



We'll move right in to serve you!



J.C.A. Food Services Limited

696 Caithness Street East, Caledonia, Ontario N3W 1E3 • Phone 905-765-2290 • 1-800-962-VEND (8363) • Fax: 905-765-9709

Vended Products

Healthy Choice Alternatives



Healthy Snacks:

- Baked Doritos
- Sun Chips
- Baked Chips
- Veggie Chips
- Soy Chips
- Plain or Light Microwave Popcorn
- Cheese Poppers
- Dole Real Fruit Cups
- Fruit Snacks
- Low Fat Oatmeal Cookies

Healthy Snacks Con't:

- Snackwells
- Trail or Harvest Mix
- Fruit Mix
- Chex Mix
- Oatmeal to Go
- Cereal Boxes
- Tropical Fruit Salad
- Muffins
- Cup Cakes
- Wheat Pretzels
- Wheat Thins
- Wheatables
- Low Fat Yogurt
- Fruit Cup
- Cheese Sticks
- Nut Mix
- Animal Crackers
- Twizzlers

Nutritious Beverages

- Diet Sodas
- 100% Juices
- Dasani Water
- Diet Crystal Light
- Diet Lemonade
- Diet Nestea
- Lipton Green Tea

Candies & Bars:

- Sugar free gum & mints
- Sunkist Fruit Gems
- Cashews
- Peach Slices
- Almonds
- Sunflower Seeds
- Sesame Seeds
- Peanuts
- Peppermints
- Fruit Roll-Ups
- Fruit Bits
- Dried Fruit Pieces
- Granola bars
- Nutri grain bars
- All Bran Bars
- Balance Bars
- Kelloggs Healthy Bars
- Nature Valley Bars
- Yogurt Bars

Energy Drinks

- Red Bull
- Rock Star
- Coca Cola Blak
- Full Throttle
- Red Rave

Sandwiches

- Egg Salad on Whole Wheat
- Tuna Salad on Whole Wheat
- Salmon Salad on Whole Wheat
- Roasted Turkey Breast
- Chicken Salad
- Western (No Meat)

Salads

- Chicken Caesar Salad
- Garden Salad
- Tuna Macaroni Salad
- Julienne Salad
- Munchies
- Veggies and Dip
- Soup & Sandwich
- Fresh Fruit

Buns & Wraps

- Grilled Chicken on Whole Wheat Bun
- Turkey Club on Whole Wheat Bread
- Italian Club Wrap
- Veggie Wrap

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