

Grains - Serve Most ■

Whole grain breads

- Ben's Holsum Fresh 100% Whole Wheat Bread
- Ben's Holsum Fresh 60% Whole Wheat Bread
- Ben's Smart 100% Whole Grain Wheat Bread
- Ben's Texas Toast Thick Sliced 100% Whole Wheat Bread
- Ben's Xtra Soft 100% Whole Wheat Sandwich Bread
- Bon Matin Double Bran Bread
- Bon Matin Whole Wheat Bread
- Bon Matin Multigrain Bread
- Bon Matin No Fat, No Sugar Added Bread
- Bon Matin 6 Grain Bread
- Bon Matin 14 Grain Bread
- Bon Matin Cracked Wheat Bread
- Bon Matin Flax Bread
- Bon Matin 12 Grain Whole Grain Bread
- Bon Matin Flax Whole Grain Bread
- Bon Matin Ancient Grain Bread
- Compliments Balance Multi Whole Grain Bread
- Compliments Value 100% Whole Wheat Bread
- Compliments Value 60% Whole Wheat Bread
- Dempsters Bodywise 100% whole wheat bread
- Dempster's Grainhouse Bread - Cracked Wheat
- Dempster's Grainhouse Bread - 14 Grains
- Dempster's Grainhouse Bread - Multigrain
- Dempster's Grainhouse Bread - Oatmeal Brown
- Dempster's Wholegrain Breads - 12 Grain
- Dempster's Wholegrain Breads - 100% Whole Wheat
- Dempster's Wholegrain Breads - Stone Ground
- Dempster's Wholegrain Breads - Sunflower Multigrain
- Dempster's Wholegrain Breads - Wheat and Oats with Honey
- Dempster's Wholegrain Breads - Ancient Grains
- Dempster's Wholegrain Breads - Oatmeal
- Dempster's 100% Whole Wheat
- Dempster's Soft Slice Whole Wheat
- Paradise Bakery 90% Whole Wheat Bread
- Wonder+ Whole wheat bread
- PC Blue Menu Multigrain Flax Loaf
- PC Blue Menu Oatmeal Loaf
- PC Blue Menu Whole Wheat Soy Loaf
- PC Blue Menu Baked By You - Whole Grain Demi-Baguettes
- PC Blue Menu Whole Grain Baguette
- PC Blue Menu Whole Grain Demi-Baguette
- PC Baked By You - Whole Grain Whole Wheat Rolls

<p>Whole grain bagels</p>	<ul style="list-style-type: none"> ■ Bon Matin No Fat No Sugar added 100% whole wheat bagels ■ Dempsters Bagels 100% Whole Wheat ■ Dempsters Bagels Multigrain ■ Dempsters Bagels 12 Grain ■ Dempsters Bagels Flax ■ Dempsters Bagels Cinnamon Raisin ■ Dempsters BodyWise Bagels ■ Compliments Whole Wheat bagels ■ Pepperidge Farm 100% Whole Wheat Mini Bagels ■ PC Blue Menu Whole Grain Bagels - Cinnamon Raisin ■ PC Blue Menu Whole Grain Bagels - Multi-Grain Flax ■ PC Blue Menu Whole Grain Bagels - Oatmeal
<p>Whole grain hamburger, hotdog and sub rolls</p>	<ul style="list-style-type: none"> ■ Dempster's Whole Wheat Hamburger Buns ■ Dempster's Whole Wheat Hotdog Buns ■ PC Blue Menu 100% Whole Wheat Gigantico Hot Dog Rolls ■ PC Blue Menu Gigantico 100% Whole Wheat Burger Buns ■ PC Burger First - Whole Grain White Buns ■ PC Hot Dog First Whole Grain White Buns
<p>Whole grain english muffins</p>	<ul style="list-style-type: none"> ■ Compliments Whole Wheat and Honey English Muffins ■ Dempster's Grainhouse Multigrain English Muffins ■ Dempster's Grainhouse Whole Wheat English Muffins ■ Pepperidge Farm 100% Whole Wheat English Muffins ■ PC Blue Menu Whole Grain Multi-Grain English Muffins
<p>Whole grain pita breads</p>	<ul style="list-style-type: none"> ■ Compliments Whole Wheat Pita ■ Compliments Whole Wheat Traditional Crust Pizza Starter kit ■ Kontos Whole Wheat Pocketless Pita Bread ■ PC Blue Menu Whole Grain Lahvash Flatbread ■ PC Blue Menu Whole Grain Pizza Kit ■ Valuplus 100% Whole Wheat Pita Bread
<p>Whole grain tortillas</p>	<ul style="list-style-type: none"> ■ PC Blue Menu Flax Tortillas ■ PC Blue Menu Whole Grain Chipotle & Red Pepper Tortillas ■ PC Blue Menu Whole Grain Tortillas - Jalapeño Corn ■ PC Blue Menu Whole Wheat Tortillas ■ Paco Whole Wheat Tortilla Wraps ■ Dempsters Whole Wheat tortillas

	<ul style="list-style-type: none"> ■ Dempsters Ancient Grains tortillas ■ Wonder Wrapz 100% Whole Wheat
Cereals - cold or hot	<ul style="list-style-type: none"> ■ Cascadian Farm – Organic Multi Grain Squares ■ Cascadian Farm – Organic Purely O’s ■ Compliments Balance - Multigrain Flakes ■ Compliments Balance - Multigrain Flakes With Triple Berry ■ Compliments Balance - Very High Fibre Bran ■ Fibre 1 Original ■ Fibre 1 Honey Clusters ■ Fibre 1 Raisin Bran Clusters ■ General Mills Cheerios ■ General Mills Chex –Wheat Flavor ■ General Mills Fruity Cheerios ■ General Mills Honey Nut Cheerios ■ General Mills Multigrain Cheerios ■ General Mills Oat Cluster Crunch Cheerios ■ General Mills Oatmeal Crisp - Triple Berry ■ General Mills Oatmeal Crisp - Maple Nut ■ General Mills Oatmeal Crisp - Almond ■ General Mills Total – Cinnamon Crunch ■ General Mills Total - Cranberry Crunch ■ General Mills Total – Whole Grain ■ General Mills - Wheaties ■ Honey Bunches of Oats with Almonds ■ Honey Bunches of Oats with Real Strawberries ■ Honey Bunches of Oats - Honey roasted ■ Honey Bunches of Oats - Vanilla Clusters ■ Kellogg’s 2 Scoops Raisin Bran ■ Kellogg’s All Bran Buds ■ Kellogg’s All Bran Honey Nut ■ Kellogg’s All Bran Strawberry Bites ■ Kellogg’s All Bran Strawberry Medley ■ Kellogg’s Guardian Cinnamon ■ Kellogg’s Guardian Original ■ Kellogg’s Harvest Fruit Muslix ■ Kellogg’s Maple Raisin Nut Muslix ■ Kellogg’s Mini Wheats Blueberry ■ Kellogg’s Mini Wheats Brown Sugar ■ Kellogg’s Mini Wheats Cinnamon Streusel ■ Kellogg’s Mini Wheats Maple ■ Kellogg’s Mini Wheats Original ■ Kellogg’s Mini Wheats Strawberry ■ Kellogg’s Mini Wheats Vanilla

	<ul style="list-style-type: none"> ■ Kellogg's Multigrain Krispies ■ Kellogg's Special K 5 Grain ■ Kellogg's Special K Cinnamon Pecan ■ Kellogg's Special K Satisfaction ■ PC Blue Menu On Track Plus Protein ■ Post Shreddies ■ Post Shreddies - Honey ■ Post Selects - Date and Raisin Pecan Crunch ■ Post Selects - Cranberry Almond Crunch ■ Quaker Instant Oatmeal - Original ■ Quaker Instant Oatmeal Lower Sugar Apples & Cinnamon ■ Quaker Life Multigrain ■ Quaker Life Toasted Cinnamon ■ Quaker Oat Bran ■ Quaker Oatmeal Squares ■ Quaker Oatmeal Squares - Maple and Brown Sugar ■ Weetabix High Fibre Crisp ■ Weetabix Honey Almond Crunch ■ Weetabix Whole Grain
Whole grain/brown rice, bulgar or quinoa; boiled or steamed	<ul style="list-style-type: none"> ■ Compliments Balance long grain brown rice ■ Compliments Organics brown rice ■ Great Valley Rice Medley whole grain rice ■ Lundberg long grain brown rice ■ Lundberg short grain brown rice ■ PC Organics brown rice ■ PC Organics brown and wild rice blend
Whole grain pasta or couscous	<ul style="list-style-type: none"> ■ Catelli Healthy Harvest Whole Wheat Pasta - spaghetti, spaghettini, linguine, macaroni, rotini, penne, bows, lasagna ■ Catelli Healthy Harvest Yolk Free Whole Wheat Noodles ■ Catelli Healthy Harvest Multigrain Pasta - spaghetti, fussili ■ Catelli Healthy Harvest Flax Omega-3 Pasta - spaghettini, rotini ■ Compliments Balance whole wheat spaghetti ■ Compliments Balance whole wheat macaroni ■ Giardino Whole Wheat Spaghetti ■ PC Blue Menu 100% whole wheat pasta - Lasagna ■ PC Blue Menu 100% whole wheat pasta - Spaghetti ■ PC Blue Menu 100% whole wheat pasta - Penne Regate ■ PC Blue Menu 100% whole wheat pasta - Spaghettini ■ PC Blue Menu 100% whole wheat pasta - Rotini ■ PC Blue Menu 100% whole wheat pasta - Fettuccini
Cereal bars or	<ul style="list-style-type: none"> ■ Kashi Chewy Granola Bars - Cherry Dark Chocolate

granola Bars	<ul style="list-style-type: none">■ Compliments Balance - 8 Whole Grains Chewy Muesli Bar■ Compliments Balance - Triple Berry Chewy Muesli Bar■ Compliments Balance - Flax 7 fibre Chewy Granola Bar■ Compliments Balance - Banana Strawberry Chewy Granola Bar■ Compliments Balance - Raisin & Almond Chewy Granola Bar
Cookies or biscuits	
Crackers	<ul style="list-style-type: none">■ Compliments Junior – Mickey Bits Original■ Kashi TLC Honey Sesame Crackers■ Kashi TLC Natural Ranch Crackers■ PC Organics Multi-Seed Stoned Wheat Crackers■ Triscuit - Reduced Fat crackers

Grains - Serve Moderate ■

Breads	<ul style="list-style-type: none"> ■ Compliments Junior Bright-Lites - White Bread ■ Compliments Value White Bread ■ Dempster's Soft Slice White ■ Dempster's Stays Fresh Bread ■ Pepperidge Farm - Farmhouse Crunchy Oat Bread ■ Pepperidge Farm - Farmhouse Harvest Seven Grain Bread ■ Pepperidge Farm - Farmhouse Hearty White Bread ■ Pepperidge Farm - Farmhouse Nutty Oat Bread ■ Pepperidge Farm - Farmhouse Soft 100% Whole Wheat Bread ■ Pepperidge Farm - Farmhouse 12 Grain Bread ■ Pepperidge Farm - Farmhouse Honey Wheatberry Bread ■ Pepperidge Farm - Farmhouse Sourdough Bread ■ Pepperidge Farm - 100% Natural Nine Grain Bread ■ Pepperidge Farm - 100% Whole Wheat Cinn. w/Raisins ■ Pepperidge Farm - 100% Natural 100% Whole Wheat Bread ■ Pepperidge Farm - 100% Natural German Dark Wheat Bread ■ Pepperidge Farm - Apple Pomegranate Fruit & Grain Bread ■ Pepperidge Farm - Hot & Crusty Italian ■ Pepperidge Farm - Hot & Crusty Thin Sliced French Bread ■ Pepperidge Farm - Light Style Seven Grain, ■ Pepperidge Farm - Light Style Oatmeal Bread ■ PC Mini Chefs Sandwich Buddy Multi-Grain Sandwich Loaf ■ Villaggio White with Whole Grain Bread
Bagels	<ul style="list-style-type: none"> ■ Dempsters Bagels Sesame ■ Dempsters Bagels Blueberry ■ Dempsters Bagels Everything ■ Dempsters Bagels Original ■ Compliments Bagels - Plain ■ Compliments Bagels - Blueberry ■ Compliments Bagels - Cinnamon Raisin
Hot dog, hamburger, and sub buns	<ul style="list-style-type: none"> ■ PC Mini Chefs Dawg Gone Hot Dog Buns ■ Compliments Hamburger Buns ■ Compliments HotDog Buns ■ Rich's deluxe wheat sub roll dough ■ Rich's deluxe French sub roll dough
Waffles/pancakes	<ul style="list-style-type: none"> ■ Compliments Whole Wheat Waffles

	<ul style="list-style-type: none"> ■ Eggo Original waffles ■ Eggo Buttermilk pancakes ■ Eggo Fibre Plus Cinnamon waffles ■ Eggo Plus High Fibre waffles ■ Eggo Plus Oat & Wheat waffles ■ Eggo Plus Wheat & Blueberry waffles ■ PC Mini Chefs French Toast - Original ■ PC Mini Chefs French Toast - Maple ■ Western Waffles corp. Frozen Original Belgian Waffles
English muffins	<ul style="list-style-type: none"> ■ Compliments Plain English Muffins ■ Compliments Plain English Muffins ■ Pepperidge Farm Original English Muffins
Pita breads	<ul style="list-style-type: none"> ■ Compliments Greek Pita Breads ■ PC Stone-Baked Flatbread ■ Compliments Thin Crust Pizza Starter Kit ■ Rich's pre sheeted pizza dough -moderate
Tortillas	<ul style="list-style-type: none"> ■ Compliments Garlic Pesto Wheat Tortillas ■ Dempsters Tortillas Plain ■ Dempsters Tortillas Spinach ■ Dempsters Tortillas Cheese ■ Dempsters Tortillas Sundried Tomato ■ Paco Original Tortilla Wraps
Cereals - cold or hot	<ul style="list-style-type: none"> ■ Compliments Balance - 10 Whole Grains & Flax Muesli Flakes ■ Compliments Balance - Flax & Fibre Crunch Granola ■ Compliments Balance - Muesli Flakes With Blueberries, Dates & Raisins ■ General Mills Chex – Honey Nut ■ General Mills Chex – Multi-Bran ■ General Mills Oatmeal Crisp - Apple Brown Sugar ■ General Mills Total – Honey Clusters ■ Honey Bunches of Oats with Cinnamon Clusters ■ Kashi Go Lean ■ Kashi Go Lean Crunch ■ Kashi 7 Whole Grain Puffed ■ Kashi 7 Whole Grain Honey Puffed ■ Kashi High Fibre Flakes & Granola

	<ul style="list-style-type: none"> ■ Kellogg's All Bran Flakes ■ Kellogg's All Bran Original ■ Kellogg's All Bran Strawberry Medley ■ Kellogg's Just Right ■ Kellogg's Corn Flakes ■ Kellogg's Apple Crisp Muslix ■ Kellogg's Banana Nut Muslix ■ Kellogg's Special K Red Berries ■ Kellogg's Special K Vanilla Almond ■ Kellogg's Almond Raisin Muslix ■ Kellogg's Vector ■ Leclerc Vital – Cranberry & Dark Chocolate ■ Leclerc Vital – Fruit Explosion ■ Leclerc Vital – Fruit Harvest & Green Tea ■ PC Crunchy Cranberry Almond ■ PC Crunchy Maple Almond ■ PC Organics Wheat Squares ■ PC On Track ■ Post Shreddies - Vanilla ■ Post Honeycombs ■ Post Alpha-Bits ■ Quaker Corn Bran Squares ■ Quaker High Fiber Instant Oatmeal - Cinnamon Swirl ■ Quaker High Fiber Instant Oatmeal - Maple & Brown Sugar ■ Quaker Instant Oatmeal - Honey Nut ■ Quaker Life Honey Graham cereal ■ Quaker Life Cereal ■ Quaker Life Maple & Brown Sugar cereal ■ Quaker Life Vanilla Yogurt cereal ■ Quaker Lower Sugar Instant Oatmeal Maple & Brown Sugar ■ Quaker Lower Sugar Instant Oatmeal - Peaches & Cream ■ Quaker Lower Sugar Instant Oatmeal - Strawberries & Cream ■ Quick Quaker Oats ■
<p>Cooked white rice bulgar or quinoa</p>	<ul style="list-style-type: none"> ■ Compliments white rice ■ No Name white rice ■ President's Choice white rice ■ PC Organics white rice ■ Uncle Ben's white rice

<p>White pasta, enriched or couscous</p>	<ul style="list-style-type: none"> ■ Catelli Smart Pasta - spaghetti, spaghettini, macaroni, penne, rotini ■ Compliments white pasta ■ Italtasta white pasta ■ No Name pasta ■ PC Organics Brown Rice Pasta - Fusilli ■ PC Organics Brown Rice Pasta - Spaghetti ■ PC Organics Penne Rigate ■ PC Organics Rotini ■ PC Organics Spaghetti ■ PC Splendido Capelli d'Angelo ■ PC Splendido Enriched Pasta - Fusilli ■ PC Splendido Linguine ■ PC Splendido Penne Rigate ■ PC Splendido Spaghetti ■ PC Splendido Spaghettini ■ PC Splendido Rotini ■ Unico white pasta
<p>Cereal bars or granola Bars</p>	<ul style="list-style-type: none"> ■ General Mills Curves – Chocolate Peanut butter ■ Hop&Go Plus Multigrain – Banana and Nut ■ Hop&Go Plus Multigrain – Blueberry ■ Hop&Go Plus Multigrain - Strawberry-Cranberry ■ Kashi Chewy Granola Bars - 7 Whole grains and almond ■ Kashi Chewy Granola Bars – Peanut Peanut Butter ■ Kashi Chewy Granola Bars - Trail Mix ■ Kellogg's Nutri-grain cereal bars Strawberry ■ Kellogg's Nutri-grain cereal bars Blueberry ■ Kellogg's Nutri-grain cereal bars Mixed berry ■ Kellogg's Nutri-grain cereal bars Apple cinnamon ■ Kellogg's Nutri-grain cereal bars Cherry ■ Kellogg's Nutri-grain cereal bars Raspberry ■ Kellogg's Special K bars almonds and peanuts flavored with honey ■ Kellogg's Special K crispy bites strawberry ■ Kellogg's Special K crispy bites vanilla ■ Leclerc Vital – Cranberry & Dark Chocolate ■ Nature Valley Apple Crisp ■ Nature Valley Fibre Source – Apple Cobbler ■ Nature Valley Fibre Source – Honey & Almond ■ PC Blue Menu Chewy Chocolate Chip & Marshmallow Granola Bars ■ PC Blue Menu Chewy Cranberry Apple Granola Bars ■ PC Blue Menu Fruit & Nut Bars - Apple & Almonds ■ PC Blue Menu Fruit & Nut Bars - Mixed Berries & Almonds ■ PC Blue Menu Fruit & Nut Chewy Multi-Grain Bars - Cranberries and Almonds

	<ul style="list-style-type: none"> ■ PC Chewy Trail Mix Bars - Cranberry Almond ■ PC Chewy Trail Mix Bars - Raisin and Cashew ■ PC Chewy Trail Mix Bars - Mixed Berries and Almonds ■ PC Cereal Bars - Peanut Free - 5-Fruit ■ PC Cereal Bars - Peanut Free - Apple ■ PC Cereal Bars - Peanut Free - Strawberry ■ PC Cereal Bars - Peanut Free - Blueberry ■ Quaker Chewy Granola Bars S'mores ■ Quaker Chewy 90 Calorie Granola Bars Baked Apple ■ Quaker Chewy 90 Calorie Granola Bars Chocolate Chunk ■ Quaker Chewy 90 Calorie Granola Bars Dark Chocolate Cherry ■ Quaker Chewy 90 Calorie Granola Bars Strawberry Vanilla ■ Quaker Chewy 90 Calorie Granola Bars Oatmeal Raisin ■ Quaker Chewy - 25% less sugar granola Bars Cookies n Cream ■ Quaker Simple Harvest Chewy Multigrain Granola Bars - Cinnamon Brown Sugar ■ Quaker Simple Harvest Chewy Multigrain Granola Bars - Dark Chocolate Chunk ■ Quaker Breakfast Cookies Apple Cinnamon ■ Quaker Breakfast Cookies Oatmeal Raisin ■ Quaker Breakfast Cookies Oatmeal Chocolate Chip ■ Quaker Muffin Bars - Banana and Oats ■ Quaker Muffin Bars - Blueberry and Oats ■ Quaker Fruit Flavor Crisp Bars Apple ■ Quaker Fruit Flavor Crisp Bars Strawberry ■ Quaker Fruit Flavor Crisp Bars Mixed Berry ■ Quaker Fruit Flavor Crisp Bites Strawberry ■ Quaker Fruit Flavor Crisp Bites Apple ■ Quaker Fruit Flavor Crisp Bites Raspberry with Icing ■ Quaker Fruit Flavor Crisp Bites Strawberry with Icing ■ Vachon Hop & Go Plus Multigrain Banana and Nuts Bars
Cookies or biscuits	<ul style="list-style-type: none"> ■ Bear Paw Minis – Oatmeal Mixed Berry ■ Nabisco Fig Newtons ■ Nabisco Fig Newton Fat Free ■ Nabisco Fig Newton Minis 100% Whole Grain -Strawberry ■ Nabisco Fig Newton Minis 100% Whole Grain Original ■ Peek Freans - Lemon Crisp ■ PC Mini Chefs Honey Crunchy Cubs Graham Cookies ■ PC Mini Chefs Teddy Bear Arrowroot Biscuits ■ PC Mini Chefs Zookies Animal Crackers ■ PC Organics Animal Cookies – Chocolate ■ PC Organics Animal Cookies – Original ■ PC Blue Menu 60% Whole Wheat Fig Fruit Bars

	<ul style="list-style-type: none"> ■ PC Blue Menu Fruit Bars - Fig ■ PC Blue Menu Soft Cookies - Fruit & Nut ■ Kookie Kutter Bakery Ginger Snaps ■ Otis spunkmeyer reduced fat whole grain frozen cookie dough <ul style="list-style-type: none"> ■ Carnival cookie ■ Chocolate chip cookie ■ Oatmeal raisin cookie ■ Thinsations Oreo ■ Thinsations Honey Maid Cinnamon Grahams Thin Crisps ■ Thinsations Bits & Bites Snack Mix ■ Thinsations Ritz Thin Crisp Crackers ■ Thinsations Chips Ahoy
Snack bags	<ul style="list-style-type: none"> ■ General Mills Cheerios Snack Mix Cheddar ■ General Mills Cheerios Snack Mix Original ■ PC Blue Menu Microwave Popping Corn - Butter Flavour ■ PC Blue Menu Microwave Popping Corn - Natural ■ PC Blue Menu 100 Calories Mini Bags Microwave Popping Corn - Butter Flavour ■ PC Blue Menu 100 Calories Mini Bags Microwave Popping Corn - Natural ■ Orville Redenbacher Smart Popcorn
Chips	<ul style="list-style-type: none"> ■ Frito-Lay Baked Cheetos Crunchy Cheese Flavored Snacks ■ Frito-Lay Baked Lay's Original and BBQ ■ Frito-Lay Baked Doritos - Nacho ■ Frito-Lay Baked Tostitos Bite Sized Triangles ■ Frito-Lay Baked Ruffles – Cheddar and Sour Cream ■ Guiltless Gourmet Tortilla Chips - Chili Lime ■ Guiltless Gourmet Tortilla Chips - Blue Corn ■ No Name Rice Chips - Cheddar ■ No Name Rice Chips - Sour Cream and Onion ■ No Name Rice Chips - Dill Pickle ■ No Name Rice Chips – Barbecue ■ Old Dutch Baked Chips – Creamy Dill, Original and Salt n' Vinegar ■ Rold Gold Honey Braided Twist Pretzels ■ PC Baked Chips – All Dressed ■ PC Baked Chips – Cheddar & Green Onion ■ PC Baked Chips – Original ■ PC Organics Pretzel Sticks ■ PC Organics Pretzel Twists ■ PC Blue Menu Multigrain Alphabet Pretzels ■ PC Blue Menu Multigrain Waffle Pretzels

	<ul style="list-style-type: none"> ■ PC Blue Menu Original Vegetable Sticks ■ PC Blue Menu Tomato Basil Vegetable Sticks ■ PC Blue Menu Rice & Corn Crisps - Japanese Tamari ■ PC Blue Menu Rice & Corn Crisps - Thai Curry ■ Quaker Cheddar Crispy Minis ■ Sensible Portions Pita Bites ■ Flat Earth Baked Veggie Crisps Tangy Tomato Ranch ■ Flat Earth Baked Veggie Crisps Garlic and Herb Field
Crackers	<ul style="list-style-type: none"> ■ Compliments Junior – Mickey Bits Cheddar ■ Grains First Whole Wheat Crackers –Spring Harvest ■ Kashi TLC Original 7 Grain Crackers ■ Leclerc 100 Calorie Wheat & Honey Sticks ■ Milton’s All Natural Multi-grain Crackers ■ Nabisco animal shaped crackers ■ Pepperidge Farm Cheddar Goldfish Made with Whole Grains ■ Pepperidge Farm 100 Calorie Pack Pretzel Goldfish ■ PC Blue Menu Ancient Grains Snack Crackers ■ PC Blue Menu Snack Crackers - Wheat ■ PC Blue Menu Snack Crackers - Wheat & Onion ■ PC Blue Menu Snack Crackers - Wheat & Sesame ■ PC Mini Chefs Teddy Bear Arrowroot Biscuits ■ PC Organics Vegetable Stoned Wheat ■ PC Organics Stoned Wheat ■ Premium Plus Crackers ■ Ritz Crackers, Whole Wheat ■ Ritz Toasted Chips Multigrain ■ Ritz Toasted Chips Original ■ Ritz Toasted Chips Veggie ■ Triscuit Deli style Rye ■ Triscuit Garden Herb ■ Triscuit Original ■ Triscuit Roasted Garlic ■ Triscuit Thin Crisps ■ Triscuit Rosemary and Olive Oil ■ Triscuit Cracked Pepper and Olive Oil ■ Triscuit Roasted Tomato ■ Vinta Original ■ Vinta Roasted Red Pepper ■ Wheat Thins Crackers Reduced Fat ■ Wheat Thins Crackers Lightly Cinnamon ■ Wheat Thins Crackers Reduced Fat Garlic and Herb ■ Wheat Thins Crackers Reduced Fat Country French Onion ■ Wheat Thins Crackers Multigrain ■ Wheat Thins Crackers Fiber Selects 5 Grain

	<ul style="list-style-type: none"> ■ Wheat Thins Crackers Fiber Selects Garden Vegetable ■ Wheat Thins Crackers Cream cheese and Chives ■ Wheat Thins Baked Snack Crackers Tomato and Basil ■ Wheat Thins Baked Snack Crackers Parmesan Basil ■ Wheat Thins toasted chips Multigrain ■ Wheat Thins toasted chips Veggie
Muffins	<ul style="list-style-type: none"> ■ Betty Crocker Fiber One Banana Nut Muffins ■ Compliments Junior Mickey Muffins - Chocolate Chip ■ Compliments Junior Mickey Muffins - Banana Split ■ Compliments Junior Mickey Muffins - Blueberry ■ Compliments Junior Mickey Muffins – Carrot ■ Compliments Low Fat Bran Muffins ■ Fresh 'n Ready Cinnamon Roll Dough with Icing ■ Give & Go Two-Bite-Better-For-You Whole Grain Banana Nut Bread ■ PC Blue Menu 10 Grain Muffins – Wild Blueberry ■ PC Blue Menu Raspberry Coffee Cake ■ PC Blue Menu Cranberry & Orange Soy Muffins ■ PC Blue Menu Raisin Bran Flax Muffins ■ PC Blue Menu Whole Grain Muffins – Banana ■ PC Blue Menu Whole Grain Muffins – Carrot ■ PC Blue Menu Whole Grain Muffins - Raspberry & Pomegranate ■ PC Mini Chefs Teensy Weensy Muffins – Banana ■ PC Mini Chefs Teensy Weensy Muffins – Blueberry ■ PC Mini Chefs Teensy Weensy Muffins – Carrot ■ PC Mini Chefs Teensy Weensy Muffins - Chocolate Chip

Grains - Not Included ✘

Cooked white rice bulgar or quinoa

✘ Dainty Rice in a Can – All Flavours

✘ Cinnamon Raisin Bagels

✘ Plain Bagels

✘ Melissa's Ready To Eat Crepes
✘ Nonni's Panetini Oven Baked Italian Toast

Cereals - cold or hot

✘ General Mills Apple Cinnamon Cheerios
✘ General Mills Chex – Corn, Rice, Cinnamon, Chocolate or Strawberry Flavor
✘ General Mills Oatmeal Crisp - Raisin
✘ General Mills Total – Raisin Bran
✘ Kashi Organic- Flakes & Berries Cereal or Bite Size Whole Wheat Cereal
✘ Kashi Mountain Medley or Summer Berry Granola
✘ Kashi Honey Almond Flax Flavor Cereal
✘ Kellogg's Corn Pops
✘ Kellogg's Crispix
✘ Kellogg's Fruit Loops
✘ Kellogg's Fruit Loops Smoothies
✘ Kellogg's Frosted Flakes
✘ Kellogg's Special K Chocolate Delight
✘ Kellogg's Special K Fruit and Yogurt
✘ Kellogg's Rice Krispies
✘ Kellogg's Rice Krispies with Vanilla
✘ Kellogg's Rice Krispies Cocoa
✘ Kellogg's Special K
✘ PC 7 Grain Cereal with Apples & Strawberries
✘ PC Blue Menu Steel-Cut Oats - Wild Blueberries
✘ Post Sugar Crisp
✘ Post Captain Crunch
✘ Post Treasure Hunt Crunch
✘ Post Captain Crunch Berries
✘ Post Home Run Crunch
✘ Quaker Harvest Crunch
✘ Quaker Instant Oatmeal Cinnamon Pecan

	<ul style="list-style-type: none"> ✘ Quaker Light and Crisp Harvest Crunch ✘ Quaker Life Chocolate cereal ✘ Weetabix Minibix Chocolate Crisp ✘ Weetabix Minibix Honey & Nut
Cereal bars and granola bars	<ul style="list-style-type: none"> ✘ All Bran Cereal Bars Original ✘ All Bran Cereal bars oatmeal cinnamon ✘ All Bran Cereal Bars Chocolate Chip ✘ All Bran cereal bars honey nut ✘ All Bran Snack Bites cinnamon brown sugar ✘ All Bran Snack Bites strawberry ✘ Fiber One – Oats & Chocolate ✘ Fiber One – Oats & Peanut Butter ✘ Kellogg’s Fibre Plus – Dark Chocolatey Almond ✘ Kellogg’s Fibre Plus – Chocolatey Peanut Butter ✘ Leclerc 80 Calorie Whole Grain - Raspberry & Vanilla ✘ Leclerc 80 Calorie Whole Grain- Cranberry & Citrus ✘ Leclerc 80 Calorie Whole Grain - Date ✘ Nature Valley Sweet n Salty nut Bar – Almond ✘ Nature Valley Sweet n Salty nut Bar - Cashew ✘ Nature Valley Sweet n Salty nut Bar - Peanut ✘ Nutri-Grain Sweet n Salty nut bars chocolatey almond ✘ Nutri-Grain Sweet n Salty nut bars chocolatey peanut ✘ Quaker Chewy Dippes all flavours ✘ Quaker Chewy Granola Bars - Chocolate Chip ✘ Quaker Chewy Granola Bars- Butterfinger ✘ Quaker Chewy - 25% less sugar granola Bars- Chocolate Chip ✘ Quaker Granola Bites all flavours ✘ Quaker Morning Minis all flavours ✘ PC Blue Menu Fat Free Fruit Bars – Raspberry ✘ PC Blue Menu Fat Free Fruit Bars - Apple ✘ PC Blue Menu Wheat Bran Bites - Banana ✘ PC Crunchy Baked Granola Bars - Almond & Berries ✘ PC Crunchy Baked Granola Bars - Nuts and Honey ✘ PC Crunchy Baked Granola Bars - Peanut Butter ✘ PC Dipped and Chewy Granola Bars - Caramel ✘ PC Dipped and Chewy Granola Bars - S’mores ✘ PC Dipped and Chewy Granola Bars - Chocolate Chip ✘ PC Dipped and Chewy Granola Bars - Chocolate Chip and Marshmallows ✘ PC Dipped and Chewy Granola Bars - Chocolate Fudge and Chocolate Chip ✘ Special K bars - chocolate crisp ✘ Special K bars - strawberry ✘ Special K bars - vanilla crisp

	<ul style="list-style-type: none"> ✘ Vachon Hop & Go Original Homestyle Bars - Chocolate Chunk ✘ Vachon Hop & Go Original Homestyle Bars - Date ✘ Vachon Hop & Go Original Homestyle Bars - Apple Cinnamon ✘ Vachon Hop & Go Plus Multigrain Bars - Chocolate ✘ Vachon Hop & Go Minis - Chocolate Chip ✘ Vachon Hop & Go Minis - Date ✘ Vachon Hop & Go Minis - Chocolatey Brownies ✘ Vachon Hop & Go Minis - Molasses ✘ Vachon Hop & Go Signature - Double Chocolate ✘ Vachon Hop & Go Signature - Caramel ✘ Vachon Hop & Go Signature - Dark Chocolate Morsels ✘ Vector Energy Bar Chocolate Chip
Cookies	<ul style="list-style-type: none"> ✘ Barnum's Animal Crackers ✘ Bear Paws - Chocolate Chip ✘ Bear Paws - Baked Apple ✘ Bear Paws - Homestyle Oatmeal ✘ Bear Paw Minis – Oatmeal Chocolate Chip ✘ Give & Go Oatmeal Chocolate Chip Cookies ✘ Give & Go Whole Wheat Brownies ✘ Nabisco Raspberry Newtons ✘ Nabisco Strawberry Newtons ✘ Pepperidge Farm 100 Calorie -Milano Cookie ✘ Pepperidge Farm 100 Calorie - Chessmen ✘ Pepperidge Farm 100 Calorie - Chocolate Chunk ✘ Pepperidge Farm 100 Calorie - Soft Baked Oatmeal Raisin ✘ PC English-Style Gingersnap Cookies ✘ PC Blue Menu Cookies - Cranberry Orange ✘ PC Blue Menu Cookies - Crunchy Oat ✘ PC Blue Menu Cookies - Ginger & Lemon ✘ PC Blue Menu Soft Cookies - Oatmeal Double Chocolate ✘ PC Mini Chefs Funshines ✘ PC Blue Menu Two-Bite Brownies ✘ Quaker Bakeries Chocolate Chip Cookies ✘ Quaker Bakeries Fudge Chocolate Chip Cookies ✘ Quaker Bakeries Oatmeal Raisin Cookies ✘ Quaker Bakeries Peanut Butter Cookies ✘ Snackwells Cookie Cakes devil's food fat free ✘ Snackwells Cookies Cream sandwich ✘ Snackwells Cookie Cakes chocolate mint ✘ Snackwells Cookie Cakes black forest ✘ Snackwells Cookies Shortbread sugar free ✘ Snackwells Sandwich cookies lemon crème sugar free ✘ Teddy Grahams Honey

	<ul style="list-style-type: none"> ✘ Teddy Grahams Cinnamon ✘ Teddy Grahams Chocolate ✘ Teddy Grahams Mini Chocolatey Chip Snack Saks ✘ Teddy Grahams Trail Mix Birds and Bees ✘ Teddy Grahams Trail Mix Bears and Cheese ✘ Rich's Cinnamon Sweet Roll Dough ✘ SWEET DISCOVERY™: The Original Otis Spunkmeyer Cookies ✘ All American ✘ Apple CinnaMount ✘ Boo-Licious ✘ Buttercrunch Toffee ✘ Butter Sugar ✘ Café Vienna ✘ Carnival ✘ Chocolate Chip ✘ Chocolate Chip Pecan ✘ Chocolate Chip Walnut ✘ Chocolate Obsession ✘ Chocolate w/ Reese's Pieces Candy ✘ Cranberry Oatmeal ✘ Double Chocolate Brownie Cookie ✘ Double Chocolate Chip ✘ Holiday Carnival ✘ Milk Chocolate Chunk ✘ Oatmeal Raisin ✘ Peanut Butter ✘ Peanut Butter Chocolate Chunk ✘ Red, White and Blue ✘ Rocky Road ✘ S'Mores ✘ Spring Carnival ✘ Strawberry Shortcake ✘ Triple Chocolate ✘ Turtle ✘ White Chocolate Macadamia Nut ✘ Yogurt Raisin Sensation
Snack Bags	<ul style="list-style-type: none"> ✘ Reduced Fat Munchies Snack Mix ✘ Nutrigrain Munchems brown sugar cinnamon ✘ Nutrigrain Munchems honey oat
Chips	<ul style="list-style-type: none"> ✘ Crispers Baked Snacks ✘ Crispy Minis - Cheddar

- ✘ Crispy Minis - Salt and Vinegar
- ✘ Crispy Minis - Crunchy Dill
- ✘ Crispy Minis - Ketchup
- ✘ Crispy Minis - Sour Cream and Chive
- ✘ Crispy Minis - Butter Popcorn
- ✘ Old Dutch Potato Chips – all flavors
- ✘ Old Dutch Rip-L Potato Chips – all flavors
- ✘ Ritz Toasted Chips Sour Cream & Onion
- ✘ Ritz Toasted Chips Cheddar
- ✘ Rold Gold Pretzels - Thins
- ✘ Rold Gold Pretzels - Sticks
- ✘ Rold Gold Pretzels - Classic Tiny Twists
- ✘ Sun Chips - Original, French Onion, Harvest Cheddar
- ✘ Frito-Lay Smartfood Popcorn
- ✘ Mexi Casa Round Nacho Chips
- ✘ Mexicasa Nacho Triangle Chips - yellow
- ✘ Mexicasa Nacho Triangle Chips - tri-color
- ✘ Mexicasa Senoritos Round Nacho Chips
- ✘ Crackerjacks
- ✘ No Name Rice Chips - All Dressed
- ✘ No Name Rice Chips - Salt and Vinegar
- ✘ No Name Rice Chips - Ketchup
- ✘ No Name Rice Chips - Buttered Popcorn
- ✘ New York Style Bagel Crisps
- ✘ PC Baked Chips – Buttermilk Ranch
- ✘ PC Blue Menu Rice Chips - Barbecue
- ✘ PC Blue Menu Rice Chips - Sour Cream and Onion
- ✘ PC Blue Menu Rice Chips - Sea Salt and Cracked Pepper
- ✘ PC Blue Menu Rice Chips - Thai Curry
- ✘ PC Blue Menu Rice & Corn Crisps - Japanese Wasabi & Honey
- ✘ PC Blue Menu Flaxseed Tortilla Chips - Sea Salt
- ✘ PC Blue Menu Flaxseed Tortilla Chips – Spicy
- ✘ Quaker Rice Snacks (All Flavors) - Apple Cinnamon , BBQ, Caramel
Corn, Cheddar Cheese, Chocolate, Kettle Corn, Nacho Cheese,
Ranch and Sour Cream & Onion
- ✘ Viva Seasoned Vegetable Chips
- ✘ Eat Smart Veggie Crisps
- ✘ Riceworks Gourmet Brown Rice Chips - Parmesan and Sundried
Tomato
- ✘ Riceworks Gourmet Brown Rice Chips - Sweet Chili
- ✘ Riceworks Gourmet Brown Rice Chips - Baked Cinnamon
- ✘ Riceworks Gourmet Brown Rice Chips - Salsa Fresca
- ✘ Riceworks Gourmet Brown Rice Chips - Sea Salt
- ✘ Stacy's Simply Naked Pita Chips
- ✘ Stacy's Parmesan Garlic and Herb Pita Chips
- ✘ Thinsations Cheese Nips Thin Crisp Crackers

	<ul style="list-style-type: none"> ✘ Thinsations Delight Bars – Chocolate ✘ Thinsations Delight Bars – Cheesecake ✘ Thinsations Chocolate Coated Pretzels ✘ Thinsations Peek Freans Shortcake Thin Crisps
Crackers	<ul style="list-style-type: none"> ✘ Breton Garden Vegetable crackers ✘ Breton Original crackers ✘ Breton Sesame crackers ✘ Breton Multigrain crackers ✘ Breton Low fat crackers ✘ Breton Reduced fat and salt crackers ✘ Christie Sociables ✘ General Mills Dunkaroos – all flavors ✘ Grains First Whole Wheat Crackers – Autumn Harvest ✘ Leclerc 100 Calorie Cheddar Mini Crackers ✘ Leclerc 100 Calorie Vegetable Mini Crackers ✘ PC Mini Crisp & Thin Six Garden Vegetable Crackers ✘ PC Mini Crisp & Thin Wheat with Wheat Germ ✘ PC Mini Chefs Cheddar Gators Baked Crackers ✘ Pepperidge Farms Goldfish Crackers ✘ Ritz Crackers ✘ Ritz Crackers whole grain ✘ Ritz Toasted Chips Cheddar ✘ Ritz Toasted Chips Southwest Ranch ✘ Ritz Bitz Sandwiches - Cheese, Peanut Butter or Confetti Cream ✘ Wheat Thins Crackers Original ✘ Wheat Thins Crackers Low Sodium ✘ Wheat Thins Baked Snack Crackers 100% Whole Grain
Muffins	<ul style="list-style-type: none"> ✘ PC Blue Menu Wild Blueberry 10-Grain Muffins