

Back 2School

Price\$
Weekend
Special
5 September 2025



Breakfast & Lunch





BREAKFAST & LUNCH

Epicurean	Size	Retail Price
Sunshine Cereals	2.29oz	\$2.55
Kellogg's Raisin Bran	80g	\$8.49
Kellogg's Toasted Cereals	36g	\$8.49
Kellogg's Fruit Loops	42g	\$8.53
Kellogg's Toasted Rice Cereals	18g	\$2.95
Kellogg's Coco Krispies	39g	\$2.99
Kellogg's Corn Pops	27g	\$2.99
Kellogg's Apple Jacks	27g	\$4.69
Kellogg's Frosted Flakes	34g	\$2.99
Kellogg's Fruit Loops	27g	\$2.99
Sunshine Choco Gems	35g	\$1.17
Sunshine Frosted Flakes	40g	\$1.49
Sunshine Super Shapes	33g	\$1.17

Breakfast Is Important

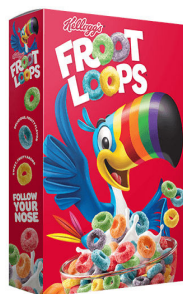
Studies have shown that children who don't have a healthful morning meal may be restless, sluggish, and lack focus in the classroom. This can hinder their ability to learn and sometimes lead to behaviour problems.

(<https://www.brownhealth.org/be-well/why-breakfast-so-important-kids>)

Sammy	Size	Retail Price
Perdue Hot Dog	12oz	\$7.50
Gwaltney Hot Dog	16oz	\$10.95
Perdix Hot Dog	340g	\$4.25
Cornmeal	1lb	\$2.07
Morn flake Creamy Super		
Fast Oats	500g	\$6.01
All Nature Oats	500g	\$3.20
Omela Milk	386ml	\$4.60
Omela Milk	60ml	\$1.40
Distinction Milk	410g	\$3.95
Distinction Milk	170g	\$1.60
Grill Master Patties	6 pk	\$30.00
Libby's Spaghetti & Meatball	411g	\$8.10
Chef Boyardee Spaghetti & Meatball	411g	\$10.50

XPZ	Size	Retail Price
Dutch Lady Milk	200ml	\$1.79
Serge	250ml	\$3.45
Sunshine Cornflakes	340g	8.86
Shoppers Value Cornflakes	18oz	\$16.24
Promos Cornflakes	198g	\$5.87

Perry Bay	Size	Retail Price
Lamar Milk	200ml	\$1.09
Grace Coconut Milk	400ml	\$7.20
Smoothies	6pk	\$24.45



First Choice Foods	Size	Retail Price
Jennie-O Turkey Franks	16oz	\$15.00
Gwaltney Sausage	12oz	\$9.90
Gwaltney Sausage	16oz	\$10.35
Gwaltney with Cheese	16oz	\$15.10
Kellogg's Raisin Bran	43g	\$3.80
Kellogg's Pops	42g	\$8.45



Why Colour Matters

The vibrant color of fruits and vegetables aren't just for show; they represent essential nutrients crucial for our children's growth and development. Each colour offers a unique set of vitamins and minerals and antioxidants and all play specific roles in supporting overall health. By embracing the power of colors and making fruits and vegetables a central part of their diet, you can help your children establish healthy eating habits.

(<https://www.thenorthstaracademy.com/post/childrens-nutrition-tips>)