



HEALTHY FOODS, STANDING OFFER PRICING Western School District September 2011 - June 2012

Please direct inquiries to:
Bill Allan, 637-4021, Email bill.allan@wnlsd.ca

SUPPLIER: COLEMANS

DELIVERY: Only within town limits of a Coleman’s store, once a week usually within 24 hours of the order, minimum order of \$50. Schools can take advantage of the convenience of having Coleman’s staff picking the order up for you. However, the out of town schools would need to have a person stop by the store to pick it up.

PAYMENT: C.O.D. preferred (make cheques payable to Coleman’s)

TO ORDER: Phone, Fax or E-Mail your order as follows:

Schools wishing to order for their Breakfast, Lunch, or Snack program should contact:

Port aux Basques Area Schools
St. James Elementary, St. James High

CONTACT
Kay LeRiche, Store Manger,
50 Main St., P.A. B.
Fax 695-9585, Phone 695-2559
kleriche@colemans.ca

Stephenville Crossing Area Schools
Appalachia High, Our Lady of Mercy Elem.,
St. Michael’s Elementary

Kevin Dominie, Store Mgr.
58 Main St
Stephenville Crossing, A0N 2C0,
Fax 646-2231, Phone 646-5531,
kevind@colemans.ca

Stephenville Area Schools
Lourdes Elem., Pathfinders Alt. School,
Piccadilly Central High, St. Thomas Aquinas,
Stephenville Elem., Stephenville Middle Sch.,
Stephenville High, Stephenville Primary,
Our Lady of the Cape School

Mondella Stacey, Store Mgr
125 Main St.,
Stephenville, NL, A2N 1J5
Fax 643-3157, Phone 643-2885
mstacey@colemans.ca

Corner Brook, Bay of Islands, Pasadena,

Corner Brook High
G.C. Rowe,
Humber Elem.,
C.C. Loughlin,
J.J. Curling,
St. Gerard's,
Templeton,
Pasadena Acad.,
Pasadena Elem.,
Presentation,
Sacred Heart Elem.,
St. James A.G.,
St. Peter's

Justin Norman, Store Mgr

Box 340, 26 Caribou Rd.,
Corner Brook, NL, A2H 6E8
Fax 637-6666, Phone 637-6635
jnorman@colemans.ca

Deer Lake, and Northern Peninsula Schools

Bonne Bay Academy,
Elwood Elem.,
Elwood High,
Gros Morne Acad.,
Jakeman A.G.,
Long Range Acad.,
Xavier Jr High

Darren Baker, Store Mgr
Home Shopping & Delivery
1 Pennell's Lane.,
Deer Lake, NL, A2H 6E8
Fax 637-6666, Phone 637-6635
dbaker@colemans.ca

- **Call Store Manager for Details**

| <u>DRINKS</u> | <u>Description</u> | <u>Unit Price</u> | <u>Comments</u> |
|---------------------------------|---------------------------|--------------------------|------------------------|
| Apple Juice, 100% Unsweetened | 200 ml | .40 | 034217 |
| Orange Juice, 100% Unsweetened | 200 ml | .40 | 034216 |
| Other 100% Unsweetened Juices | 200ml | .40 | 034218 |
| Apple Juice, 100 % unsweetened | 1 L | 1.25 | 003386 |
| Orange Juice, 100 % Unsweetened | 1 L | 1.25 | 003387 |
| Water, Bottled | 24 x 500 ml. | 5.90/case | 003387 |

FRUIT & VEGETABLES

(All produce items change on a weekly basis – please contact your local Colemans Store for pricing.)

| | <u>Description</u> | <u>Unit Price</u> | <u>Comments</u> |
|--|---|-------------------|---------------------------------------|
| Apples | | | Price subject to change – please call |
| Oranges | | | Price subject to change – please call |
| Clementine's | | | Price subject to change – please call |
| Bananas | | | Price subject to change – please call |
| Strawberries | | | Price subject to change – please call |
| Potatoes | | | Price subject to change – please call |
| Green Peppers | | | Price subject to change – please call |
| Tomatoes | | | Price subject to change – please call |
| Lettuce, Iceberg | | | Price subject to change – please call |
| Lettuce, Romaine | | | Price subject to change – please call |
| Frozen French Fries, 4g of fat & 480 mg of sodium or less per 85 g serving | Cavendish Regular Crinkle Cut, green bag, 12 x 1 kg bags | \$21.38 | |
| Baby Carrots & Dip | Del Monte, Earth Bound Farms, 3 x 64g | \$3.79 | |

| <u>MILK PRODUCTS</u> | <u>Description</u> | <u>Unit Price</u> | <u>Comments</u> |
|---|---------------------------|--------------------------|------------------------|
| Cheddar Cheese, Regular Black Diamond | 500g | 7.99 | |
| Cheddar Cheese, 20% or Less MF Black Diamond | 500g | 7.99 | |
| Mozzarella Cheese, Regular | 500g | 7.99 | |
| Mozzarella Cheese, 2% or Less MF | 500g | 7.99 | |
| Cheese Slices, 24 Individually Wrapped, 6g of fat or less per slice | 500 g. | 4.99 | |
| Cheese Strings, 20% or Less MF (16 Individually Wrapped) | 336g. (16 pk) | 6.99 | |
| Yogurt, 2% Milk Fat or Less, 14 g of sugar or less | 16 x 100 g. | 7.49 pkg. | |
| Yogurt Tubes, 2% Milk Fat or Less, 14 g of sugar or less | 8 x 60 g. | 2.99 pkg. | |
| Petite Danone (or equivalent) 2% Milk Fat or Less, 14 g of sugar or less | 93 ml x 4 | 2.49pkg. | |
| Yogurt Drinks (like Silhouette Smoothie or equivalent), 2% Milk Fat or Less, 14 g of sugar or less | 200 ml. | 1.10 unit | |
| Cream Cheese, Low Fat | 250 g. | 3.49 | |
| Silhouette / Danone 16 pk (0% fat) (new product) | | 6.99 | |

| <u>SNACK PRODUCTS</u> | <u>Description</u> | <u>Unit Price</u> | <u>Comments</u> |
|--|---------------------------|--------------------------|-----------------------------|
| <u>GRANOLA/ CEREAL BARS</u> | | | |
| Must be 5 grams of fat or less per serving to meet School Food Guidelines | | | |
| Kellogg's Special K Bar | 23g bar x 6 | 2.99 pkg. | 034606 |
| Kellogg's Nutri-Grain Cereal Bar | 37g bar x 6 | 3.39 pkg. | 012788 012784 012785 |
| Quaker Chewy Granola Bar - no chocolate | 26 g. bar x 6 | 2.99 pkg. | 012917 |
| Nature Valley Chewy Yogurt & Granola Bar | 35 g. bar x 6 | 3.19 pkg. | 034911 |
| Nature Valley Chewy Trail Mix Bars | 35 g. bar x 6 | 3.19 | 034699 |
| Popcorn, Light (mini-bags) | 360 g. (8 x 45 g bags) | 4.99 pkg. | 035276 |
| Thinsations Assorted flavors (100 cal) | 6 pouches | 2.50 pkg. | |
| Del Monte Fruit Cup (Pull top tin) | 4 x 107 ml (9 varieties) | 2.99 – 4 p | 09230/09233 09240/225245 |
| Del Monte No Sugar Added Fruits | 14 oz. (3 varieties) | 2.19 | 009119 |
| Dole Pineapple Tidbits | 227 ml. (3 varieties) | .89 | 09493-09495 |
| Dole Fruit Bowls | 4 x 123 g. (12 varieties) | 2.99 – 4 p | 010087 |
| Sun Maid Raisins | Bag of 14 mini boxes | 2.99 | |
| Dole Apple Sauce Squish 'Ems | 4 pk Cups | 2.99 – 4 p | 235189 |
| Dole Mixed Berry Squish 'Ems | 4 pk Cups | 2.99 – 4 p | 235190 |
| Hunts or Healthy Choice Snack Pack Vanilla/ Chocolate Puddings (or equivalent) | 4 x 99 g. cups | 1.69 pkg. | 009625 |
| Hunts Dessert Favorites Puddings (or equivalent) | 4 x 99 g. cups | 1.69 pkg. | 009617 |

| <u>MEATS</u> | <u>Description</u> | <u>Price</u> | <u>Comments</u> |
|---|--|---------------------|------------------------|
| Chicken Burgers (white meat), Country Ribbon, 15 g of fat + 720 mg of sodium or less per 100 g serving | 9 boxes, 600 g per box | 45.55 | 530030 |
| Chicken Nuggets (white meat), Country Ribbon, 15 g of fat + 720 mg of sodium or less per 100 g serving | 9 boxes, 600 g per box | 45.55 | 090879 |
| Chicken Strips (white meat), Country Ribbon, 15 g of fat + 720 mg of sodium or less per 100 g serving | 9 boxes, 600 g per box | 45.55 | 090875 |
| Lean Ground Beef | Frozen or Fresh | 6.99 per kg | |
| Sliced Cooked Roast Beef | Sunrise Insides | 15.99per kg | |
| Sliced Cooked Turkey Breast | JMS | 15.99 kg | |
| Sliced Cooked Chicken Breast | Country Ribbon | 13.99per kg | |
| Chicken Breast (frozen, boneless skinless) | 3KG IQF 15% protein- 3kg box (Pinehill) | 27.49 kg | |

| <u>GRAINS</u> <i>Choose grains that are low in fat, low in salt, a source of fiber, or trans fat-free</i> | <u>Description</u> | <u>Unit Price</u> | <u>Comments</u> |
|--|-----------------------------------|--------------------------|-------------------------------|
| Bread, Enriched White, 5 g of fat or less per slice | Golden Toast | 2.19 | |
| Bread, Whole Wheat | Golden Brown | 2.19 | |
| Submarine Sandwich Buns, White, 5 g of fat or less per bun | Store made | 2.69 | |
| Submarine Sandwich Buns, Whole Wheat | Store made | 2.69 | |
| Hamburger Buns, White, 5 g of fat or less per bun | Ben's Smart | 2.79 pkg- 8 | |
| Hamburger Buns, Whole Wheat | Ben's Smart | 2.79 pkg- 8 | |
| Muffins, small - medium, low fat, made with whole grain flour or bran, 5 g of fat and 12 g of sugar or less per 30 g | Pack of 6, Smaller Sizes | 3.09 pkg- 6 | |
| Catelli Smart Whole Wheat Pasta Spaghetti or Macaroni | 375-454 g | 2.49 kg | 224349 – Spag 224350 - Mac |
| Bagels: Whole Grain Variety | Pack of 6, Smaller Sizes | 2.19 pkg- 6 | |
| Tortilla Shells, Whole Wheat | 12 x 450g / 10 inch | 4.09 | 12 pk |
| Tortilla Shells, White | 12 x 450g / 10 inch | 4.09 | 12 pk |
| Catelli Smart Whole Wheat Pasta Linguine | 375 g | 2.49 pkg | 035101 |
| Catelli Spaghetti Noodles, White | 24 x 500 g or 24 x 600 g Bonus | 1.79 pkg. 1.79 pkg | 025050 025032 |
| Catelli Spaghetti Noodles, Multi-Grain, | 375 g | 2.49 pkg | 034192 |
| Catelli Macaroni Noodles, Whole Wheat | 375 g | 2.49 pkg. | 025039 |
| Catelli Macaroni Noodles, White | 20 x 500 g or 20 x 600 g Bonus | 1.79 pkg. 1.79 pkg | 025040 025031 |
| Rice, Brown, Quick Cooking | | 4.29 pkg. | 018219 |
| Rice, White, Quick Cooking | | 7.99 pkg | 0180123 |

| <u>CEREALS</u> | <u>Description</u> | <u>Price</u> | <u>Comments</u> |
|---|---------------------------|---------------------|------------------------|
| Cheerios Cereal (Multigrain) | 450 g. | 4.49 | 013404 |
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| Corn Flakes Cereal | 750 gm | 4.99 | 012581 |
| Rice Krispies Cereal | 700 g. | 6.49 | 012616 |
| Hot Cereal: Instant Oatmeal, Regular, less than 6 g of sugar per serving | 375 g. (12 packs) | 3.49 | 012920 |
| Hot Cereal: Inst. Oatmeal, Brown Sugar Cinnamon, less than 6 g of sugar per serving | 310 g. (10 packs) | 3.49 | 010150 |
| Hot Cereal: Cream of Wheat | 336 g. (12 packs) | 3.29 pkg. | 013220 |
| Wraps, 10 inch | Taco Rio, Case of 120 | 22.41 case | |

| <u>OTHER</u> | <u>Description</u> | <u>Price</u> | <u>Comments</u> |
|---|---------------------------|---------------------|------------------------|
| Jam, Raspberry, low in sugar Fruit Lovers | 500 ml. | 3.99 unit | 036584 |
| Tomato Sauce (Hunts) | 680 ml. | 1.79 unit | 024161 |
| Kraft Miracle Whip (light) | 3.78 litre | 14.99 unit | 023500 |
| Margarine, Non - Hydrogenated - Becel | 2 lb. tub | 4.99 unit | 026746 |
| Kraft Cheese Whiz (light) | 1 kg. | 9.29 | 023340 |
| Salad Dressing (for Dip), Low Fat Kraft Ranchers Choice Cal. Wise | 355 ml. (or larger) | 3.29 | 097592 |
| Salsa, preferably less than 480 mg of sodium Old El Paso | 440 ml. | 2.75 unit | 025177 |