

Disclaimer: This is merely a guide and we are unable to be responsible for individual reactions to any product. Please read each label carefully to determine whether a food is appropriate for you. The information provided is not to be taken as medical advice. Consult your health care practitioner for all medical advice.

General Description	Description	Size
BAKING POWDER,BAKING SODA	DVS POWDER BAKING	8.1OZ
BAKING POWDER,BAKING SODA	ARGO BAKING POWDER	12OZ
BEANS: BAKED,PORK&BEANS	BUSHS BEST BEANS HMSTYL	16OZ
BEANS: BAKED,PORK&BEANS	BUSHS BEST BEANS ONION	16OZ
BEANS: BAKED,PORK&BEANS	BUSHS BEST BEANS ORIGNL	16OZ
BEANS: BAKED,PORK&BEANS	BUSHS BEST BEANS	28OZ
BEANS: BAKED,PORK&BEANS	BUSHS ORIGINAL BEANS	55OZ
BEANS: BAKED,PORK&BEANS	BUSHS BEST BEANS VEGTRN	16OZ
BEANS: BAKED,PORK&BEANS	BUSHS BEAN CM TRAD CHILI	15.5OZ
BEANS: BAKED,PORK&BEANS	BUSHS CM TEXAS CHILI BEANS	15.5OZ
BEANS: BAKED,PORK&BEANS	BUSHS GRL BEAN SOUTH PIT	22OZ
BEANS: BAKED,PORK&BEANS	BUSHS GRL BEAN STKHS RC	22OZ
BEANS: BAKED,PORK&BEANS	BUSHS GRL BN TXS RNCH	21OZ
BEANS: BAKED,PORK&BEANS	BUSHS BEANS BOSTON RCPE	16OZ
BEANS: BAKED,PORK&BEANS	BUSHS MAPLE CURED BACON	16OZ
BEANS: BAKED,PORK&BEANS	BUSHS BEANS CNTRY STYLE	16OZ
CHILI: W/BEAN, NO BEAN	HRML CHILI W/BNS CKY	15OZ
CHILI: W/BEAN, NO BEAN	HRML CHILI W/BNS REG	15OZ
DRINK MIXES: POWDER,UNSWE	KA RKA 2QT INV UNSWT ORNG	.15OZ
DRINK MIXES: POWDER,UNSWE	KA RKA 2QT UNSWT PUNCH	.16OZ
DRINK MIXES: POWDER,UNSWE	KA RKA CHERRY ENV	0.13OZ
DRINK MIXES: POWDER,UNSWE	KA RKA GRAPE ENV	0.14OZ
DRINK MIXES: POWDER,UNSWE	KA RKA 2QT LEMONADE	.23OZ
DRINK MIXES: POWDER,UNSWE	KA RKA PNK LMND	.13OZ
DRINK MIXES: POWDERED,SWE	CNTR TM 8QT PNK LMNADE	19OZ
DRINK MIXES: POWDERED,SWE	CNTR TM 8QT LMNADE	19OZ
DRINK MIXES: POWDERED,SWE	KA 8QT SWT TRPCL PNCH	19OZ
DRINK MIXES: POWDERED,SWE	KA 8QT SWT GRP	19OZ
DRINK MIXES: POWDERED,SWE	KA 8QT SWT CHRRY	19OZ
FOOD COLOR,FLAVOR EXTRACT	MC ANISE EXTRACT	1FZ
FOOD COLOR,FLAVOR EXTRACT	MC COCONUT EXTRACT IMIT	1FZ
FOOD COLOR,FLAVOR EXTRACT	MC LEMON EXTRACT	1FZ
FOOD COLOR,FLAVOR EXTRACT	MC ORANGE EXTRACT	1FZ
FOOD COLOR,FLAVOR EXTRACT	MC PEPPERMINT EXTRACT	1FZ
FOOD COLOR,FLAVOR EXTRACT	MC RUM EXTRACT IMIT	1FZ
FOOD COLOR,FLAVOR EXTRACT	MC IMITATION VANILLA	2FZ
FOOD COLOR,FLAVOR EXTRACT	MC VANILLA EXTRACT	2FZ
FOOD COLOR,FLAVOR EXTRACT	MC PURE ALMOND EXTRACT	1FZ
JUICE: TOMATO,VEGETABLE	V8 VGT JCE	11.5FZ
JUICE: TOMATO,VEGETABLE	V8 VGT JCE CAN	46FZ

Wilson Lakeside Market  
Gluten Free Items

As of 8/13/12

General Description	Description	Size
JUICE: TOMATO,VEGETABLE	V8 JCE VEG	46FZ
JUICE: TOMATO,VEGETABLE	V8 JCE HOT & SPICY	46FZ
JUICE: TOMATO,VEGETABLE	V8 JCE LS VEG	46FZ
JUICE: TOMATO,VEGETABLE	V8 REG VGT JC	64FZ
JUICE: TOMATO,VEGETABLE	V8 SPLSH TRPCL BLND	64FZ
JUICE: TOMATO,VEGETABLE	V8 SPLSH BRY BLND	64FZ
JUICE: TOMATO,VEGETABLE	V8 SPLSH MNGO PCH	64FZ
JUICE:CRANBERRY,GRAPE	A&E CRAN JCE NTRL PLST	64FZ
JUICE:CRANBERRY,GRAPE	A&E RSP/CRAN JCE	64FZ
JUICE:CRANBERRY,GRAPE	A&E CRAN/GRP JCE	64FZ
JUICE:CRANBERRY,GRAPE	A&E PMGRNT/CRAN JC	64FZ
JUICE:CRANBERRY,GRAPE	LNGRS GRP JUICE PLSTC	64FZ
JUICE:CRANBERRY,GRAPE	LNGRS PMGRNT/CRAN CKTL	64FZ
JUICES & DRINKS: 6PK,10PK	CAMP V8 LOW SODIUM 6PK	69FZ
JUICES & DRINKS: 6PK,10PK	V8 6PK REG JCE	33FZ
JUICES & DRINKS: 6PK,10PK	V8 6PK SPCY HT VGT	33FZ
JUICES & DRINKS: 6PK,10PK	V8 6PK LW SDM JCE	33FZ
MEAT: CHICKEN,TURKEY,HAM	VL FRSH PREM WHT CHKN	5OZ
MEAT: CHICKEN,TURKEY,HAM	VL FRSH PREM WHT CHKN	10OZ
MEAT: CHICKEN,TURKEY,HAM	HRML CHUNKY TURKEY	5OZ
MEAT: CHICKEN,TURKEY,HAM	HRML CHUNK CKN BRST	5OZ
MEAT: CORNED,DRIED BEEF	HRML CORNED BEEF	12OZ
MEAT: POTTED,VIENNA SAUSA	ARMR VIENNA SAUSAGE CAN	5OZ
SAUCES: FOR MEAT,A1,ETC	L&P SAUCE WORSCHT	10FZ
SOUP: BOUILLON,BROTH	PROG LS CHICKEN BROTH	32OZ
SOUP: BOUILLON,BROTH	PROG UNSLTD CHKN BRTH	32OZ
SOUP: BOUILLON,BROTH	HRBX 25CT BEEF CUBES	3.25OZ
SOUP: BOUILLON,BROTH	HRBX 25CT CHKN CUBES	3.33OZ
SOUP: BOUILLON,BROTH	HRBX 8CT INST CHKN BRTH	1.13OZ
SOUP: BOUILLON,BROTH	HRBX 8CT SF BEEF	1.1OZ
SOUP: BOUILLON,BROTH	HRBX 8CT SF CHKN	1.2OZ
SPREADS: LOW SUGAR, LOW S	PLNR A/F STRWBRRY	10OZ
SPREADS: LOW SUGAR, LOW S	PLNR A/F GRP	10OZ
VINEGAR,COOKING WINE	RGNA VINEGAR RED WINE	12FZ
VINEGAR,COOKING WINE	REGINA BALSAMIC VINEGAR	16.9FZ
APPLE CHIPS	SENECA-RED APPLE CHIPS	2.5OZ
BACON SPECIALTY	JONES CANADIAN BACON	6OZ
BBQ PRE PACKED	LLOYDS PORK TUB	16OZ
BBQ PRE PACKED	LLOYDS BEEF TUB	15OZ
BOLTHOUSE 1/2 GALLON	CARROT JUICE 100%	52FZ
BOLTHOUSE JUICE LITERS	50/50 TROPICAL BLEND	32FZ
BOLTHOUSE JUICE LITERS	GREEN GOODNESS JUICE	32FZ
BOLTHOUSE JUICE LITERS	STRAWBERRY BANANA & APPLE FRUIT SMOOTHIE	32FZ
BOLTHOUSE JUICE LITERS	BLUE GOODNESS JUICE	32FZ
BOLTHOUSE JUICE LITERS	AMAZING MANGO JUICE	32FZ
BOLTHOUSE JUICES.5 LITER	C-BOOST	15.2FZ

Wilson Lakeside Market  
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General Description	Description	Size
BOLTHOUSE JUICES.5 LITER	HAZELNUT LATTE-PERFECTLY PROTEIN	15.2FZ
BOLTHOUSE JUICES.5 LITER	BERRY BLAST	15.2FZ
BOLTHOUSE JUICES.5 LITER	MOCHA CAPPUCINO-PERFECTLY PROTEIN	15.2FZ
BOLTHOUSE JUICES.5 LITER	BLUE GOODNESS	15.2FZ
BOLTHOUSE JUICES.5 LITER	VANILLA & CHAI TEA	15.2FZ
BOLTHOUSE JUICES.5 LITER	STRAWBERRY BANANA SMOOTHIE	15.2FZ
BULK PEPP/BF STIX/CHUBS	BUSS HERBS DE PROVENCE SALAMI CHUBS	8OZ
CANDY & MARSHMALLOWS BAG:	NSTLE RAISINETS	11OZ
CANDY & MARSHMALLOWS BAG:	CMPFR GIANT RSTRS MM	28OZ
CANDY BAG: 4 OZ - 11 OZ	DUM DUM LOLLIPOPS	10.4OZ
CANDY&GUM: BOXED LINE	NSTLE RAISINETS THTR BOX	3.5OZ
CANDY&GUM: BOXED LINE	NSTLE GOOBERS	3.5OZ
CANDY&GUM: BOXED LINE	PEARSN NIPS COFFEE	4OZ
CANDY&GUM: BOXED LINE	PEARSN NIPS CRML	4OZ
CANDY&GUM: BOXED LINE	HOT TAMALES THEATRE BOX	5OZ
CANDY&GUM: BOXED LINE	MIK & IKE THEATRE BOX	5OZ
CANNED HAMS	HORMEL HAM PATTIES	12OZ
CEREAL: HOT-REGULAR	NBC CRM O RICE	14OZ
CEREAL: READY TO EAT	GM CNN CHEX CRL	13.5OZ
CEREAL: READY TO EAT	GM CHOC CHEX	14.25OZ
CEREAL: READY TO EAT	GM HONEY NUT CHEX	13.8OZ
CEREAL: READY TO EAT	GM CORN CHEX	14OZ
CEREAL: READY TO EAT	GM RICE CHEX	12.8OZ
CEREAL: READY TO EAT	POST COCOA PEBBLES	11OZ
CEREAL: READY TO EAT	POST COCOA PEBBLES	15OZ
CEREAL: READY TO EAT	POST FRUITY PEBBLES	11OZ
CEREAL: READY TO EAT	POST FRUITY PEBBLES	15OZ
CEREAL: READY TO EAT	POST SHRDD WHT N BRAN	18OZ
CHEESE:PROCESSED OTHER	SRGNT SHRD RF CHEDDAR	8OZ
CHEESE:PROCESSED OTHER	CBT SNK PK 50% LT CHED	6OZ
CHEESE:PROCESSED OTHER	CBT BAR MONTEREY JACK	8OZ
CHEESE:PROCESSED OTHER	CBT BAR XSHARP CHEDDAR	8OZ
CHEESE:PROCESSED OTHER	CBT CHNK XSHARP CHED	32OZ
CHEESE:PROCESSED OTHER	CBT BAR X-SHARP LIGHT	8OZ
CHEESE:PROCESSED OTHER	CBT BAR RF LT VT CHED	8OZ
CHEESE:PROCESSED OTHER	CBT BAR PEPPERJACK CHS	8OZ
CHEESE:PROCESSED OTHER	CBT BAR NY XSHRP WHITE	8OZ
CHEESE:PROCESSED OTHER	CBT BAR COL XSHARP CHED	8OZ
CHEESE:PROCESSED OTHER	CBT BAR HUNTER XXSHARP	8OZ
CHEESE:PROCESSED OTHER	CBT SNK PK SERIOUS CHED	6OZ
CHEESE:PROCESSED OTHER	CBT BAR HRSRDSH CHED CH	8OZ
CHEESE:PROCESSED OTHER	CBT BAR SHARP HUNTERS	8OZ
CHEESE:PROCESSED OTHER	CBT BAR HABANERO	8OZ
CHEESE:PROCESSED OTHER	CBT BAR VT SHARP CHED	8OZ
CHEESE:PROCESSED SLICED	CBT SLCS VT SHARP WHITE	8OZ
CHEESE:PROCESSED SLICED	CBT SLCS 50% LT VT CHED	8OZ

General Description	Description	Size
COFFEE: CREAMERS-NON DAIR	CFFMT FRENCH VANILLA	15OZ
COFFEE: CREAMERS-NON DAIR	CRNTN CFF MT	6OZ
COFFEE: CREAMERS-NON DAIR	CRNTN CFF MT LITE	16OZ
COFFEE: CREAMERS-NON DAIR	CRNTN CFF MT	16OZ
COFFEE: CREAMERS-NON DAIR	CRNTN CFF MT	22OZ
COFFEE: CREAMERS-NON DAIR	CRNTN CFF MT HZLNT	15OZ
COFFEE: CREAMERS-NON DAIR	CFFMT HAZELNUT LC SF	10.2OZ
COFFEE: CREAMERS-NON DAIR	CFFMT FR VAN LC SF	10.2OZ
CORN STARCH	ARGO CORN STARCH CNSTR	16OZ
CORN SYRUP	KARO SYRUP BLUE	16FZ
CORN SYRUP	KARO SYRUP RED	16FZ
CORN: WHOLE&CREAM	GG NIBLETS CORN	11OZ
CORN: WHOLE&CREAM	GG CORN WHITE SHOEPEG	11OZ
COUNT GOOD: CANDY	STRBRST FRT CHEWS	2.07OZ
COUNT GOOD: CANDY	SKTTLS BITE SIZE	2.17OZ
CRACKERS/SNACK ITEMS	BC SWT ONION/CHEDDAR	2OZ
DAIRY YOGURT	CHOBANI YGT 0% PLAIN NF	16OZ
DAIRY YOGURT	CHOBANI YGT PLAIN NF	32OZ
DAIRY YOGURT	CHOBANI YGT STRAWBERRY	32OZ
DAIRY YOGURT	CHOBANI YGT BLEND VN/CH	16OZ
DAIRY YOGURT	LA YGT CUST VANILLA	6OZ
DAIRY YOGURT	LA YGT R&C PRO-BI POM B	6OZ
DAIRY YOGURT	LA YGT R&C PRO-BI MANG	6OZ
DAIRY YOGURT	DNN LNF GRK STRAWBERRY	5.3OZ
DAIRY YOGURT	DNN LNF GRK BLUEBERRY	5.3OZ
DAIRY YOGURT	DNN LNF GRK VANILLA	5.3OZ
DAIRY YOGURT	DNN LNF GRK CHERRY	5.3OZ
DAIRY YOGURT	CHOBANI YGT VANILLA NF	6OZ
DAIRY YOGURT	CHOBANI YGT HONEY NF	6OZ
DAIRY YOGURT	CHOBANI YGT 0% VAN NF	16OZ
DAIRY YOGURT	CHOBANI YGT LEMON NF 0%	6OZ
DAIRY YOGURT	CHOBANI YGT POMEGRNT NF	6OZ
DAIRY YOGURT	CHOBANI YGT BLK CHRY NF	6OZ
DAIRY YOGURT	CHOBANI YGT APPLE CINN	6OZ
DAIRY YOGURT	CHOBANI YGT STRW-BAN 2%	6OZ
DAIRY YOGURT	CHOBANI YGT MANGO LF	6OZ
DAIRY YOGURT	CHOBANI YGT BLOOD ORNG	6OZ
DAIRY YOGURT	CHOBANI YGT 4PK VAN/CHO	14OZ
DAIRY YOGURT	CHOBANI YGT 4PK VRYBRY	14OZ
DAIRY YOGURT	YOP YGT T&C STRAWBERRY	6OZ
DAIRY YOGURT	YOP YGT T&C KEY LIME	6OZ
DAIRY YOGURT	YOP YGT WHPS STRAW MIST	4OZ
DAIRY YOGURT	YOP YGT T&C VANILLA	6OZ
DAIRY YOGURT	YOP YGT T&C STRAW/BAN	6OZ
DAIRY YOGURT	YOP YGT WHPS KEY LIME	4OZ
DAIRY YOGURT	YOP YGT STRAWBERRY	6OZ

Wilson Lakeside Market  
Gluten Free Items

As of 8/13/12

General Description	Description	Size
DAIRY YOGURT	YOP YGT RASPBERRY	6OZ
DAIRY YOGURT	YOP YGT BLUEBERRY	6OZ
DAIRY YOGURT	YOP YGT CHERRY	6OZ
DAIRY YOGURT	YOP YGT PEACH	6OZ
DAIRY YOGURT	YOP YGT MIXED BERRY	6OZ
DAIRY YOGURT	YOP YGT STRAW/BANANA	6OZ
DAIRY YOGURT	YOP YGT ORANGE CREME	6OZ
DAIRY YOGURT	YOP YGT KEY LIME PIE	6OZ
DAIRY YOGURT	YOP YGT FRENCH VANILLA	6OZ
DAIRY YOGURT	YOP YGT BLKBRY HARVEST	6OZ
DAIRY YOGURT	G-GRT 8CT BAN SPL/RT BR	18OZ
DAIRY YOGURT	G-GRT 8CT MELON BRY/CC	18OZ
DAIRY YOGURT	G-GRT 8CT STRW/BRY BLUE	18OZ
DAIRY YOGURT	G-GRT 8CT RSP/PRDS PNCH	18OZ
DAIRY YOGURT	G-GRT 8CT PHINEAS/FERB	18OZ
DAIRY YOGURT	YOP YGT LT BLACKBERRY	6OZ
DAIRY YOGURT	YOP YGT LT APL TURNOVER	6OZ
DAIRY YOGURT	YOP YGT LT VERY VANILLA	6OZ
DAIRY YOGURT	YOP YGT LT STRAWBERRY	6OZ
DAIRY YOGURT	YOP YGT LT RASPBERRY	6OZ
DAIRY YOGURT	YOP YGT LT CHERRY	6OZ
DAIRY YOGURT	YOP YGT LT HARV PEACH	6OZ
DAIRY YOGURT	YOP YGT LT BOS CRM PIE	6OZ
DAIRY YOGURT	YOP YGT LT KEY LIME PIE	6OZ
DAIRY YOGURT	G-GRT FAMILY SZ BL/CHR	36OZ
DAIRY YOGURT	G-GRT 8CT FEATURED FLAV	18OZ
DAIRY YOGURT	YOP YGT LT STRW SHRTCKE	6OZ
DAIRY YOGURT	YOP YGT LT RASP CHSCKE	6OZ
DAIRY YOGURT	G-GRT 8CT SIMPLY STWBRY	18OZ
DAIRY YOGURT	YOP YGT WHPS CHOC MOUSE	4OZ
DAIRY YOGURT	YOP FRDG PK ORIG ST/MIX	48OZ
DAIRY YOGURT	YOP FRDG PK ORIG STR/PC	48OZ
DAIRY YOGURT	YOP FRDG PK LT STR/PCH	48OZ
DAIRY YOGURT	YOP GREEK 100 VANILLA	5.3OZ
DAIRY YOGURT	YOP GREEK 100 MXD BERRY	5.3OZ
DAIRY YOGURT	YOP GREEK 100 STRAWBRY	5.3OZ
DAIRY YOGURT	YOP GREEK 100 PEACH	5.3OZ
DAIRY YOGURT	YOP GREEK 100 KEY LIME	5.3OZ
DAIRY YOGURT	YOP GREEK 100 BLK CHRRY	5.3OZ
DAIRY YOGURT	YOP KIDS 4PK STWBRY	12OZ
DAIRY YOGURT	YOP KIDS 4PK VANILLA	12OZ
DAIRY YOGURT	YOP FRDG PK ORIG CH/PCH	48OZ
DAIRY YOGURT	TRIX YGT 4PK STW-BANANA	16OZ
DAIRY YOGURT	TRIX YGT 4PK COTTON CND	16OZ
DAIRY YOGURT	TRIX YGT 4PK TRPL CHRY	16OZ
DAIRY YOGURT	TRIX YGT 4PK WATERMELON	16OZ

General Description	Description	Size
DAIRY YOGURT	YOP GRK YGT 4P BLUEBRY	16OZ
DAIRY YOGURT	YOP GREEK 100 LEMON	5.3OZ
DAIRY YOGURT	G-GRT 8CT MANGO TANGO	18OZ
DAIRY YOGURT	G-GRT FAMILY SZ STRW/CC	36OZ
DAIRY YOGURT	YOP YGT BLACKBRY POM	6OZ
DAIRY YOGURT	YCRNCH 4PK VAN W/PEBBLE	15OZ
DAIRY YOGURT	G-GRT 8CT SIMPLY MX BRY	18OZ
DAIRY-COOKIES	IMMAC BKG G-FR CH CHUNK	14OZ
DAIRY-COOKIES	IMMAC BKG G-FREE FDG BR	14OZ
DAIRY-SALADS & GELATINS	KZY SHK PDG 4PK RICE	14OZ
DAIRY-SALADS & GELATINS	KZY SHCK 4CT NSA TPCA	16OZ
DAIRY-SALADS & GELATINS	KZY SHCK 4CT NSA RICE	16OZ
DAIRY-SALADS & GELATINS	KZY SHCK PDG 6CT RICE	24OZ
DAIRY-SALADS & GELATINS	KZY SHCK PDG 6CT TPCA	24OZ
DAIRY-SALADS & GELATINS	KZY SHCK PDG FMLY RICE	22OZ
DAIRY-SALADS & GELATINS	KZY SHCK PDG FMLY CHOC	22OZ
DAIRY-SALADS & GELATINS	KZY SHCK PDG FMLY TAPCA	22OZ
DAIRY-SALADS & GELATINS	KZY SHCK PDG CINN RICE	22OZ
DIETARY PROD:SUPPLEMENTS	ENSR PLUS CHOC BTL 6PK	48.0FZ
DIETARY PROD:SUPPLEMENTS	ENSR REG STRAW BTTL 6PK	48FZ
DIETARY PROD:SUPPLEMENTS	ENSR PLUS VAN BTTL 6PK	48FZ
DIETARY PROD:SUPPLEMENTS	ENSR PLUS STRW BTL 6PK	48.0FZ
DIETARY PROD:SUPPLEMENTS	ENSR BTTR PCN BTTL 6PK	48FZ
DIETARY PROD:SUPPLEMENTS	BOOST CHOC 6PK	48FZ
DRINK MIXES: POWDERED SUG	CRYSTL LT 12QT PEACH TEA	1.5OZ
DRINK MIXES: POWDERED SUG	CRYSTL LT 8QT FRT PNCH	1.36OZ
DRINK MIXES: POWDERED SUG	CRYSTL LT CHRY POM 10QT	2.2OZ
DRINK MIXES: POWDERED SUG	CRYSTL LT OTG LMNADE 10PK	1.4OZ
DRINK MIXES: POWDERED SUG	CRYSTL LT OTG ICD TEA 10PK	.7OZ
DRINK MIXES: POWDERED SUG	CRYSTL LT 8QT PNK LMNDE	1.9OZ
DRINK MIXES: POWDERED SUG	CRYSTL LT 8QT LMNADE	2.1OZ
DRINK MIXES: POWDERED SUG	CRYSTL LT 8QT ICED TEA	.96OZ
DRINK MIXES: POWDERED SUG	CRYSTL LT 8QT RASP ICE	.87OZ
DRINK MIXES: POWDERED SUG	CRYSTL LT 12QT PN LMNAD	2.9OZ
DRINK MIXES: POWDERED SUG	CRYSTL LT 12QT ICE TEA	1.4OZ
DRINK MIXES: POWDERED SUG	CRYSTL LT 12QT LMNADE	3.2OZ
DRINK MIXES: POWDERED SUG	CRYSTL LT 8QT PCH TEA	1.0OZ
EGGS (MISC)	EGG BTRS RFRG POUR SPT	16OZ
EGGS (MISC)	EGG BTRS	32OZ
EVAP FRUIT: MISCELLANEOUS	OS CRAISINS BLUEBERRY	5OZ
EVAP FRUIT: MISCELLANEOUS	OS CRAISINS CHERRY	5OZ
EVAP FRUIT: MISCELLANEOUS	OS CRAISINS ORIGINAL	5OZ
EVAP FRUIT: MISCELLANEOUS	OS CRAISINS POMEGRANATE	5OZ
FRANKS NATHANS/SABRETT	NATHANS BTB BEEF FRANK	14OZ
FRANKS NATHANS/SABRETT	NATHANS CHEDCHS FRANKS	14OZ
FRANKS NATHANS/SABRETT	NATHANS JUMB BEEF FRANK	14OZ

Wilson Lakeside Market  
Gluten Free Items

As of 8/13/12

General Description	Description	Size
FRANKS NATHANS/SABRETT	NATHANS N/C FRANK	12OZ
FRESH GOURMET TOPPINGS	LIGHTLY SALTED TORTILLA STRIPS	3.5OZ
FRESH GOURMET TOPPINGS	SANTE FE TORTILLA STRIPS	3.5OZ
FROSTING: MIXES&CANNED	DH FRSTNG VANILLA	16OZ
FROSTING: MIXES&CANNED	DH FRSTNG MILK CHOC	16OZ
FROSTING: MIXES&CANNED	DH FRSTNG CHOCOLATE	16OZ
FROSTING: MIXES&CANNED	DH FRSTNG CREAM CHEESE	16OZ
FROSTING: MIXES&CANNED	BC FRSTNG RTS VANILLA	16OZ
FROSTING: MIXES&CANNED	BC FRSTNG RTS CHOC	16OZ
FROSTING: MIXES&CANNED	BC FRSTNG RTS DK CHOC	16OZ
FROSTING: MIXES&CANNED	BC FRSTNG RTS MLK CHOC	16OZ
FROSTING: MIXES&CANNED	BC FRSTNG RTS CRM CHEESE	16OZ
FROSTING: MIXES&CANNED	BC FRSTNG RTS CHOC WHP	12OZ
FROSTING: MIXES&CANNED	BC FRSTNG CRM CHS WHP	12OZ
FROSTING: MIXES&CANNED	BC FRSTNG VANILLA WHP	12OZ
FROSTING: MIXES&CANNED	PILLS FRSTNG WHITE	16OZ
FROSTING: MIXES&CANNED	PILLS FRSTNG MILK CHOC	16OZ
FROSTING: MIXES&CANNED	PILLS FRSTNG CHOC FDG	16OZ
FROSTING: MIXES&CANNED	PILLS FRSTNG VANILLA	16OZ
FROSTING: MIXES&CANNED	BC FRSTNG RTS TPL FUDGE	15.5OZ
FROZEN PATTIES / MEATS	BUBBA TURKEY BURGER	32OZ
FROZEN PATTIES / MEATS	JENNIE-O ALL NAT WHITE TKY BURGERS	2LB
FROZEN SAUSAGE / JONES	JONES LITTLE LINK SAUSAGE	12OZ
FROZEN SAUSAGE / JONES	JONES ALLNAT GB MAPLE LNK	7OZ
FROZEN SAUSAGE / JONES	JONES ALLNAT GB MILD LNK	7OZ
FROZEN SAUSAGE / JONES	JONES ALLNAT GB LGHT LNK	7OZ
FROZEN SAUSAGE / JONES	JONES ALLNAT GB SAUS PATTIES	7OZ
FROZEN SAUSAGE / JONES	JONES LITE LINK SAUSAGE	12OZ
FRUIT ROLL-UPS	BC FRT GUSHERS TRP FLVR	5.4OZ
FRUIT ROLL-UPS	BC FRT RLLUPS BRRY BLST	5OZ
FRUIT ROLL-UPS	BC FRT SHPS DORA	8OZ
FRUIT ROLL-UPS	BC FRT SHPS SPNGE BOB	8OZ
FRUIT ROLL-UPS	BC FRT SHPS SHRK BITES	8OZ
FRUIT ROLL-UPS	BC FRT SHPS SCOOPY DOO	8OZ
FRUIT ROLL-UPS	OS FRT SNKS BRRY/CHRRY	8OZ
FRUIT ROLL-UPS	OS FRT SNK ASSTD FRT	8OZ
FRUIT ROLL-UPS	BC FRT GUSHERS VRTY PK	5.4OZ
FRUIT ROLL-UPS	BC FRUIT VARIETY PACK	10.6OZ
FRUIT ROLL-UPS	BC BIG 3 VARIETY PACK	5.3OZ
FRUIT ROLL-UPS	BC FRT RLLUPS VAR PK	5OZ
FRUIT ROLL-UPS	BC FRT BY FT VAR PK	4.5OZ
FRUIT ROLL-UPS	MOTTS FRT SNKS ASST VP	19.2OZ
FRUIT ROLL-UPS	BC FRT GUSHERS STRWBRRY	5.4OZ
FRUIT ROLL-UPS	BC FRT BY FT STRWBRY	4.5OZ
FRUIT: MISCELLANEOUS	DM FTG MANDRN NSA 4PK	16OZ
FRUIT: MISCELLANEOUS	DM FTG DICED PEACH NSA	15OZ

Wilson Lakeside Market  
Gluten Free Items

As of 8/13/12

General Description	Description	Size
HAM SLICES	JONES HAM STEAKS	7OZ
HORMEL SLCD NAT CHOICE	HORMEL NC HONEY HAM	8OZ
HORMEL SLCD NAT CHOICE	HORMEL NC HONEY TURKEY	8OZ
HOT COCOA: CANISTERS	NSTLE RCH HOT COCOA CAN	18.5OZ
HOT COCOA: ENVELOPES	SW MS MLK CHC COCO 10CT	7.3OZ
HOT COCOA: ENVELOPES	SW MS MN MRSH COCO 10CT	7.3OZ
HOUSE FOODS	H.S. TOFU SHIRATKI SPAGHETTI	8OZ
HOUSE FOODS	H.F. TOFU SHIRATAKI FETTUCCINE	8OZ
HOUSE FOODS	TOFU SHIRATAKI MACARONI	8OZ
HUMMUS/SALSA/DIP	TRIBE ROASTED GARLIC HUMMUS	8OZ
HUMMUS/SALSA/DIP	TRIBE CRKD CHILI PEPPER HUMMUS	8OZ
HUMMUS/SALSA/DIP	TRIBE LEMON HUMMUS	8OZ
HUMMUS/SALSA/DIP	TRIBE RST.GARLIC 1LB HUMMUS	16OZ
HUMMUS/SALSA/DIP	TRIBE RSTD RED PEPPER 1LB HUMMUS	16OZ
HUMMUS/SALSA/DIP	SANTA BARBARA MANGO PEACH	14OZ
HUMMUS/SALSA/DIP	TRIBE FORTY SPICES HUMMUS	8OZ
JUICE: APPLE&CIDER	A&E APPL JCE CLR PLST	64FZ
JUICE: PRUNE	SNSWT PLM SMRT PLM JC	48FZ
JUICES & DRINKS: ASEPTICS	A&E 8PK APPL JCE	54FZ
KETCHUP	HNZ KETCHUP	14OZ
KETCHUP	HNZ KTCHP SMPLY SQZE	34OZ
KETCHUP	HNZ KETCHUP	38OZ
KETCHUP	HNZ KETCHUP EASY SQZE	32OZ
KETCHUP	HNZ KETCHUP EASY SQZE	20OZ
MARGARINE (MISC)	ICBNB SPRAY	8OZ
MARGARINE (REG)	ICBNB STICK COOK&BAKE	16OZ
MARGARINE (SOFT)	ICBNB TUB	45OZ
MARGARINE (SOFT)	ICBNB SLEEVES SOFT	15OZ
MARGARINE (SOFT)	ICBNB BOWL SOFT	15OZ
MARGARINE (SOFT)	ICBNB SWT CRM & CALCIUM	15OZ
MARGARINE (SOFT)	ICBNB BOWL LITE	15OZ
MARGARINE (SOFT)	ICBNB SLEEVES SOFT LT	15OZ
MARGARINE (SOFT)	SMRT BLNC SPREAD SOFT	15OZ
MARGARINE (SOFT)	SMRT BLNC SPRD W/OMEGA3	15OZ
MARGARINE (SOFT)	SMRT BLNC LT W/OMEGA 3	15OZ
MARGARINE (SOFT)	EARTH BLNC SOY FR SPRD	15OZ
MARGARINE (SOFT)	PROM BTRY SPRD BOWL SFT	15OZ
MARGARINE (SOFT)	PROM SPRD SFT LT 2/7.5Z	15OZ
MARGARINE (SOFT)	PROM SPRD BTRY 2/7.5Z	15OZ
MARGARINE (SOFT)	SHEDDS CNTRY CRK	15OZ
MARGARINE (SOFT)	SHEDDS CNTRY CRK REG	45OZ
MARGARINE (SOFT)	SHEDDS CNTRY CRK CALC	15OZ
MARGARINE (SOFT)	PROM SPRD SFT BOWL LITE	15OZ
MARSHMALLOW CREME	MRSHMLLW FLUFF	16OZ
MAYONNAISE	HELL MAYNNAISE SQZ LT	9FZ
MAYONNAISE	HELL MAYO LT BIG SQZ	16.5FZ



Wilson Lakeside Market  
Gluten Free Items

As of 8/13/12

General Description	Description	Size
MAYONNAISE	HELL MAYO EASY OUT	22FZ
MAYONNAISE	HELL MAYONNAISE BIG SQZ	16.5FZ
MAYONNAISE	HELL MAYO W/OLIVE OIL	30FZ
MAYONNAISE	HELL MAYONNAISE	15FZ
MAYONNAISE	HELL MAYONNAISE RED FAT	15FZ
MAYONNAISE	HELL MAYONNAISE	30FZ
MAYONNAISE	HELL MAYONNAISE RED FAT	30FZ
MAYONNAISE	HELL MAYONNAISE LT	30FZ
MAYONNAISE	HELL MAYONNAISE CANOLA	30FZ
MAYONNAISE	HELL MAYONNAISE	8FZ
MEAL REPLACEMENT	HORMEL ENTREE PORK ROAST	15OZ
MEAL REPLACEMENT	HORMEL ENTREE BEEF ROAST	15OZ
MEAT: LUNCHEON	SPAM LITE LUNCHEON MEAT	12OZ
MEAT: LUNCHEON	SPAM LESS SALT	12OZ
MEAT: LUNCHEON	SPAM LUNCHEON MEAT	12OZ
MEXICAN FOODS	ORTGA 12CT TACO SHLL	5.8OZ
MEXICAN FOODS	PACE MED PCNTE SCE	16OZ
MEXICAN FOODS	PACE MLD PCNTE SCE	16OZ
MEXICAN FOODS	PACE HOT PCNTE SCE	16OZ
MILK (1/2 GALLONS)	LACTAID 100 2% LOWFAT	64FZ
MILK (1/2 GALLONS)	LACTAID 100 1% LF	64FZ
MILK (1/2 GALLONS)	LACTAID 100 1% FORT	64FZ
MILK (1/2 GALLONS)	LACTAID FAT FREE	96FZ
MILK (1/2 GALLONS)	LACTAID 2% REDUCED FAT	96FZ
MILK (1/2 GALLONS)	NSQK FLVD MILK CHOC 2%	56FZ
MILK (QUARTS)	NSQK FLVD MILK CHOC	32FZ
MILK SPECIALTY ITEMS	INTL DLT COLDSTN SW CRM	16FZ
MILK SPECIALTY ITEMS	INTL DLT YORK PEPPERMIN	32FZ
MILK SPECIALTY ITEMS	INTL DLT CRMR IRISH CRM	16FZ
MILK SPECIALTY ITEMS	INTL DLT AMARETTO	16FZ
MILK SPECIALTY ITEMS	INTL DLT ALMOND JOY	32FZ
MILK SPECIALTY ITEMS	INTL DLT HRSHY CHO CRML	32FZ
MILK SPECIALTY ITEMS	INTL DLT SF HZLNUT	32FZ
MILK SPECIALTY ITEMS	INTL DLT CRMR VANILLA	16FZ
MILK SPECIALTY ITEMS	INTL DLT HAZELNUT	32FZ
MILK SPECIALTY ITEMS	INTL DLT FF FR VANILLA	32FZ
MILK SPECIALTY ITEMS	NSQK FLVD MILK STRAWBRY	14FZ
MILK SPECIALTY ITEMS	NSQK FLAV MILK CHOC	14FZ
MILK SPECIALTY ITEMS	CFFMT NTRL BLISS SWT CR	16FZ
MILK SPECIALTY ITEMS	CFFMT FRENCH VANILLA	32FZ
MILK SPECIALTY ITEMS	CFFMT FRENCH VANILLA	16FZ
MILK SPECIALTY ITEMS	CFFMT CARAMEL MACCHIATO	16FZ
MILK SPECIALTY ITEMS	CFFMT AMARETTO	32FZ
MILK SPECIALTY ITEMS	CFFMT PPRMNT MOCHA	16FZ
MILK SPECIALTY ITEMS	CFFMT VANILLA NUT	32FZ
MILK SPECIALTY ITEMS	CFFMT NTRL BLISS VAN	16FZ

General Description	Description	Size
MILK SPECIALTY ITEMS	CFFMT SF HAZELNUT	32FZ
MILK SPECIALTY ITEMS	CFFMT SF FRENCH VANILLA	32FZ
MILK SPECIALTY ITEMS	CFFMT PPRMNT MOCHA	32FZ
MILK SPECIALTY ITEMS	CFFMT COCONUT CREME	32FZ
MILK SPECIALTY ITEMS	CFFMT ITAL SWEET CREME	32FZ
MILK: EVAPORATED CANNED	CRNTN MILK EVAPORATD LF	12FZ
MILK: EVAPORATED CANNED	CRNTN MILK FF	12FZ
MILK: EVAPORATED CANNED	CRNTN MILK EVAPORATED	12FZ
MILK: EVAPORATED CANNED	CARNATION MILK BABY	5FZ
MISC CHUBS/SLCD PORK ROLL	JONES SLICED LIVERSAUSAGE	8OZ
MIXES: BISCUIT-BISQUICK	BSQK MIX BKNG GLTN FREE	16OZ
MIXES: LAYER CAKE	BC GLUTEN FREE YLLW CK	15OZ
MIXES: LAYER CAKE	BC GLUTEN FREE DEVIL CK	15OZ
MIXES: VARIETY CAKE&COOKI	BC GLUTEN FREE BRWN MIX	16OZ
MOLASSES	GRNDM MLSS GOLD	12FZ
MUSTARD	IGA YELLOW SQZ MUSTARD	20OZ
MUSTARD	IGA HORSERADISH MUSTARD	12OZ
ORGANIC TOFU	ORG-H.S. FIRM TOFU	14OZ
PEANUT BUTTER	SKPY PNTBTR CRMY	16.3OZ
PEANUT BUTTER	SKPY PNTBTR CRMY RST HNY	16.3OZ
PIE FILLING	LIBBY PUMPKIN SOLID	29OZ
PIE FILLING	LIBBY PUMPKIN PIE MIX	30OZ
POTATO PRODUCTS-FRENCH FR	ORE IDA GOLDEN TWIRLS	28OZ
POTATO PRODUCTS-FRENCH FR	ORE IDA TATER TOTS	32OZ
POTATO PRODUCTS-FRENCH FR	ORE IDA GOLDEN FRIES	32OZ
POTATO PRODUCTS-FRENCH FR	ORE IDA GOLDEN CRINKLES	32OZ
POTATO PRODUCTS-FRENCH FR	ORE IDA STEAM MSH POT	24OZ
POTATO PRODUCTS-FRENCH FR	ORE IDA STEAK FRIES	28OZ
POTATOES: INSTANT&MIXES	BC POTATO BUDS	13.75OZ
POTATOES: INSTANT&MIXES	IDAH ORIG MSHD POT	13.75OZ
POTATOES: INSTANT&MIXES	IDAH BTR GOLD SLCT POT	4.1OZ
POTATOES: INSTANT&MIXES	IDAH INST MSHD RED BLIS	4.1OZ
POTATOES: INSTANT&MIXES	IDAH INST MSHD GRLC PRM	4.1OZ
POTATOES: INSTANT&MIXES	IDAH INST MSHD POT 4CHS	4OZ
POTATOES: INSTANT&MIXES	IDAH INST MSHD POT BTR	4OZ
POTATOES: INSTANT&MIXES	IDAH INST MSHD POT GRLC	4OZ
POTATOES: INSTANT&MIXES	IDAH LOAD MASHED POT	3.8OZ
PRE PACK PEPPERONI	HORMEL SLICED PEPPERONI	3.5OZ
PRE PACK PEPPERONI	HORMEL TURK PILLO PEPP	6OZ
PRECUT/PREPACK CHEESE	ALOUETTE CRUMBLED FETA	4OZ
PUDDING: CANNED SNACK	HNTS SP CHOCOLATE	13OZ
PUDDING: CANNED SNACK	HNTS SP VANILLA	13OZ
PUDDING: CANNED SNACK	HNTS SP BUTTERSCOTCH	13OZ
PUDDING: CANNED SNACK	HNTS SP CHOCOLATE NSA	13OZ
PUDDING: CANNED SNACK	HNTS SP VANILLA NSA	13OZ
PUDDING: CANNED SNACK	HNTS SP CHOCOLATE FF	13OZ

General Description	Description	Size
PUDDING: CANNED SNACK	HNTS SP BANANA CREAM	13OZ
PUDDING: CANNED SNACK	HNTS SP CHOC VANILLA	13OZ
PUDDING: CANNED SNACK	HNTS SP ICE CRM SNDWCH	13OZ
PUDDING: CANNED SNACK	HNTS SP GEL STRW ORNG	13OZ
PUDDING: CANNED SNACK	HNTS SP STRAWBERRY GEL	13OZ
PUDDING: CANNED SNACK	HNTS SP LEMON MERINGUE	13OZ
RICE CAKES	QKR RICE CKS LGHT SLTD	4.47OZ
RICE CAKES	QKR POPCORN CKE BUTTER	4.47OZ
RICE: FLAVORED	ZTRNS RICE JMBLYA	8OZ
RICE: FLAVORED	ZTRNS RICE DRTY BEAN	8OZ
RICE: INSTANT-PARBOILED	UB RICE BOIL N BAG	15.8OZ
RICE: INSTANT-PARBOILED	UB RICE IN AN INSTANT	14OZ
RICE: INSTANT-PARBOILED	MINUTE RTS BROWN 2 CUP	8.8OZ
RICE: INSTANT-PARBOILED	MINUTE RTS CHICK 2CUP	8.8OZ
RICE: INSTANT-PARBOILED	MINUTE RTS LNG GRN WLD	8.8OZ
RICE: INSTANT-PARBOILED	SUCCESS RICE BOIL N BAG	14OZ
RICE: INSTANT-PARBOILED	SUCCESS RICE BR BNB	14OZ
RICE: INSTANT-PARBOILED	SUCCESS RICE BNB	21OZ
RICE: INSTANT-PARBOILED	MINUTE RICE INSTANT	14OZ
RICE: INSTANT-PARBOILED	MINUTE RICE INST WHT	28OZ
RICE: INSTANT-PARBOILED	MINUTE RICE PRM LNG GRN	14OZ
RICE: REGULAR-LONG COOKIN	UB CONV RICE	16OZ
RICE: REGULAR-LONG COOKIN	UB RICE POLY BAG	5LB
RICE:BROWN&SPECIALTY	UB INST BRWN RICE	14OZ
RICE:BROWN&SPECIALTY	MINUTE RICE INST BROWN	14OZ
RICE:BROWN&SPECIALTY	RIVER RICE BROWN	32OZ
SALAD DRESSING: FOIL PACK	HDDN VLLY ORG RANCH	1OZ
SALAD DRESSING: POURABLE	HDDN VLLY RANCH ORG	16FZ
SALAD DRESSING: POURABLE	KNS DRNG BTTR MLK RNCH	16FZ
SALAD DRESSING: POURABLE	KNS DRNG VIDALIA ONION	16FZ
SALAD DRESSING: POURABLE	KNS DRNG RANCH	16FZ
SALAD DRESSING: POURABLE	NTRLLY DLCS DRNG RASP	16FZ
SALAD DRESSING: POURABLE	WBONE DRNG ITALIAN FF	8FZ
SALAD DRESSING: POURABLE	WBONE DRNG ITALIAN CRM	16FZ
SALAD DRESSING: POURABLE	WBONE DRNG RANCH	8FZ
SALAD DRESSING: POURABLE	WBONE DRNG RANCH	16FZ
SALAD DRESSING: POURABLE	WBONE DRNG BL CHS 602	8FZ
SALAD DRESSING: POURABLE	WBONE DRNG BL CHS 606	16FZ
SALAD DRESSING: POURABLE	WBONE DRNG ITALIAN	16FZ
SALAD DRESSING: POURABLE	WBONE DRNG ITALIAN 611	8FZ
SALAD DRESSING: POURABLE	WBONE DRNG ITALIAN CRM	8FZ
SALAD DRESSING: POURABLE	WBONE DRNG ITAL RBSTO	16FZ
SALAD DRESSING: POURABLE	WBONE DRNG 1000 ISLAND	16FZ
SALAD DRESSING: POURABLE	WBONE DRNG FRNCH DLX 50	16FZ
SALAD DRESSING: POURABLE	WBONE DRNG VNGR BALSAM	8FZ
SALAD DRESSING: POURABLE	WBONE DRNG VNGR BALSAM	16FZ

Wilson Lakeside Market  
Gluten Free Items

As of 8/13/12

General Description	Description	Size
SALAD DRESSING: POURABLE	WBONE DRSNG RSPRY HZLT	16FZ
SALAD DRESSING: POURABLE	WBONE DRSNG BFFL RANCH	16FZ
SALAD DRESSING: POURABLE	YASOU DRSNG GREEK	9FZ
SALT: TABLE&KOSHER	MRTN IODIED AP SEA SALT	26OZ
SAUCE: BARBECUE	SWT RAYS BBQ SC HONEY	18OZ
SAUCE: BARBECUE	SWT RAYS BBQ SWT&SPCY	18OZ
SAUCE: BARBECUE	SWT RAYS BBQ SC HICKORY	18OZ
SAUCE: BARBECUE	SWT RAYS BBQ ORIGINAL	28OZ
SAUCE: BARBECUE	SWT RAYS BBQ SC ORIG	18OZ
SNACKS: MISCELLANEOUS	RCE WRKS SALSA FRESCA	5.5OZ
SNACKS: MISCELLANEOUS	RCE WRKS SWEET CHILI	5.5OZ
SOUP:CANNED	PROG TRAD CHKN RICE SP	19OZ
SOUP:CANNED	PROG VC LENTIL SOUP	19OZ
SOUP:CANNED	PROG TRAD SPLT PEA/HAM	19OZ
SOUP:CANNED	PROG TRAD MNHTTN CLM CHWDR	19OZ
SOUP:CANNED	PROG TRAD NE CLAM CHWDR	18.5OZ
SOUP:CANNED	PROG RS GRDN VGT	18.5OZ
SOUP:CANNED	PROG VC HRTY BLCK BN SP FLVRD W/BCN	19OZ
SOUP:CANNED	PROG VC FRNCH ONION SP	18.5OZ
SOUP:CANNED	PROG TRAD POT BROCC CHS	18.5OZ
SOUP:CANNED	PROG VC CRMY MSHRM SOUP	18OZ
SOUP:CANNED	PROG VC FF LENTIL	19OZ
SOUP:CANNED	PROG TRAD FF NE CLM CHWDR	18.5OZ
SOUP:CANNED	PROG R&H NE CLAM CHWDR	18.5OZ
SOUP:CANNED	PROG R&H CHKN CRN CHWDR	18.5OZ
SOUP:CANNED	PROG VC GARDEN VGT	18.5OZ
SOY MILK	SILK SOYMILK CRM FR VAN	16FZ
SPAG SAUCE: 14OZ-26OZ	CLSSC SCE NAPL TOM/BSL	24OZ
SPAG SAUCE: 14OZ-26OZ	CLSSC SCE SRNT RST GRL	24OZ
SPAG SAUCE: 14OZ-26OZ	CLSSC SCE CBRN MRN W/HB	24OZ
SPAG SAUCE: 14OZ-26OZ	PREGO SAUCE MUSHROOM	24OZ
SPAG SAUCE: 14OZ-26OZ	PREGO SAUCE TOM/ONION	24OZ
SPAG SAUCE: 14OZ-26OZ	PREGO MARINARA SAUCE	23OZ
SPAG SAUCE: 14OZ-26OZ	PREGO SAUCE 3 CHEESE	24OZ
SPAG SAUCE: 14OZ-26OZ	PREGO SAUCE GRD COMB XY	23.75OZ
SPAG SAUCE: 14OZ-26OZ	PREGO SAUCE TOMATO BASL	24OZ
SPAG SAUCE: 14OZ-26OZ	BARILLA SC TRAD	24OZ
SPAG SAUCE: 14OZ-26OZ	F RIN SC PLAIN	24OZ
SPAG SAUCE: 14OZ-26OZ	F RIN TOMATO BASIL SC	24OZ
SPAG SAUCE: 14OZ-26OZ	F RIN CHKY TOM/GRDN/ON	24OZ
SPAG SAUCE: 14OZ-26OZ	PREGO RSTD GARLIC & HERB	24OZ
SPAG SAUCE: 32OZ-48OZ	PREGO MEAT SAUCE	45OZ
SPAG SAUCE: 32OZ-48OZ	PREGO MUSHROOM SAUCE	45OZ
SPECIALTY PCKLS/PPPRS/OLVS	MEZZ MILD PEPPER RINGS	16FZ
SPECIALTY SPICE	KRNL SEAS WHITE CHEDDAR	2.85OZ
SPECIALTY SPICE	KRNL SEAS NACHO CHEESE	2.85OZ

General Description	Description	Size
SPECIALITY SPICE	KRNL SEAS RANCH SEAS	2.85OZ
SPECIALITY SPICE	KRNL SEAS BUTTER	2.85OZ
SPECIALTY ASIAN	NAKANO VINEGAR RICE NATURAL	12FZ
SPECIALTY ASIAN	NAKANO VINEGAR RICE SEAS SAL	12FZ
SPECIALTY BAKING	HDGSN ML MILLED FLAX SEED	12OZ
SPECIALTY BAKING	BBS RDMLL FLAXSEED MEAL	16OZ
SPECIALTY BAKING	BBS RD ML GRBANZ BN FLR	22OZ
SPECIALTY BAKING	BBS RDMLL TAPIOCA FLR	20OZ
SPECIALTY BAKING	BBS RDMLL TVP	10OZ
SPECIALTY BBQ SAUCE	STUBBS SPICY BBQ SAUCE	18OZ
SPECIALTY BBQ SAUCE	STUBBS ORGNL BBQ SAUCE	18OZ
SPECIALTY BBQ SAUCE	BONE SUCKIN' REG BBQ SCE	16OZ
SPECIALTY CONDIMENTS	STUBBS WICKED WING SCE	12OZ
SPECIALTY CONDIMENTS	HNZ KETCHUP HT & SPCY	14OZ
SPECIALTY CONDIMENTS	COLGIN LQD SMOKE HCKRY	4FZ
SPECIALTY CONDIMENTS	COLGIN LQD SMOKE APPLE	4FZ
SPECIALTY CONDIMENTS	COLGIN LQD SMOKE PECAN	4FZ
SPECIALTY CONDIMENTS	COLGIN LQD SMOKE MESQUT	4FZ
SPECIALTY COOKING WINES	HLND HSE RD CKNG WNE	16FZ
SPECIALTY COOKING WINES	HLND HSE WHT CKNG WNE	16FZ
SPECIALTY COOKING WINES	HLND HSE MRSLA CKNG WNE	16FZ
SPECIALTY COOKING WINES	HLND HSE SHRRY CKNG WNE	16FZ
SPECIALTY DRIED MEATS	OLD WISC PEPPERONI CAN	1.5OZ
SPECIALTY JAM/JLLY/SPRDS	IM HLTHY GF BTR SOYNUT CR	15OZ
SPECIALTY JAM/JLLY/SPRDS	IM HLTHY GF BTR SOYNUT UNS	15OZ
SPECIALTY JAM/JLLY/SPRDS	PNTBR SMOOTH OPERATOR	16OZ
SPECIALTY MARINADES	STUBBS BEEF MARINADE	12OZ
SPECIALTY MARINADES	STUBBS CHICKEN MARINADE	12OZ
SPECIALTY MARINADES	STUBBS PORK MARINADE	12OZ
SPECIALTY MARINADES	STUBBS MOPPIN SAUCE	12OZ
SPECIALTY MARINADES	ST FAIR MRND SPEDIE	16FZ
SPECIALTY MUSTARDS	NANCES MUSTARD SHRP+CRM	10OZ
SPECIALTY MUSTARDS	NANCES MUSTARD HONEY	10.25OZ
SPECIALTY PANCAKE & SYRUP	VERMONT SF BUTTERD SYRUP	12FZ
SPECIALTY PANCAKE & SYRUP	MPL GRV BLBRRY SYRUP	8.5FZ
SPECIALTY PANCAKE & SYRUP	MPL GRV RSPBRRY SYRUP	8.5FZ
SPECIALTY PREPARED DINNER	2 ALARM CHILI KIT	3.625OZ
SPECIALTY RICE	RLND QUINOA GRAIN	12OZ
SPECIALTY SALAD DRESSING	MPL GRV SWT SOUR DRSSG	8FZ
SPECIALTY SALAD DRESSING	MPL GRV HNY MSTRD DRSG	8FZ
SPECIALTY SALAD DRESSING	MPL GRV SF RASP VINGRETTE	8FZ
SPECIALTY SALAD DRESSING	MPL GRV SF ITAL VINGRETTE	8FZ
SPECIALTY SALAD DRESSING	OCC SW/SR POPPYSEED DRS	8FZ
SPECIALTY SALAD DRESSING	OCC LT TMTO BASIL DRSSG	8FZ
SPECIALTY SHIPPERS	HORMEL SHIPPER SL PEPPERONI	7OZ
SPECIALTY SMKD SAUSAGE	JONVILE 3CH SMK ANDOUIL	13.5OZ

Wilson Lakeside Market  
Gluten Free Items

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General Description	Description	Size
SPECIALTY SNCKS/DIP/SALSA	POPCRNRS BTTR	5OZ
SPECIALTY SNCKS/DIP/SALSA	POPCRNRS WHT CHDR	5OZ
SPECIALTY SNCKS/DIP/SALSA	POPCRNRS SEA SLT	5OZ
SPECIALTY SNCKS/DIP/SALSA	POPCRNRS KETTLE	5OZ
SPECIALTY SNCKS/DIP/SALSA	SKINNY POP ORGNL	4.4OZ
SPECIALTY SOUP	KITCHEN B ORG CHKN STCK	8.25FZ
SPECIALTY SOUP	KITCHEN B ORG BF STCK	8.25FZ
SPECIALTY SOUP	KITCHEN B UNSLTD VEG ST	8.25FZ
SPECIALTY SOUP	KITCHEN B BEEF STOCK	32FZ
SPECIALTY TEA	BGLW COZY CHAMONMILE	20CT
SPECIALTY TEA	BGLW MINT MEDLEY TEA	20CT
SPECIALTY TEA	BGLW CNSTNT COMMENT	20CT
SPECIALTY TEA	BGLW SPICE CHAI TEA	20CT
SPECIALTY TEA	BGLW VAN CHAI TEA	20CT
SPECIALTY TEA	BGLW TEA POMEGRANATE GRN	20CT
SPECIALTY TEA	BGLW HRB PL LEM GNDR	18CT
SPECIALTY TEA	CLST SSNS SLPYTM	20CT
SPECIALTY TEA	CLST SSNS CHMLE	20CT
SPECIALTY TEA	CLST SSNS RSP ZNGR	20CT
SPECIALTY TEA	CLST SSNS CNTRY PCH PSN	20CT
SPECIALTY TEA	CLST SSNS WLD BRY ZNGR	20CT
SPECIALTY TEA	CLST SSNS TRUE BLBERRY	20CT
SPECIALTY TEA	CLST SSNS PCH BLS GR/WH	20CT
SPECIALTY TEA	SALADA SRNTY GRN TEA	20CT
SPECIALTY TEA	BGLW EARL GREY DECAF	20CT
SPECIALTY VINEGAR	HLND HSE RD WINE 5% VINEGAR	12FZ
SPECIALTY VINEGAR	HLND HSE WHT WINE 5%VINEGR	12FZ
SPECIALTY VINEGAR	HLND HSE BLSMC 6% VINEGAR	12FZ
STEW: BEEF & CHICKEN	DNT MR BEEF STEW	15OZ
STEW: BEEF & CHICKEN	DNT MR BEEF STEW	38OZ
STEW: BEEF & CHICKEN	DNT MR BEEF STEW	20OZ
SYRUP: PANCAKE&WAFFLE	VM SYRUP	24FZ
SYRUP: PANCAKE&WAFFLE	VM SYRUP S/F	24FZ
SYRUP: PANCAKE&WAFFLE	LCABIN SYRUP LT	24FZ
TARTAR SAUCE	HELL TARTAR SCE	9FZ
TOMATOES CANNED	HNTS TOMATOES DCD PETT	14.5OZ
TOMATOES CANNED	HNTS TOMATOES DCD PETT	28OZ
TOMATOES CANNED	HNTS TOMATOES DICED	28OZ
TOMATOES CANNED	HNTS TOMATOES CRUSHED	28OZ
TOMATOES CANNED	HNTS TOMATOES STEWED	14.5OZ
TOMATOES CANNED	HNTS TOM WHL PLD NSA	28OZ
TOMATOES CANNED	HNTS TOMATOES WHOLE	28OZ
TOMATOES CANNED	HNTS TOMATO DCD CHC REG	14.5OZ
TOPPINGS: ICE CREAM	MRS RCHRDSN TOP HT FDG	16OZ
TOPPINGS: ICE CREAM	MRS RCHRDSN TOP BTTRCRL	17OZ
VITASOY	NASOYA TOFU-FIRM	14OZ

Wilson Lakeside Market  
Gluten Free Items

As of 8/13/12

<b>General Description</b>	<b>Description</b>	<b>Size</b>
VITASOY	NASOYA TOFU-EXTRA FIRM	14OZ
WALDEN FARMS	WALDEN FARMS KETCHUP	12OZ
WHOLLY GUACAMOLE	WHOLLY GUACAMOLE SPICY	7OZ
WHOLLY GUACAMOLE	WHOLLY GUACAMOLE CLASSIC	7OZ
YEAST: DRY	FLSCHMNN YEAST REG 3'S	.75OZ
YEAST: DRY	FLSCHMNN YEAST DRY JAR	4OZ
YEAST: DRY	FLSCHMNN YEAST RR 3'S	.75OZ
YEAST: DRY	FLSCHMNN YEAST RR JAR	4OZ