

Nutrition Services

Create your own menu

Fruit& Veggie	Unit Cost
Whole Mini apple	0.50
Whole Orange	0.50
Baby Carrots	0.50
Celery Sticks	0.50
Apple sauce-spoon	0.50
Whole Banana	0.50
118ml Apple juice	0.50
Whole Clementine	0.50
Whole Pear	0.50
IP Individual Package	
IP red apple slices	0..65
IP Asst apple slices	0..65
IP Baby Carrots	0..65
IP Celery Sticks	1.00
IP Grape Tomatoes	1.00

Dairy	Unit Cost
Yogourt Tube	0..45
NANO cup & spoon	0.50
Cheddar Cheese Portion	0.55
243ml 2% milk	0.60
243ml Chocolate milk	0.65
Yogourt 100gm-spoon	0.75

Grain	Unit Cost
Whole Wheat slice bread (1)	0.25
Whole grain Melba 2pk	0.30
Triscuits 3pc	0.30
Graham wafers	0.30
Mini Bagel	0.50
Whole Grain cookie	0.50
Whole grain muffin	0.50
Whole grain tea biscuits	0.50
Whole Grain Flat Bread	0.50
WG Power Cereal bar	0.50
Nutrigrain Bars	0.50
Whole Grain Cereal	0.65

Condiments	Unit Cost
Becel Margarine	0.15
Good Morning Fruit spread	0.15
Ranch Dip	0.25
Light cream cheese	0.40
Cheese Wiz	0.50

Utensils	(free with items that apply)
Spoons	
Spreaders	