

FCC LOMPOC COMMISSARY

NAME: _____

NUMBER: _____

PRINT CLEARLY

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Revised: 2/10/2014

PRICES SUBJECT TO CHANGE - ALL ITEMS LIMITED TO REASONABLE QUANTITIES/STOCK ON HAND

SOAP

STAMPS - PHOTO TICKETS - COPY CARDS

PHOTO TICKETS.....	1.00
\$.01 SINGLE STAMP.....	\$.01
\$.20 SINGLE STAMP.....	\$.20
FOREVER SINGLE STAMP.....	\$.49
\$1.10 FOREVER GLOBAL STAMP.....	\$1.10
BOOK OF FOREVER STAMPS.....	\$9.80
(LIMIT OF 1 BOOK OR \$9.20 TOTAL VALUE)	
COPY CARD (LIMIT 4).....	\$5.00

NOTICE - WARRANTIES ARE NULL AND VOID
ON ITEMS SOLD IN THE COMMISSARY

MUSIC - HEADPHONES - WATCHES

SONY MRF35.....	46.70
JENSEN JSR500.....	29.95
MP-3 PLAYER.....	69.20
MP-3 SILICONE COVER.....	2.60
MP-3 ARM BAND.....	7.75
JVC GUMMY+ EAR BUDS.....	10.35
CLEARTUNE CT-38 EARBUDS.....	5.70
EAR BUDS - OVER EAR.....	12.50
KOSS CL-PRO HEADPHONES.....	19.95
KOSS CL-20 HEADPHONES.....	34.50
VELCRO WATCH BAND.....	2.50
G SHOCK WATCH BAND.....	9.10
IRONMAN WATCH BAND.....	11.45
G SHOCK WATCH.....	75.00
IRONMAN WATCH.....	41.50
TIMEX 1440 WATCH.....	27.20
ALARM CLOCK.....	9.35
WATCH BATTERY (2016).....	2.60

CLOTHES

SWEAT SHIRT SIZE.....	17.15-26.00
SWEAT PANTS SIZE.....	15.95-26.00
SHORTS, MESH SIZE.....	11.95-16.95
SHORTS SIZE.....	10.95-16.95
THERMAL TOP SIZE.....	6.25-16.95
THERMAL PANTS SIZE.....	6.25-16.95
T-SHIRT SIZE.....	6.75-14.95
T-SHIRT LONG SLVE SIZE.....	13.50
GRAY TANK TOP SIZE.....	6.30-6.95
BOXER BRIEFS SIZE.....	7.75-10.40
SOCKS (SPORT).....	1.60
SOCKS (CREW ¾ BOOT).....	1.65
FITTED BASEBALL CAP-GRAY SMALL.....	8.45
FITTED BASEBALL CAP-GRAY-LARGE.....	9.10
RAIN PONCHO.....	1.30
HANDKERCHIEF.....	.80
GYM BAG.....	7.65
COMPRESSION SHORTS SZ.....	15.60

SHOES - FOOT CARE

WHITE SHOE LACES.....	1.00
SHOWER SHOES L XL 2XL.....	1.05
BLACK SLIPPERS L XL 2XL.....	3.50
ODOR EATER INSERTS (LIMIT 1).....	4.55
NIKE AIR FORCE 1 BB MID SIZE.....	99.95
ADS ISOLATIONS BB SHOE SIZE.....	64.95
REEBOK CLASSIC SIZE.....	45.50
ASICS RENOVATE RUNNING SIZE.....	69.95
NIKE ALVORD 10 SIZE.....	61.35
NIKE AIR VELOCITRAINER SIZE.....	69.95
VANS ADDER, COURT SIZE.....	61.95
GEL INSOLES..... SIZE.....	11.60

MISCELLANEOUS - GAMES

WRISTBAND.....	1.95
HEADBAND.....	2.50
TENNIS BALLS.....	4.55
HAND/RAQUET BALLS.....	6.95
PLAYING CARDS.....	1.65
PINOCHLE CARDS.....	1.70
UNO CARD GAME.....	10.35
CHESS SETS (L).....	14.50
DOMINOES.....	3.65

HEALTH - VITAMINS

MULTI VITAMINS W/MINERALS.....	2.95
MULTI VITAMINS W/O IRON.....	1.90
VITAMIN C.....	1.95
VITAMIN E.....	2.55
CALCIUM TABS.....	2.05
VITAMIN B-12.....	2.50

MISCELLANEOUS

CLEAR MUGS.....	3.25
SPORTS CUP.....	1.50
TOILETRY BAG.....	5.55
ADDRESS BOOK.....	3.15
SUNGLASSES, OHANA II.....	7.20
READING GLASSES SIZE.....	6.53
PHOTO ALBUM.....	2.95
AIR FRESHNER.....	.95
AAA BATTERIES (4 PACK).....	1.60
AA BATTERIES (4 PACK).....	1.60
COMBINATION LOCK (LIMIT 1).....	7.65
LEGAL PAD - YELLOW.....	2.00
NOTEBOOK PAPER.....	2.00
TYPING PAPER.....	2.10
PEN, BLACK.....	.95
PENCILS.....	.50
PENCIL ERASERS.....	.25
SCHOOL FOLDERS.....	.50
ENVELOPES #10.....	1.60
ENVELOPE, LARGE 9X12.....	.40
SEWING KIT.....	2.60
SPORK.....	.60
PLASTIC HANGER.....	.40
LEGAL FOLDERS.....	2.55
PLASTIC BOWL.....	2.75
LED BOOK LIGHT.....	12.95
REPLACEMENT BULB (old style).....	1.95
SPANISH/ENGLISH DICTIONARY.....	1.30
DICTIONARY.....	3.75
TYPERWRITER RIBBON.....	6.70
CORRECTION RIBBON.....	5.80
GREETING CARDS (5 pack asst.).....	3.90
CLEAR FOLDER W/TAB.....	1.45
EAR PLUGS.....	.25
CASIO CALCULATOR.....	16.95

HEALTH - DENTAL

CREST.....	4.05
COLGATE.....	4.20
ULTRA BRIGHT.....	1.80
EFFERGRIP (DENTURE ADHESIVE).....	5.20
STAYDENT.....	2.90
FLOSS, UNWAXED.....	1.70
DENTAL FLOSS PICKS.....	1.50
TOOTHBRUSH HOLDER.....	.25
DENTURE HOLDER.....	1.30
DENTURE CLEANER.....	4.15
DENTURE BRUSH.....	1.70
TOOTHBRUSH, SOFT.....	.50
TOOTHBRUSH, ORAL B.....	3.15
MOUTHWASH.....	1.50
ORAL GEL.....	1.60
NEEM (Toothpaste).....	2.25
SENSODYNE, COOL GEL, MAX.....	7.10

SKIN CARE

BODY POWDER.....	1.90
COTTON SWABS.....	1.75
NOXEMA SKIN CARE.....	2.20
SUN BLOCK.....	3.90
PETROLEUM JELLY.....	.90
NIVIA SKIN CREAM.....	6.50
ARTRA.....	6.10
100% COCOA BUTTER STICK.....	2.05
COCOA BUTTER LOTION.....	3.20
QUINSANA FOOT POWDER.....	4.35
ROLL-ON DEODERANT.....	1.90
ALMAY DEODERANT.....	3.15
SPORT TALC DEODERANT.....	2.95
SUAVE THERAPY LOTION.....	2.90
LIP BALM WITH SUN BLOCK.....	.85
ACNE MEDICINE.....	1.45
BLISTEX MEDICATED LIP BALM.....	2.25
FACIAL TISSUE (8PK).....	1.95
TOILET PAPER.....	.65
BAND AIDS.....	.90
HAND SANITIZER.....	1.55

FRAGRANCE OILS

DEWBERRY-AFRICAN.....	5.00
SANDLEWOOD TUNISIAN.....	5.00
EYGPITIAN MUSK.....	4.00

HEALTH-OVER THE COUNTER

Table listing health products like NAPROXEN, IBUPROFEN, ASPRIN, NON-ASPRIN, ALLERGY RELIEF, ANTACID PILLS, ANTACID LIQUID, MUSCLE RUB, TUMS, NASAL SPRAY, SALINE, EYE DROPS, OPTICON-A, HALLS COUGH DROPS-MENTHO, COUGH SYRUP, HYDROCORTISONE CREAM, ANTIFUNGAL FOOT CREAM, NATURAL VEGETABLE LAXATIVE, NATURAL VEG LAXITIVE, HEMORRHOID OINTMENT, STOMACH RELIEF, LORATIDINE, ACID REDUCER, TERBINAFINE, ANTIBIOTIC OINTMENT, STOOL SOFTENER, DAIRY DIGESTIVE, MILK OF MAGNISIA, IMODIUM.

PASTRIES

Table listing pastries: CREAMY CURLY HONEY BUN/CHOC, CINNAMON ROLLS, OATMEAL PIES, CHOCOLATE SWISS ROLLS, MOON PIES, STRAWBERRY CHEESE DANISH.

FOODS - RICE - SOUPS - NOODLES

Table listing rice, soups, and noodles: RICE, WHITE, (c) RICE, BROWN, CUP OF SOUP, VEG/CHICKEN, RAMEN SOUP, SHRIMP/CHILI/LIME, RAMEN SOUP, PICANTE CHICKEN, RAMEN SOUP, CHILI, RAMEN SOUP, BEEF, RAMEN SOUP, LOW SODIUM CHICKEN, THAI NOODLES, HOT & SPICY VEGETABLE.

FOODS - KOSHER/HALLAL (LIMIT 14 PER WEEK)

Table listing kosher/hallal items: (c) MEAT STUFFED CABBAGE, (c) CHEESE RAVIOLI, (c) EGGPLANT W/ PARM, (c) STUFFED CHICKEN, (c) HALLAL SAUSAGE (HOT).

DRINKS

Table listing drinks: (c) FOLGERS COFFEE, (c) FOLGERS DECAF COFFEE, (c) TASTERS CHOICE COFFEE, (c) COLUMBIAN COFFEE, SWEETNER, EQUAL, SUGAR SUBSTITUTE, (c) CELESTIAL HERB TEA, TEA BAGS, (c) COFFEE CREAMER, (c) POWDERED MILK, TANG INSTANT DRINK, (c) TANG SPORTS DRINK, SINGLES, (c) HAWAIIAN PUNCH, BLUE, (c) LEMONADE, SINGLES, (c) COCOA - LG, CAPPUCCINO, ICE TEA W/LEMON MIX, (c) WATER (LIMIT 24), (c) SPRITE, (c) COKE, (c) DIET COKE, (c) DR. PEPPER, ROOT BEER, 12 Pack (SOFT DRINKS LIMITED TO 4-6PACKS TOTAL).

CANDY - NUTS

Table listing candy and nuts: KIT KAT BAR, (c) REESE'S PEANUT BUTTER CUP, TWIX, HERSHEY CANDY PAR WALMONDS, EUROPEAN CHOCOLATE (MILK), EUROPEAN CHOCOLATE (DARK), JOLLY RANCHER - FIRE, JOLLY RANCHER - ASSORTED, BUTTERSCOTCH, SUGAR FREE, STARLIGHT MINTS, (c) M&M'S, PEANUT, (c) RED LICORICE, (c) SNICKERS, CHICK-O-STICK, SOUR FRUIT BALLS, MIXED NUTS (LIMIT 20), (c) SALTED PEANUTS (LIMIT 20), PISTACHIOS (LIMIT 20), SUNFLOWER KERNALS (LIMIT 20), HONEY ROASTED PEANUTS (LIMIT 20), RANCH NUGGETS (LIMIT 20), TRAIL MIX (NUT/RAISEN/M&M), TRAIL MIX (TROPICAL), GRANOLA BAR, FIBER ONE GRANOLA BAR.

FOODS - OTHER

Table listing other food items: (c) SALTINE CRACKERS (LIMIT 4), (c) WHEAT CRACKERS, PEANUT BUTTER/CHEESE CRACKERS, CHEDDAR CHEESE CRACKERS, SNACK CRACKERS, BEEF W/GRAVY (LIMIT 7), CHINESE SAUSAGE (LIMIT 7), (c) MACKEREL (LIMIT 7), (c) SALMON (LIMIT 7), HONEY PEPPER TURKEY (LIMIT 7), PEPPERONI, SLICED (LIMIT 7), (c) ALBACORE TUNA (LIMIT 7), LITE TUNA IN WATER (LIMIT 7), SUMMER SAUSAGE (LIMIT 7), HOT BEEF SUMMER SAUSAGE (LMT 7), BEEF JERKY (LIMIT 2), (c) MAYONANISE, SARDINES (LIMIT 7), CHICKEN (LIMIT 7), SPAM (LIMIT 7), JALAPENO CHEESE (LIMIT 7), CHEDDAR CHEESE BAR (LIMIT 7), MOZZARELLA CHEESE BAR (LIMIT 7), (c) PEANUT BUTTER, HOT CHILI PEPPERS (LIMIT 2), CHEDDAR CHEESE TUB (LIMIT 2), JALAPENO PEPPERS (LIMIT 2), TAPATIO HOT SAUCE, SRIRACHI HOT CHILE SAUCE, KICKN HOT SAUCE, SOY SAUCE, (c) REFRIED BEANS, (c) REFRIED BEANS W/CHORIZO, (c) CHILI W/BEANS, (c) CHILI GARLIC SAUCE, (c) HONEY (LIMIT 1), STRAWBERRY JELLY, (c) GARLIC POWDER, LEMON JUICE, SINGLES (LIMIT 20), (c) NATURAL OATMEAL, (c) VARIETY OATMEAL, (c) HONEY ALMOND GRANOLA, (c) NATURAL GRANOLA, (c) APPLE/BLUEBERRY GRANOLA, (c) PRUNES, SPAGHETTI SAUCE (Limit 1), (c) ANGEL HAIR PASTA, (c) OLIVE OIL (LIMIT 1), PARMESAN CHEESE, SALT & PEPPER (PACK), SOY, TACO MIX, (c) MRS DASH SEASONING, FURIKAKE SEASONING, SAZON W/CULANTRO&ACHIOTE, PROMAX PROTIEIN BAR-CHOC CHIP, PROMAX PROTEIN BAR-PEANUT BUT.

FOODS - COOKIES

Table listing cookies: (c) PEANUT BUTTER COOKIES, (c) OREO COOKIES, (c) PEANUT BUTTER COOKIES, (c) OREO COOKIES, (c) BUDDY BARS, MOTHER MARIA'S COOKIES, OATMEAL COOKIES, CHOC CHIP COOKIE, LEMON COOKIES, (c) STRWBERRY FIG BAR.

SNACK - CHIPS

Table listing snack chips: FIESTA MIX CHIPS, TORTILLA CHIPS, FLAMIN HOT CHEETOS, CHEETOS, RANCH DORITOS, DORITOS, CHILI CHEESE FRITOS, PORK SKINS, HOT & SPICY, PRETZELS, CHEEZ CRACKERS, POPCORN, BUTTER (BAG), POPCORN, WHITE CHEDDAR (BAG).

ICE CREAM (LIMIT TOTAL 2 PER WEEK)

Table listing ice cream: (c) FLAVOR, (c) BUTTER FINGER FLAVOR, FROZEN YOGURT.

TORTILLAS (LIMIT 6 PER WEEK)

Table listing tortillas: FLOUR TORTILLAS, CORN TORTILLAS, WHOLE WHEAT TORTILLAS.

APPROVE SPECIAL ITEMS

Table listing special items: WATCH BATTERY, TYPE, LANDSHARK CLEATS, SIZE, GOLETTO SOCCER CLEATS, SIZE, WIDE SHOWER SHOES, SIZE, OTHER.

NOTE:

- (1) READ "OUT OF LIST" PRIOR TO TURNING IN YOUR LIST. NO ADD-ONS OR SUBSTITUTIONS*
(2) PRICES SUBJECT TO CHANGE - ALL SALES ARE FINAL ONCE YOU LEAVE THE SALES WINDOW
(3) © APPROVED FOR RELIGIOUS DIET PARTICIPANTS.
(4) ALL SALES ARE FINAL, NO EXCEPTIONS
(5) (L) - LOCAL ITEM ONLY!!

SHOPPING SCHEDULE:

OCTOBER - DECEMBER

MON = 00-24 TUE = 25-49 WED = 50-74 THU = 75-99

JANUARY - MARCH

MON = 25-49 TUE = 50-74 WED = 75-99 THU = 00-24

APRIL - JUNE

MON = 50-74 TUE = 75-99 WED = 00-24 THU = 25-49

JULY - SEPTEMBER

MON = 75-99 TUE = 00-24 WED = 25-49 THU = 50-74

APPROVED: G. BOWERS, ASSOCIATE WARDEN 2/10/2014