Forest City Distribution

364 Sovereign Rd. London, On N6M 1J1

Phone: (519) 457-7884 Fax (519) 457-7885

www.forestcitydistribution.com

NEW!

Dairylicious Inc.

Deliciously Different!

Nutrition Facts / Valeur Nutritive	Amount / Teneur	%DV / %VQ*	Amount / Teneur	%DV / %VQ*
Serving Size (40g) / Pour 1 Tablette (40g)	Fat/Lipides 3.5g	5%	Carbohydrate/Glucides 11g	4%
Calories 98	Saturated/Saturés 3g + Trans/Trans 0g	14%	Fiber/Fibres 0g	0%
	Cholesterol/Cholestérol 5mg	2%	Sugars/Sucres 11g	
	Sodium/Sodium 52mg	2%	Protein/Protéines 3g	
*DV = Daily Value/VQ = Valeur Quotidienne	Vit A 0% Vit C 1%		Calcium 15% Iron/Fer 0%	

Flavours Available

Original Chocolate/White

Original Sugar Free

Strawberry and Cream

Lemon and Cream

$1.25 ea.

What's in a moomoo?

moomoo bars are made with 100% real Canadian dairy. Made with real, fresh cheese they are a great source of calcium and protein. We also use real fruit in our moomoo bars, because we know that great foods are only as good as their ingredients. And at just 100 calories per bar, you won't feel guilty enjoying one moomoo after another. moomoo bars are also totally nut/peanut free.

$.55 ea.

Cookies

Touché NUT FREE • SANS NOIX • BAKERY • BOULANGERIE

Mini Loaf

$.60 ea.

Nutrition Facts / Valeur nutritive (Per 1 cookie (35 g) / pour 1 biscuit (35 g))	Amount / Teneur	% Daily Value / % valeur quotidienne
Calories / Calories 150		
Fat / Lipides 5 g		8 %
Saturated / saturés 1 g + Trans / trans 0 g		5 %
Cholesterol / Cholestérol 0 mg		
Sodium / Sodium 110 mg		5 %
Carbohydrate / Glucides 26 g		9 %
Fibre / Fibres 2 g		8 %
Sugars / Sucres 13 g		
Protein / Protéines 2 g		
Vitamin A / Vitamine A		6 %
Vitamin C / Vitamine C		0 %
Calcium / Calcium		0 %
Iron / Fer		4 %

Nutrition Facts / Valeur nutritive (Per 1 loaf (40 g) / pour 1 pain (40 g))	Amount / Teneur	% Daily Value / % valeur quotidienne
Calories / Calories 140		
Fat / Lipides 5 g		8 %
Saturated / saturés 1 g + Trans / trans 0 g		5 %
Cholesterol / Cholestérol 0 mg		
Sodium / Sodium 85 mg		4 %
Carbohydrate / Glucides 22 g		7 %
Fibre / Fibres 2 g		8 %
Sugars / Sucres 11 g		
Protein / Protéines 2 g		
Vitamin A / Vitamine A		0 %
Vitamin C / Vitamine C		0 %
Calcium / Calcium		2 %
Iron / Fer		4 %

Choc/Chip	Brownie

NEW!

Five-Star Milk Service Certified

2011-12

ELEMENTARY SCHOOL MILK PROGRAM

All products above meet or exceed the New Province of Ontario 2011-2012 nutritional requirements.

ELEMENTARY SCHOOL MILK PROGRAM

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Cheese Portions

100% real cheese portions.
Avail in medium/marble.
Case of 100/$41.00
($.41ea.)

NEW!

Nutrition Facts
Serving Size 1 oz (28g)
Servings Per Container 5

Amount Per Serving	
Calories 120	Calories from Fat 30
	% Daily Value*
Total Fat 3.5g	5%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 115mg	4%
Total Carbohydrate 21g	7%
Dietary Fiber less than 1 gram	3%
Sugars 2g	
Protein 2g	

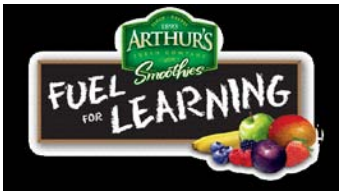
Vitamin A 2%	•	Vitamin C 0%
Calcium 0%	•	Iron 6%
Thiamin 10%	•	Riboflavin 4%
Niacin 6%	•	Folate 10%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

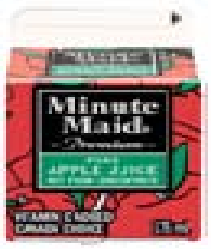
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

$0.75
40 c/s



This excellent nutritious 100% juice smoothie was made just for schools.
18/250ml units. (Gluten Free)
($1.25ea)



Apple & Orange Juice -NFC
175ml. ($.045ea.)
36 c/s

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