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# Real Canadian Wholesale Store Food List

CM=Choose Most  
CS= Choose Sometimes

**Note:** This list includes many *but not all* of the foods that are acceptable according to the Red Deer Public Schools Nutrition Policy and Standards. If you have questions about a food not on this list, you can verify if it is an acceptable food through the following website: [www.brandnamefoodlist.ca](http://www.brandnamefoodlist.ca)

Food Group	Brand Name	Product	Price (\$)	Portion Size	Rating	Comments
Grains	Christie	Arrowroot Cookies	9.97/1.4kg	5 crackers	CS	
Grains	Kellogg's	Rice Krispies Square	10.97/20	37 g	CS	
Grains	No Name	Crispy Rice (Square)	5.97/24 bars	1 bar	CS	
Grains	Pepperidge Farm	Gold Fish	8.98/1.36kg	30 g	CS	
Grains	President's Choice	Chewy Trail Mix Bar	4.99/18	1 bar	CS	
Grains	President's Choice	Mini Chefs Zookies Animal Crackers	3.69/900g	14 crackers	CS	
Grains	Sensible Solutions	Stoned Wheat Thins	7.99	3 crackers	CS	
Nuts & Seeds	No Name	Deluxe Mixed Nuts	14.78/1.2kg	1/4 cup	CM	
Nuts & Seeds	No Name	Honey Roasted Peanuts	6.88	1/4 cup	CM	
Nuts & Seeds	No Name	Original Trail Mix	7.78	1/4 cup	CM	
Milk Beverages	Beatrice	1% Chocolate Milk	0.39/each	250ml	CS	
Milk Beverages	Beatrice	2% Milk	0.39/each	250ml	CM	
Milk Beverages	Yoplait	Yop	8.99/12	1 container	CS	
Milk Foods	Babybel	Cheese Portions	10.69/22		CM	
Milk Foods	Danone	Activia	10.99/24	1 container	CS	
Milk Foods	Dairyland	Cheese Heads	11.39/36	21g	CM	

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Milk Foods	Vergeer	Cheese Portions			CM	
Milk Foods	Yoplait	Tubes	3.47/18	1 tube	CS	
Mixed Entrée	Chef Boy R Dee	Lasagna/Beefaroni	1.43	212 g	CS	
Mixed Entrée	No Name	Beef & Been Burrito	1.08	142g	CS	
Mixed Entrée	No Name	Bean & Cheese	1.08	142g	CS	
Mixed Entrée	No Name	Chicken & Bean Burrito	1.08	142g	CS	
Other Beverages	Nestle	Pure Life Flavoured Water	11.00/35	500ml	CS	High School Only
Vegetables & Fruits	Del Monte	Diced Peaches in Fruit Juice	7.99/16	1 fruit cup	CM	
Vegetables & Fruits	Dole	Diced Pears in Light Syrup	2.39/4	1 fruit cup	CS	
Vegetables & Fruits	Dole	Tropical Fruit in Fruit Juice	2.39/4	1 fruit cup	CM	
Vegetables & Fruits	Mini Chefs	Zippy Fruit	4.39/18	20g bar	CM	
Vegetables & Fruits	Mott's	Fruitsations - unsweetened	7.89/24	1 container	CM	
Vegetables & Fruits	No Name	Pineapple in Juice Fruit Cup	7.29/20	1 fruit cup	CM	
Vegetables & Fruits	No Name	Mandarin Oranges in Light Syrup	7.29/20	1 fruit cup	CS	
Vegetables & Fruits	No Name	Fruit Salad with Cherries in Light Syrup	7.29/20	1 fruit cup	CS	
Vegetables & Fruits	No Name	Diced Peaches in Syrup	7.29/20	1 fruit cup	CS	
Vegetables & Fruits	No Name	Diced Peaches in Syrup	7.29/20	1 fruit cup	CS	
Vegetables & Fruits	No Name	Fruit Salad with Cherries in Light Syrup	1.29/4	1 fruit cup	CS	
Vegetables & Fruits	Sun-Rype	Fruit Source	9.47/12	1 bar	CS	
Vegetable & Fruit Juices	Dole	100% Tetra Juice Variety Pack	15.49	1 package	CS	
Vegetable & Fruit Juices	Minute Maid	100% Juice	3.48/40	1 box	CS	
Vegetable & Fruit Juices	No Name	Unsweetened Apple Juice	11.98	1 box	CS	

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Vegetable & Fruit Juices	Ocean Spray	100% Juice		300 ml	CS	High School Only
Vegetable & Fruit Juices	Sun-Rype	100% Juice Variety Pack	14.49	300 ml	CS	High School Only
Vegetable & Fruit Juices	Sun-Rype	100% Orange/Apple Juice	14.99/24	356 ml	CS	High School Only
Vegetable & Fruit Juices	V8	Low Sodium drink	2.76/6	156 ml	CS	