



Ingham Low Sodium Commissary Menu

**You will be charged a Commissary Order Fee with each order placed

Only one order per person

Monday, January 17, 2022

Code	Product Name	Max Price
BEVERAGES		
6562	TASTERS CHOICE COFFEE ss	\$0.45
6564	DECAF TASTERS CHOICE INSTANT ss	\$0.63
657	SWISS MISS HOT CHOCOLATE .73 oz	\$0.58
6571	VANILLA CAPPUCINO .81 oz ss	\$0.80
6572	MOCHA CAPPUCINO .81 oz ss	\$0.80
6603	FRENCH VANILLA COFFEE 3 oz	\$6.47
6604	HAZELNUT COFFEE 3 oz	\$6.47
6605	CLASSIC BLEND REGULAR COFFEE 3 oz	\$5.73
BREAKFAST ITEMS		
6012	BLUEBERRY MINI MUFFIN 1.7 oz	\$1.73
6016	PECAN TWIRLS 3 pk	\$2.77
634	TOASTER PASTRIES STRAWBERRY 2 pk	\$1.43
CANDY		
505	TWIX CARAMEL 1.79 oz	\$2.78
506	M & M PLAIN 1.69 oz	\$2.78
507	PEANUT M & M 1.74 oz	\$2.78
508	3 MUSKETEERS 1.92 oz	\$2.78
510	PAYDAY 1.85 oz	\$2.85
511	BUTTERFINGER 1.9 oz	\$2.70
512	SNICKERS 1.86 oz	\$2.78
5131	PLAIN HERSHEY'S BAR 1.55 oz	\$2.85
514	KIT KAT 1.5 oz	\$2.85
516	HERSHEY'S ALMOND BAR 1.45 oz	\$2.85
517	REESES PEANUT BUTTER CUPS 1.5 oz	\$2.85
518	MILKY WAY 1.84 oz	\$2.78
521	BUTTERSCOTCH DISK 4.5 oz	5 \$1.85
522	LEMON DROPS 4.5 oz	5 \$1.78
523	ORANGE SLICES 5.5 oz	5 \$3.18
534	JOLLY RANCHER 4 oz	5 \$2.50
535	BABY RUTH 1.9 oz	\$2.70
536	MINTS STARLIGHT 4.5 oz	5 \$1.85
537	ATOMIC FIREBALLS 4 oz	5 \$2.35
5380	HARIBO BERRIES 4 oz	5 \$3.15
5381	SOUR WORMS 3.25 oz	5 \$3.18
540	DOUBLE DIP PEANUTS 5 oz	5 \$4.47
545	MINI CARAMELS 5 oz	5 \$4.47
CHIPS & SNACKS		
502	TOASTY PEANUTBUTTER CRACKER 1.29 oz	\$0.83
503	SALTED PEANUTS 3.5 oz	\$1.93
5411	TRAIL MIX SWEET N SALTY 3.5 oz	\$2.23
5421	CARMEL SWEET N SALTY 5.5 oz	\$5.03
6055	LAYS SOUR CREAM & ONION CHIPS 1.5 oz	\$1.93

Code	Product Name	Max Price
6057	CHEDDARCORN & CARAMEL 1.7 oz	\$2.25
CONDIMENTS		
6081	SAUCE PACKET HOT	\$0.33
620	JELLY SQUEEZE 1 oz	\$0.57
663	SUGAR ss 10 pk	\$0.77
664	NON-DAIRY CREAM ss 10 pk	\$1.20
COOKIES & SWEETS		
6013	BROWNIE MUFFIN 1.9 oz	\$1.73
613	PEANUT BUTTER COOKIES 2.5 oz	\$1.28
614	SMALL CHOCOLATE CHIP COOKIES 2 oz	\$1.57
6142	FUDGE ROUNDS 2 oz	\$1.12
615	BROWNIE 2.33 oz	\$1.12
616	MOON PIE 2.75 oz	\$1.60
617	OREOS COOKIES 2.4 oz	\$1.82
618	BANANA MOON PIE 2.75 oz	\$1.60
631	NUTTY BAR 2.1 oz	\$1.12
642	LARGE STRAWBERRY CREMES COOKIE BAG 6 oz	\$3.17
643	LARGE CHOCOLATE CHIP COOKIE BAG 6 oz	\$3.05
644	DUPLEX COOKIES 5 oz	\$1.45
HEALTHY BITES		
596	BAKED LAYS PLAIN CHIP 1 1/8 oz	\$1.93
6120	CHIPS AHOY COOKIES 100 CALORIES .81 oz	\$1.60
632	GRANOLA OAT HONEY BAR 1.49 oz	\$1.33
6320	FIBER 1 OATS & CHOCOLATE BAR 1.4 oz	\$2.20
6321	FRUIT & NUT GRANOLA BAR 1.2 oz	\$1.63
6341	APPLE-CINNAMON NUTRI-GRAIN BAR 1.3 oz	\$1.55
6342	RASPBERRY NUTRI-GRAIN BAR 1.3 oz	\$1.55
6343	STRAWBERRY NUTRI-GRAIN BAR 1.3 oz	\$1.53
QUICK AND EASY MEAL ITEMS		
686	WHITE RICE, INSTANT 2 oz	\$1.67
SUGAR FREE		
529	SUGAR FREE HARD CANDY 2 oz	5 \$2.65
650	SUGAR FREE LEMONADE DRINK 1.4 g	\$0.30
652	ICED TEA SUGAR FREE 1.4 g	\$0.30
6631	SUGAR SUBSTITUTE ss 10 pk	\$0.80
CLOTHING		
834	T-SHIRT LARGE ea	\$6.68
835	T-SHIRT X LARGE ea	\$6.68
841	TUBE SOCKS 1 pair	\$2.14
8451	LONGJOHNS SMALL 1 pair	\$20.91
8452	LONGJOHNS MEDIUM 1 pair	\$20.91
8453	LONGJOHNS LARGE 1 pair	\$20.91

Code	Product Name	Max Price
846	LONGJOHNS X-LARGE 1 pair	\$20.91
847	LONGJOHNS 2X-LARGE 1 pair	\$22.05
848	LONGJOHNS 3X-LARGE 1 pair	\$26.58
849	LONGJOHNS 4X-LARGE 1 pair	\$27.54
850	T-SHIRT 2X-LARGE ea	\$7.72
851	T-SHIRT 6X-LARGE ea	\$15.32
885	LONGJOHNS 5X-LARGE 1 pair	\$28.17
886	LONGJOHNS 6X-LARGE 1 pair	\$31.20
DENTAL CARE		
401	MOUTHWASH 4 oz	\$1.35
403	CLOSE-UP TOOTHPASTE 4 oz	\$4.61
404	TOOTHPASTE COLGATE .85 oz	\$1.30
406	FRESH N BRITE DENTURE TOOTHPASTE 3.8 oz	\$12.21
407	DENTURE ADHESIVE 2.4 oz	\$6.84
408	TOOTHBRUSH HOLDER 7 in	\$0.67
412	COLGATE TARTER CONTROL TOOTHPASTE 6 oz	\$8.59
415	COLGATE SENSITIVE TOOTHPASTE 6 oz	\$17.01
419	DENTURE CLEANER 6 pk	\$0.87
DEODORANTS		
202	FRESHSCENT MEN DEODORANT 2.25 oz	\$3.23
203	FRESHSCENT WOMEN DEODORANT 2.25 oz	\$3.16
DIVERSIONS & GAMES		
5021	WORD FIND ea	1 \$2.97
703	CHECKERS ea	\$9.20
706	CHESS SET ea	\$11.69
708	POKER SIZE CARDS ea	\$2.39
7081	PINOCHLE CARDS ea	\$3.41
710	SKETCH PAD 8.5 x 11	\$4.24
FEMININE PRODUCTS		
180	MAXI PAD SINGLE ea	\$0.38
HEALTH & BEAUTY		
1102	CONTACT LENS SOLUTION 12 oz	\$11.45
1103	CONTACT DOUBLE LENS CASE ea	\$1.48
113	EMERY BOARD 4.5 in	\$0.24
137	READING GLASSES +1.50 ea	\$6.54
139	READING GLASSES +2.50 ea	\$6.54
HYPO ALLERGENIC		
2036	ALMAY HYPO-ALLERGENIC DEODORANT 2.25 oz	\$9.20
2038	ROLL-ON DIAL HYPO-ALLERGENIC DEODORANT 1.	\$3.31
208	HYPO-ALLERGENIC DIAL SOAP 3.2 oz	\$2.31
LOTIONS & OTHER		
117	COCOA BUTTER STICK 1 oz	2 \$4.26

*(Postage Price is based on Current Market) *(Shoes are a unisex size, you must order a shoe size in order to receive your shoe)*(Holiday Cards code 4351 are, Halloween, Thanksgiving, Christmas, Valentines, Easter, Mother's, Father's Day ONLY)*(ALL SALES ARE FINAL)*

(Menu Product Pricing Subject To Change Without Notice)(Canteen reserves the right to substitute items with comparable items)*(All Non-Food Items are subject to State Sales Tax which is included in the Menu Price)*(Due to rounding, products may have a few cents discrepancy)*

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Code	Product Name	Max Price
200	HAND & BODY LOTION 4 oz	\$1.17
210	BABY LOTION 4 oz	\$1.45
212	PETROLEUM JELLY 4 oz	\$2.58
MENS CLOTHING		
830	MENS BRIEF SMALL ea	\$3.53
831	MENS BRIEF MEDIUM ea	\$3.53
832	MENS BRIEF LARGE ea	\$3.53
833	MENS BRIEF X-LARGE ea	\$3.53
8330	BOXER SHORT 5X-LARGE ea	\$8.61
8332	MENS BRIEF 2X-LARGE ea	\$4.82
8333	MENS BRIEF 3X-LARGE ea	\$4.82
8334	BOXER SHORT 4X-LARGE ea	\$6.47
8335	BOXER SHORT 3X-LARGE ea	\$5.65
8336	BOXER SHORT 2X-LARGE ea	\$5.65
8337	BOXER SHORT X-LARGE ea	\$4.11
8338	BOXER SHORT LARGE ea	\$4.11
8339	BOXER SHORT MEDIUM ea	\$4.11
8340	BOXER SHORT SMALL ea	\$4.11
MISCELLANEOUS		
658	PLASTIC BOWL & LID 16 oz	\$1.04
659	CUP & LID 22 oz	\$0.95
6745	PAPER SPOON	\$0.35
7011	INSULATED MUG 22 oz	\$5.94
7074	WASHCLOTH ORANGE 12 x 12 ea	\$1.43
7078	ECONOMY BLUE STRIPED TOWEL 22x44 ea	\$7.95
PHARMACY		
102	DECONGESTANT PHENYLEPHRINE 2 pk	2 \$0.40
103	ASPIRIN 2 pk	2 \$0.27
104	IBUPROFEN 2 pk	2 \$0.48
105	NON ASPIRIN 2 pk	2 \$0.29
107	SEVERE COLD & SINUS 2 pk	2 \$0.56
110	LIP BALM ea	2 \$1.30
112	MUSCLE RUB 1.5 oz	2 \$3.60
1121	HEMORRHOID CREAM .9 oz	2 \$3.60
114	HALLS COUGH DROPS 9 pk	2 \$2.97
115	ANTACID 2 pk	2 \$0.30
216	ANTIFUNGAL CREAM CLOTRIMAZOLE 1 oz	2 \$3.57
218	ACNE CREAM 1 oz	2 \$3.57
225	HYDROCORTISONE CREAM ss	2 \$0.56
226	ANTIBIOTIC OINTMENT ss	2 \$0.61
411	ORASOL TOOTHACHE GEL .75 gm	2 \$0.95
POSTAGE		
447	POSTCARD STAMPED ea	\$0.52
449	POSTAGE STAMPS ea	\$0.58
4499	2 CENTS POSTAGE ea	\$0.02
451	STAMPED ENVELOPE # 10	\$0.83
SHAMPOO & HAIR CARE		

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Code	Product Name	Max Price
304	SHAMPOO 4 oz	\$1.17
305	CONDITIONER 4 oz	\$1.17
306	HAIR FOOD 5 oz	\$4.37
309	PLASTIC SHOWER CAPS ea	\$0.46
311	BERGAMOT HAIR CONDITIONER 5 oz	\$4.37
313	SULFUR 8 CONDITIONER 2 oz	\$10.41
321	SHEA DEEP MOISTURE SHAMPOO 8 oz	\$3.55
322	SHEA LEAVE IN CONDITION 8 oz	\$3.55
323	SHEA CURL STRETCH CREAM 6 oz	\$3.37
823	PALM BRUSH 4 in	\$1.01
SHAVING		
206	MAGIC SHAVE CREAM 6 oz	\$11.89
215	SHAMPOO-SHAVE GEL & BODY WASH 4 oz	\$1.66
SHOES & FOOTWEAR		
812	SHOE-BLUE CANVAS 1 pair	\$12.93
8880	M Size 5 W Size 6.5/7	1 \$0.00
8881	M Size 6 W Size 7.5/8	1 \$0.00
8882	M Size 7 W Size 8.5/9	1 \$0.00
8883	M Size 8 W Size 9.5/10	1 \$0.00
8885	M Size 9 W Size 10.5/11	1 \$0.00
8887	M Size 10 W Size 11.5/12	1 \$0.00
8889	M Size 11 W Size 12.5/13	1 \$0.00
8890	M Size 12 W Size 13.5/14	1 \$0.00
8891	M Size 13 W Size 14.5/15	1 \$0.00
8892	M Size 14 W Size 15.5/16	1 \$0.00
8893	M Size 15 W Size 16.5/17	1 \$0.00
902	SHOWER SHOE ALPHA MEDIUM	\$10.44
903	SHOWER SHOE ALPHA LARGE	\$10.44
SOAP & CLEANSING		
205	SKIN CREAM 8 oz	\$3.74
2071	IVORY SOAP 3.1 oz	\$1.86
217	SOAP HOLDER 4 in	\$0.76
221	SAFE GUARD ANTIBACTERIAL SOAP 4 oz	\$2.89
STATIONARY		
4301	CARD - ADULT BIRTHDAY ea	\$1.41
4311	CARD - CHILD BIRTHDAY ea	\$1.41
4321	CARD - FRIENDSHIP ea	\$1.41
4331	CARD - GET WELL ea	\$1.41
4341	CARD - THANK YOU ea	\$1.41
4351	CARD - HOLIDAY ea	\$1.41
4361	CARD - LOVE ea	\$1.41
4371	CARD - BLANK ea	\$1.41
450	LEGAL ENVELOPE 10x13	\$0.55
452	LEGAL PAD 8 x 11	\$2.41
5009	DICTIONARY ea	\$3.26
818	ENVELOPE PLAIN WHITE #10	\$0.18
WOMENS CLOTHING		

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836	WOMENS PANTIES SMALL ea	\$3.36
837	WOMENS PANTIES MEDIUM ea	\$3.36
838	WOMENS PANTIES LARGE ea	\$3.36
839	WOMENS PANTIES X-LARGE ea	\$3.36
8392	WOMENS PANTIES 4X-LARGE ea	\$4.06
840	WOMENS PANTIES 6X-LARGE ea	\$4.06
8401	BRA - 34B ea	\$9.40
8402	BRA - 36B ea	\$9.40
8403	BRA - 38B ea	\$9.40
8404	BRA - 40C ea	\$9.40
8405	BRA - 40D ea	\$9.40
8406	BRA - 42C ea	\$9.40
8407	BRA - 42D ea	\$9.40
8408	BRA - 44D ea	\$9.40
BASIC NEEDS		
4021	THUMBPRINT TOOTHBRUSH 2.5 in	\$0.22
4521	EZ BEND PEN BLUE 4 in	2 \$0.94
8265	SECURITY RAZOR 2.5 in	2 \$0.82
900	SHEET PAPER ea	\$0.11
INDIGENT KITS		
997	INGHAM W/RAZOR INDIGENT KIT	1 \$0.00
998	INGHAM INDIGENT NO RAZOR KIT	1 \$0.00
9981	INGHAM DENTURE W/RAZOR INDIGENT KIT	1 \$0.00
9982	INGHAM DENTURE NO RAZOR INDIGENT KIT	1 \$0.00

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