

## Milk and Alternatives - Serve Most ■

Milk - skim, 0.5%,  
1%, 2%

- Central Dairies white milk - skim, 0.5%, 1%, 2%
- Farmers white milk - skim, 0.5%, 1%, 2%
- Scotsburn white milk - skim, 0.5%, 1%, 2%
- Farmers UHT Milk
- Grand Pre UHT Milk
- Carnation skim milk powder
- Compliments Balance skim milk powder
- Dairyland Milk 2 Go - 1%
- Dairyland Milk 2 Go - 2%

Beverages,  
milkshakes,  
flavoured or yogurt  
types

- PC Blue Menu Fortified Soy Beverage - Original
- PC Blue Menu Fortified Soy Beverage - Vanilla

Yogurt and minigo

- Astro BioBest Calcium yogurt
- Astro BioBest Omega 3 yogurt
- Astro Biobest Vitalite yogurt
- Astro Maximmunite yogurt
- Astro Fat Free yogurt
- Astro Naturally Flavoured yogurt
- Astro Smooth 'n' Fruity yogurt
- Danimals yogurt
- Danino yogurt
- Danissimo yogurt
- Danone Activia yogurt
- Danone Activia fat free yogurt
- Danone Activia Fibre yogurt
- Danone Cardivia yogurt
- Danone Creamy yogurt
- Danone Silhouette yogurt
- Minigo yogurt
- Naturalia yogurt
- PC Creamy Stirred Yogurt
- PC Blue Menu Fat Free yogurt
- PC Mini Chefs Moo-Mou Fresh Cheese - Fruit Punch Peach Grape
- PC Mini Chefs Moo-Mou Fresh Cheese - Strawberry Banana Orange
- PC Mini Chefs Moo-Mou Fresh Cheese - Strawberry-Banana,

	<p>Vanilla, Cherry</p> <ul style="list-style-type: none"> <li>■ Yoplait Creamy yogurt</li> <li>■ Yoplait Source yogurt</li> <li>■ Yoptimal immuni+ yogurt</li> <li>■ Yoplait basket yogurt</li> </ul>
<p>Puddings - cups or instant</p>	<ul style="list-style-type: none"> <li>■ Compliments Tapioca Pudding</li> <li>■ Compliments Vanilla Flavoured Pudding</li> <li>■ Healthy Choice French Crème Tapioca pudding</li> <li>■ Healthy Choice Double Chocolate Fudge Pudding</li> <li>■ Healthy Choice French Vanilla Pudding</li> <li>■ Jello Cook and Serve Pudding Mix - Banana Cream</li> <li>■ Jello Cook and Serve Pudding Mix - Vanilla</li> <li>■ Kozy Shack No Sugar Added Tapioca Pudding</li> <li>■ Kozy Shack No Sugar Added Chocolate Pudding</li> <li>■ Kozy Shack Butterscotch Pudding</li> <li>■ Kozy Shack Crème Caramel Flan</li> <li>■ Kozy Shack Original Rice Pudding</li> <li>■ Kozy Shack No Sugar Added Rice Pudding</li> <li>■ Kozy Shack Cinnamon Raisin Rice Pudding</li> </ul>
<p>Cheese and cheese strings e.g. hard cheese</p>	<ul style="list-style-type: none"> <li>■ Allegro Skimmed Milk Cheese</li> <li>■ Black Diamond PS mozzarella</li> <li>■ Black Diamond Light medium cheddar</li> <li>■ Black Diamond Light mild</li> <li>■ Black Diamond cheese strings ficello - Cheddariffic</li> <li>■ Black Diamond cheese strings ficello - Marbelicious</li> <li>■ Black Diamond cheese strings ficello - Mozzarella</li> <li>■ Compliments Balance Reduced Fat Medium Cheddar Cheese</li> <li>■ Compliments Balance Light Mild Cheddar Cheese</li> <li>■ Compliments Balance Part-Skim Mozzarella Stringable Cheese</li> <li>■ Compliments Balance Part-Skim Twists Stringable Cheese</li> <li>■ Compliments Balance Italian Style Shredded Cheese Blend</li> <li>■ Compliments Sliced Part Skim Mozzarella Cheese</li> <li>■ Compliments Sliced Light Havarti Cheese</li> <li>■ Jarlsberg Lite Sliced Cheese</li> <li>■ Kraft Part-Skim Mozzarella Shredded Cheese</li> <li>■ Mini Babybel - Light</li> <li>■ Maple Leaf Wise Choice Marble Colby Sliced Cheese</li> <li>■ Sargento shredded PS mozzarella cheese</li> <li>■ Sargento shredded mozzarella cheese</li> </ul>

## Milk and Alternatives - Serve Moderate ■

<p>Chocolate milk - skim, 0.5%, 1%, 2%</p>	<ul style="list-style-type: none"> <li>■ Central Dairies 2% chocolate milk</li> <li>■ Central Dairies 1% chocolate calcium plus</li> <li>■ Scotsburn 1% low fat chocolate milk</li> <li>■ Scotsburn Calcium Ultra 0.5% chocolate milk</li> </ul>
<p>Beverages, milkshakes, flavoured or yogurt types</p>	<ul style="list-style-type: none"> <li>■ PC Blue Menu Chocolate Milkshake</li> <li>■ Central Dairies banana mania flavoured milk</li> <li>■ Central Dairies Strawberry sensation flavoured milk</li> <li>■ Central Dairies Vanilla thrill flavoured milk</li> <li>■ Central Dairies eggnog flavoured milk</li> <li>■ Dairyland Milk 2 Go - Vanilla Vibe</li> <li>■ Dairyland Milk 2 Go - Chillin' Chocolate</li> <li>■ Dairyland Milk 2 Go - Banana Blast</li> <li>■ Dairyland Milk 2 Go - Strawberry Splash</li> <li>■ Dairyland Milk 2 Go - Orange Obsession</li> <li>■ Dairyland Milk 2 Go - Coffee Commotion</li> <li>■ PC Blue Menu Strawberry Milkshake</li> <li>■ PC Blue Menu Vanilla Milkshake</li> <li>■ PC Blue Menu Fortified Soy Beverage - Chocolate</li> </ul>
<p>Yogurt and minigo</p>	<ul style="list-style-type: none"> <li>■ Astro Jeunesse yogurt</li> <li>■ Danone tubes</li> <li>■ Liberty Organic yogurt</li> <li>■ PC Mini Chefs Fruiti-yo - Raspberry Peach</li> <li>■ PC Mini Chefs Fruiti-yo - Strawberry Banana</li> <li>■ PC Blue Menu Finesse Yogurt - Mango-Passion Fruit</li> <li>■ PC Blue Menu Finesse Yogurt – Raspberry</li> <li>■ PC Blue Menu Finesse Yogurt - Strawberry</li> <li>■ PC Blue Menu Finesse Yogurt - Vanilla</li> </ul>
<p>Puddings - cups or instant</p>	<ul style="list-style-type: none"> <li>■ Compliments Chocolate Pudding</li> <li>■ Jello Cook and Serve Pudding Mix - Chocolate</li> <li>■ Jello Instant Pudding Mix - Pistachio</li> <li>■ Jello Instant Pudding Mix - Vanilla</li> <li>■ Jello Instant Pudding Mix - Chocolate</li> <li>■ Jello Instant Pudding Mix - Chocolate Fudge</li> <li>■ Jello Instant Pudding Mix - Lemon</li> <li>■ Jello Fat Free Pudding Mix - Vanilla</li> <li>■ Jello Fat Free Pudding Mix - Butterscotch</li> </ul>

	<ul style="list-style-type: none"> <li>■ Kozy Shack Tapioca Pudding</li> <li>■ Kozy Shack Vanilla Pudding</li> <li>■ Kozy Shack Restaurant Style Flan</li> <li>■ No Name Cooked Pudding Mix - Butterscotch</li> <li>■ No Name Cooked Pudding Mix - Chocolate</li> <li>■ No Name Instant Pudding Mix - Butterscotch</li> <li>■ No Name Instant Pudding Mix - Banana Cream</li> <li>■ No Name Instant Pudding Mix - Vanilla</li> <li>■ Sherriff Cooked Pudding Mix - Vanilla</li> <li>■ Sherriff Cooked Pudding Mix - Chocolate</li> <li>■ Sherriff Cooked Pudding Mix - Butterscotch</li> </ul>
<p>Cheese and cheese strings e.g. hard cheese</p>	<ul style="list-style-type: none"> <li>■ Black Diamond light swiss cheese</li> <li>■ Black Diamond Fat free swiss cheese</li> <li>■ Black Diamond Monteray jack cheese</li> <li>■ Black Diamond marble cheese</li> <li>■ Black Diamond mozzarella cheese</li> <li>■ Black Diamond White cheddar cheese</li> <li>■ Black Diamond Old cheddar cheese</li> <li>■ Black Diamond Extra old Cheddar cheese</li> <li>■ Black Diamond Mild cheddar cheese</li> <li>■ Black Diamond medium cheddar cheese</li> <li>■ Compliments Medium Cheddar Cheese</li> <li>■ Compliments Old Cheddar Cheese</li> <li>■ Compliments Mild Cheddar Cheese</li> <li>■ Compliments Sliced Mild Cheddar Cheese</li> <li>■ Compliments Sliced Marble Cheddar Cheese</li> <li>■ Compliments Sliced Swiss Cheese</li> <li>■ Compliments Sliced Havarti Cheese</li> <li>■ Compliments Sub and Salads Shredded Cheese Blend</li> <li>■ Compliments Pizza Shredded Cheese Blend</li> <li>■ Compliments Finely Shredded Pizza Cheese Blend</li> <li>■ Compliments Junior Laser Strings Stringable Cheese</li> <li>■ Compliments Junior Pow Pack Stringable Cheese</li> <li>■ Danesberg Havarti Garden Vegetable Sliced Cheese</li> <li>■ Farmers Mozzarella Cheese</li> <li>■ Farmers Mild Cheddar Cheese</li> <li>■ Farmers Medium Cheddar Cheese</li> <li>■ Farmers Marble Cheddar Cheese</li> <li>■ Grubec Swiss Cheese Slices</li> <li>■ Jarlsberg Sliced Cheese</li> <li>■ Kraft Cracker Barrell Mild Cheddar Cheese</li> <li>■ Kraft Cracker Barrell Medium Cheddar Cheese</li> <li>■ Kraft Cracker Barrell Old Cheddar Cheese</li> </ul>

	<ul style="list-style-type: none"> <li>■ Kraft Cracker Barrel Marble Cheddar Cheese</li> <li>■ Kraft Cracker Barrel Light Mild Cheddar Cheese</li> <li>■ Kraft Cracker Barrel Light Medium Cheddar Cheese</li> <li>■ Kraft Cracker Barrel Light Old Cheddar Cheese</li> <li>■ Kraft Cracker Barrel Light Marble Cheddar Cheese</li> <li>■ Kraft 3 Cheese Mexican Shredded Cheese</li> <li>■ Kraft 3 Cheese Pizza Shredded Cheese</li> <li>■ Kraft 4 Cheese Italiano Shredded Cheese</li> <li>■ Kraft Tex Mex Shredded Cheese</li> <li>■ Kraft Double Cheddar Shredded Cheese</li> <li>■ Kraft Mozzarella Cheddar Shredded Cheese</li> <li>■ Kraft Old Cheddar Shredded Cheese</li> <li>■ Mini Babybel - Original</li> <li>■ Mini Babybel - Swiss</li> <li>■ Mini Babybel - Gouda</li> <li>■ Mini Babybel - Cheddar</li> <li>■ Sargento shredded cheese - pizza</li> <li>■ Sargento shredded cheese - italiano</li> <li>■ Sargento shredded cheese sharp cheddar</li> <li>■ Sargento shredded cheese - bistro part skim mozzarella</li> <li>■ Sargento shredded cheese pizza</li> <li>■ Sargento shredded cheese italiano</li> <li>■ Sargento shredded cheese bistro cheddar and monteray</li> <li>■ Sargento shredded cheese parmesan and romano</li> <li>■ Sargento shredded cheese tacos and nachos</li> <li>■ Zerto Shredded Parmesan Cheese</li> <li>■ Zerto Shredded Romano Cheese</li> </ul>
<p>Cheese, processed e.g. slices and spreads</p>	<ul style="list-style-type: none"> <li>■ Black Diamond mozzarella cheese slices</li> <li>■ Black Diamond fat free cheddar cheese slices</li> <li>■ Black Diamond light cheddar cheese slices</li> <li>■ Black Diamond cheddar cheese slices</li> <li>■ Compliments cheddar cheese slices</li> <li>■ Compliments 2% cheddar cheese slices</li> <li>■ Compliments mozzarella cheese slices</li> <li>■ Kraft Singles cheese slices</li> <li>■ Kraft Singles 2% cheese slices</li> <li>■ Kraft Velveeta Cheese</li> <li>■ Le Superbe Swiss Cheese Slices</li> </ul>
<p>Frozen milk products e.g. ice milk, frozen yogurt</p>	<ul style="list-style-type: none"> <li>■ Breyers No Sugar Added Double Churn Vanilla Ice-Cream</li> <li>■ Breyers Fat-Free Double Churn Chocolate Cookies and Cream</li> <li>■ Breyers 70 Calorie Double Churn Fudge Bars</li> <li>■ Chapman's Simply Light Ice-Cream - Vanilla</li> </ul>

- Chapman's Simply Light Ice-Cream - French Vanilla Bean
- Chapman's Simply Light Ice-Cream - Milk Chocolate Fudge
- Chapman's Simply Light Ice-Cream - Caramel Pecan
- Chapman's Simply Light Ice-Cream - Maple Walnut
- Fudgsicle xtreme fudge bar
- Fudgsicle triple chocolate
- PC Blue Menu Light Ice Cream - Chocolate
- PC Blue Menu Frozen Yogurt - Mochaccino
- PC Blue Menu Frozen Yogurt - Strawberry Banana
- PC Blue Menu Frozen Yogurt – Vanilla
- Popsicle cookies n cream
- Scotsburn light delight vanilla dairy dessert
- Scotsburn Fat free frozen yogurt Strawberry
- Scotsburn Fat free frozen yogurt Vanilla
- Scotsburn Fat free frozen yogurt chocolate
- Skinny Cow Ice-cream sandwiches
- Skinny Cow Chocolate with fudge cones
- Skinny Cow Mint fudge
- Skinny Cow Vanilla caramel
- Skinny Cow Mini-fudge bars
- Skinny Cow Fudge

Milk and Alternatives - Not Included ✘

<p>Beverages, milkshakes, flavoured or yogurt types</p>	<ul style="list-style-type: none"> <li>✘ Astro Biobest Smoothie</li> <li>✘ Danactive yogurt drink</li> <li>✘ Danino Go yogurt drink</li> <li>✘ Hershey Chocolate Milkshake</li> <li>✘ Hershey Double Chocolate Shake</li> <li>✘ Hershey Cookies 'n' Cream flavored milk</li> <li>✘ Oh Henry Milkshake</li> <li>✘ PC ProAvantage Yogurt Drink - Vanilla</li> <li>✘ PC ProAvantage Yogurt Drink - Strawberry</li> <li>✘ PC Vanilla Milkshake</li> <li>✘ PC Chocolate Milkshake</li> <li>✘ YOP yogurt drinks</li> </ul>
<p>Yogurt and minigo</p>	<ul style="list-style-type: none"> <li>✘ Danissimo Mousse</li> </ul>
<p>Puddings - cups or instant</p>	<ul style="list-style-type: none"> <li>✘ Compliments Butterscotch Flavoured Pudding</li> <li>✘ Compliments Chocolate Fudge Flavoured Pudding</li> <li>✘ Compliments Strawberry Banana Flavoured Pudding</li> <li>✘ Compliments Banana Flavoured Pudding</li> <li>✘ Hunt's Snack Pack Fat-free Vanilla Pudding</li> <li>✘ Hunt's Snack Pack Chocolate Mud Pie Pudding</li> <li>✘ Hunt's Snack Pack Chocolate Fudge Pudding</li> <li>✘ Hunt's Snack Pack Chocolate Pudding</li> <li>✘ Hunt's Snack Pack Banana Cream Pie Pudding</li> <li>✘ Hunt's Snack Pack Toffee Caramel Pudding</li> <li>✘ Hunt's Snack Pack Tapioca Pudding</li> <li>✘ Hunt's Snack Pack Butterscotch Pudding</li> <li>✘ Jello Refrigerated Pudding</li> <li>✘ Jello Pudding - Vanilla Whirl</li> <li>✘ Jello Pudding - Fat-free Vanilla Whirl</li> <li>✘ Jello Pudding - Butterscotch Blast</li> <li>✘ Jello Pudding - Chocolate Splat</li> <li>✘ PC Pudding - Creamy Caramel</li> <li>✘ PC Pudding - French Vanilla</li> <li>✘ PC Pudding - Milk Chocolate</li> </ul>
<p>Cheese, processed e.g. slices and spreads</p>	<ul style="list-style-type: none"> <li>✘ Kraft Velveeta Cheese Slices</li> <li>✘ Mexicasa Nacho Cheese Sauce</li> <li>✘ Mexicasa Jalapeno Cheese Sauce</li> </ul>

<p>Frozen milk products e.g. ice milk, frozen yogurt</p>	<ul style="list-style-type: none"> <li>✘ Chapman's Frozen Yogurt - Mandarin Orange Fusion</li> <li>✘ Chapman's Frozen Yogurt - Mint Chocolate Flake</li> <li>✘ Chapman's Frozen Yogurt - Vanilla with Caramel and Chocolate Chunks</li> <li>✘ Chapman's Frozen Yogurt - Caramel Pecan Crunch</li> <li>✘ Chapman's Frozen Yogurt - Dutch Chocolate</li> <li>✘ Chapman's Frozen Yogurt - Vanilla</li> <li>✘ Chapman's Frozen Yogurt - Strawberry</li> <li>✘ Chapman's Frozen Yogurt - Peach</li> <li>✘ Chapman's Frozen Yogurt - Cherry</li> <li>✘ Chapman's Frozen Yogurt - Mixed Berry</li> <li>✘ Chapman's Frozen Yogurt - Neapolitan</li> <li>✘ Chapman's Frozen Yogurt - Cappuccino</li> <li>✘ Chapman's Frozen Yogurt - Maple Walnut</li> <li>✘ Chapman's Simply Light Ice-Cream - Blueberry Pomegranate Burst</li> <li>✘ Chapman's No Sugar Added Ice-Cream - Vanilla</li> <li>✘ Chapman's No Sugar Added Ice-Cream - Dutch Chocolate</li> <li>✘ Chapman's No Sugar Added Ice-Cream - Butterscotch Ripple</li> <li>✘ Chapman's No Sugar Added Ice-Cream - Neapolitan</li> <li>✘ Chapman's No Sugar Added Ice-Cream - Maple Walnut</li> <li>✘ Chapman's No Sugar Added Ice-Cream - Black Cherry</li> <li>✘ Chapman's No Sugar Added Ice-Cream - Cappuccino with Espresso Flakes</li> <li>✘ Chapman's No Sugar Added Ice-Cream - Fudge Bar</li> <li>✘ Chapman's No Sugar Added Ice-Cream - Vanilla Cone</li> <li>✘ Chapman's No Sugar Added Ice-Cream - Chocolate Cone</li> <li>✘ Fudgsicles</li> <li>✘ PC Blue Menu Light Ice Cream - Vanilla</li> <li>✘ PC Vanilla Ice Cream</li> <li>✘ PC Blue Menu Caramel Chocolate Ice Cream Bars</li> <li>✘ PC Blue Menu Fat Free Chocolate Gelato</li> <li>✘ Popsicle Ice-cream Sandwich</li> <li>✘ Skinny cow Vanilla and caramel dippers</li> <li>✘ Skinny cow Vanilla and mint dippers</li> </ul>
--	---