# Nutrition Facts

Serving Size 1 cup

Servings per container 6

## Amount Per Serving

**Calories** 63

Calories from Fat 0

## % Daily Value\*

**Total Fat** 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g

**Cholesterol** 0mg 0%

**Sodium** 169mg 7%

**Total Carbohydrate** 15g 5%

Dietary Fiber 0g 0%

Sugars 14g

**Protein** 0g

Vitamin A 0% • Vitamin C 100%

Calcium 0% • Iron 0%

\*Percent Daily Values are based on a 2,000 calorie diet.  
Your daily values may be higher or lower depending on  
your calorie needs.

**Ingredients:** Water, Corn Syrup and 2% or less of each of the following: Concentrate Juices (Orange, Tangerine, Apple, Lime, Grapefruit, Pear), Citric Acid, Ascorbic Acid, (Vitamin C), Thiamin Hydrochloride (Vitamin B1), Natural Flavors, Modified Cornstarch, Canola Oil, Sodium Citrate, Cellulose Gum, Sucralose, Acesulfame Potassium, Neotame, Sodium Hexametaphosphate, Potassium Sorbate to Protect Flavor, Yellow #5, Yellow #6.



**UNIT PRICE**

**\$5.42**  
**PER GALLON**

**RETAIL PRICE**

**\$2.50**

**Trop 50 Orange Juice (42% Juice)**

# Nutrition Facts

Serving Size 8 oz. (240 g)

Servings per container 7

## Amount Per Serving

**Calories** 50

Calories from Fat 0

## % Daily Value\*

**Total Fat** 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g

**Cholesterol** 0mg 0%

**Sodium** 10mg 0%

**Total Carbohydrate** 13g 4%

Dietary Fiber 0g 0%

Sugars 10g

**Protein** 1g

Vitamin A 10% • Vitamin C 120%

Calcium 0% • Iron 0%

\*Percent Daily Values are based on a 2,000 calorie diet.  
Your daily values may be higher or lower depending on  
your calorie needs.

**Ingredients:** Filtered Water, Not From Concentrate Pasteurized Orange Juice, Modified Food Starch, Citric Acid, Malic Acid, Natural Flavors and Reb A (Purified Stevia Extract).





**UNIT PRICE**

**\$6.98**  
**PER GALLON**

**RETAIL PRICE**

**\$3.49**

**Juicy Juice (100% Juice)**

# Nutrition Facts

Serving Size 1 cup

Servings per container 8

## Amount Per Serving

**Calories** 120

Calories from Fat 0

## % Daily Value\*

**Total Fat** 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g

**Cholesterol** 0mg 0%

**Sodium** 20mg 1%

**Total Carbohydrate** 29g 10%

Dietary Fiber 0g 0%

Sugars 27g

**Protein** 0g

Vitamin A 0% • Vitamin C 120%

Calcium 0% • Iron 0%

\*Percent Daily Values are based on a 2,000 calorie diet.

Your daily values may be higher or lower depending on your calorie needs.

**Ingredients:** Apple Juice, Pear Juice, Grape Juice, and Raspberry Juice (Water, Juice Concentrates), Natural Flavors, Ascorbic Acid (Vitamin C), Citric Acid.



**UNIT PRICE**

**\$5.12**  
**PER GALLON**

**RETAIL PRICE**

**\$2.50**

**Cran Grape Juice Cocktail (27% Juice)**

# Nutrition Facts

Serving Size 8 oz.

Servings per container 8

## Amount Per Serving

**Calories** 140

Calories from Fat 0

### % Daily Value\*

**Total Fat** 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g

**Cholesterol** 0mg 0%

**Sodium** 80mg 3%

**Total Carbohydrate** 35g 12%

Dietary Fiber 0g 0%

Sugars 35g

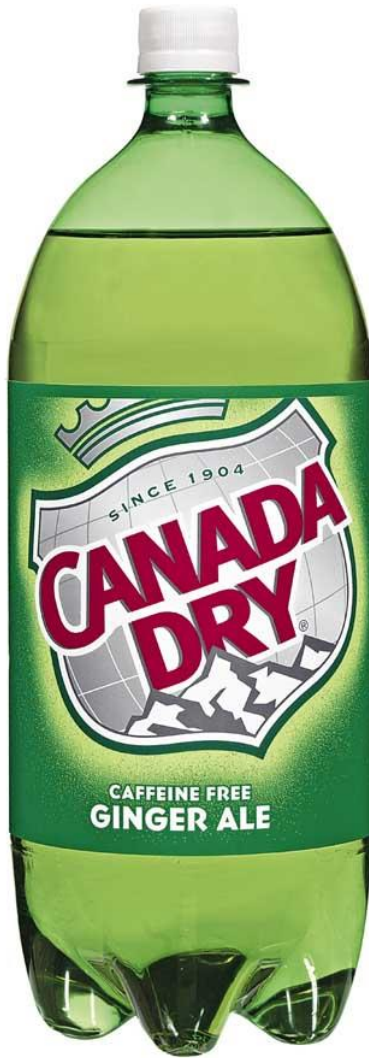
**Protein** 0g

Vitamin A 0% • Vitamin C 100%

Calcium 0% • Iron 0%

\*Percent Daily Values are based on a 2,000 calorie diet.  
Your daily values may be higher or lower depending on  
your calorie needs.

**Ingredients:** Filtered Water, High Fructose Corn Syrup, Grape Juice Concentrate, Sugar, Cranberry Juice Concentrate, Fumaric Acid, Natural Flavors, Sodium Citrate, Ascorbic Acid (Vitamin C), Red 40 and Blue 1 (Colors).



**UNIT PRICE**

**\$1.28**  
**PER GALLON**

**RETAIL PRICE**

**\$1.00**

**Ginger Ale**

# Nutrition Facts

Serving Size 1 cup

Servings per container 8

## Amount Per Serving

**Calories** 100

Calories from Fat 0

## % Daily Value\*

**Total Fat** 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g

**Cholesterol** 0mg 0%

**Sodium** 25mg 1%

**Total Carbohydrate** 25g 8%

Dietary Fiber 0g 0%

Sugars 25g

**Protein** 0g

Vitamin A 0% • Vitamin C 0%

Calcium 0% • Iron 0%

\*Percent Daily Values are based on a 2,000 calorie diet.  
Your daily values may be higher or lower depending on  
your calorie needs.

**Ingredients:** Carbonated Water, High Fructose Corn Syrup, Citric Acid, Sodium Benzoate (Preservative), Natural Flavors, Caramel Color.





**UNIT PRICE**

**\$4.80**  
**PER POUND**

**RETAIL PRICE**

**\$8.49**

**Digiorno Four Cheese Pizza (28.2oz)**

# Nutrition Facts

Serving Size 1/6 Pizza

Servings per container 6

## Amount Per Serving

**Calories** 310

Calories from Fat 90

## % Daily Value\*

**Total Fat** 10g 15%

Saturated Fat 5g 25%

Trans Fat 0g

**Cholesterol** 25mg 8%

**Sodium** 870mg 36%

**Total Carbohydrate** 38g 13%

Dietary Fiber 2g 8%

Sugars 6g

**Protein** 16g

Vitamin A 6% • Vitamin C 4%

Calcium 25% • Iron 10%

**Ingredients:** Enriched Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Shredded Low-Moisture Part-Skim Mozzarella Cheese (Part-Skim Milk, Cheese Culture, Salt, Enzymes), Tomato Paste, Sugar, contains less than 2% of Wheat Gluten, Vegetable Oil (Soybean Oil and/or Corn Oil), White Corn Meal, Grated Parmesan, Asiago, and Romano Cheeses Made from Cow's Milk (Part-Skim Milk, Cheese Culture, Salt, Enzymes), Salt, Yellow Corn Meal, Baking Powder (Baking Soda, Sodium Aluminum Phosphate), Yeast, Sodium Stearoyl Lactylate, Datem, Spice, Dried Garlic, Ascorbic Acid.



**UNIT PRICE**

**\$7.52**  
**PER POUND**

**RETAIL PRICE**

**\$2.00**

**Lunchables Pepperoni Pizza (4.3 oz.)**

Serving Size 1 package  
Servings per container 1

Servings per container 1

<b>Calories</b> 310	<b>Calories from Fat</b> 120
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<b>Calories</b> 310	<b>Calories from Fat</b> 120
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**Total Fat** 13g 20%

**Total Fat** 13g 20%

Saturated Fat 6g 30%

Trans Fat 0g

<b>Cholesterol</b> 30mg	10%
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**Sodium** 720mg 30%

<b>Total Carbohydrate 32g</b>	<b>11%</b>
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Dietary Fiber 3g 12%

Sugars 6g

**Protein 16g**

Vitamin A	6% • Vitamin C	25%
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Calcium	25% • Iron	8%
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**Ingredients:** Pizza Crust - Wheat Flour (Enriched Bleached Wheat Flour [Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid], Whole Wheat Flour), Water, Sugar, Glycerin, Soybean Oil, contains 2% or less of: Wheat Gluten, Yeast, Salt, Mono and Diglycerides, Guar Gum, Calcium Propionate, Natural and Artificial Flavor, Sorbic Acid, Enzyme. Pizza Sauce - Water, Tomato Paste, Sugar, contains less than 2% of Modified Food Starch, Garlic Powder, Salt, Onion Powder, Spice, Citric Acid, Dried Basil, Sea Salt, Potassium Sorbate added as a preservative, Xanthan Gum, Natural Flavor. Pasteurized Prepared Mozzarella Cheese Product - Pasteurized Part-Skim Milk, Water, Whey Protein Concentrate, Milk Protein Concentrate, Milkfat, Sodium Citrate, Salt, Sorbic Acid as a preservative, Enzymes, Cheese Culture, with Cellulose Powder to prevent Caking. Pepperoni made with Pork, Chicken and Beef - BHA, BHT and Citric Acid added to help protect flavor - Pork, Mechanically Separated Chicken, Beef, Salt, contains 2% or less of Pork Stock, Spices, Dextrose, Lactic Acid Starter Culture, Oleoresin of Paprika, Flavoring, Sodium Ascorbate, Sodium Nitrite, BHA, BHT, Citric Acid.





**UNIT PRICE**

**\$1.76**  
**PER POUND**

**RETAIL PRICE**

**\$0.87**

**Canned Tomato Sauce (8 oz.)**

# Nutrition Facts

Serving Size 1/4 cup

Servings per container 3.5

## Amount Per Serving

**Calories** 20

Calories from Fat 0

## % Daily Value\*

**Total Fat** 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g

**Cholesterol** 0mg 0%

**Sodium** 20mg 1%

**Total Carbohydrate** 5g 2%

Dietary Fiber 1g 4%

Sugars 3g

**Protein** 1g

Vitamin A 4% • Vitamin C 4%

Calcium 0% • Iron 0%

\*Percent Daily Values are based on a 2,000 calorie diet.

Your daily values may be higher or lower depending on your calorie needs.

**Ingredients:** Tomato Puree (Water, Tomato Paste), Water, less than 2% of: Dextrose, Tomato Fiber, Citric Acid, Spice, Natural Flavors.





**UNIT PRICE**

**\$2.24**  
**PER POUND**

**RETAIL PRICE**

**\$3.49**

**Classico Jarred Tomato Sauce (24 oz.)**

# Nutrition Facts

Serving Size 1/2 cup

Servings per container 5

## Amount Per Serving

**Calories** 70

Calories from Fat 10

## % Daily Value\*

**Total Fat** 1g 2%

Saturated Fat 0g 0%

Trans Fat 0g

**Cholesterol** 0mg 0%

**Sodium** 470mg 20%

**Total Carbohydrate** 13g 4%

Dietary Fiber 3g 12%

Sugars 9g

**Protein** 2g

Vitamin A 10% • Vitamin C 2%

Calcium 4% • Iron 4%

\*Percent Daily Values are based on a 2,000 calorie diet.  
Your daily values may be higher or lower depending on  
your calorie needs.

**Ingredients:** Tomato Puree (Water, Tomato Paste), Diced Tomatoes (Tomatoes, Tomato Juice, Citric Acid, Calcium Chloride), Onions, Sugar, Salt, Dehydrated Onion, Spices, Basil, Olive Oil, Garlic, Dehydrated Garlic, Natural Flavors.