

COMMISSARY LIST USMCFP SPRINGFIELD -JULY- 2013

UNIT _____
 NAME _____ REG.NO. _____ DATE _____

OPEN SALES:

MON 11:15-12:15 - SPECIAL PURPOSE SALES
 TUE 4:30 PM-COMplete - 8 & 9 BUILDINGS
 WED 4:30 PM-COMplete - 1,2,3 & 10 BUILDINGS

WARD RESTRICTED DELIVERIES:

THURSDAY - 1 BLDG, 3 BLDG & CAMP
 FRIDAY - 10 BLDG, 2-1 EAST

WARDEN

TRUST FUNDSUPERVISOR _____

CAPTAIN

*****PURCHASE LIMITS ARE DISPLAYED WITH PARENTHESES () BY INDIVIDUAL ITEMS UNLESS OTHERWISE NOTED *****

PRICES ARE SUBJECT TO CHANGE WITHOUT NOTICE ****ALL SALES ARE FINAL**** EXCESSIVE QUANTITIES MAY BE LIMITED
 INMATES ASSIGNED TO HOSPITAL OR MENTAL HEALTH UNITS MAY HAVE ITEMS RESTRICTED OR EXCLUDED BY DOCTOR=S ORDERS.

BEVERAGES - LIMIT 12 CANS

___	12 PK MINUTE MAID LEMONADE 12 OZ	4.85
+<	___ 12 PK COKE, 12 OZ	4.85
%	___ 12 PK DIET DR. PEPPER, 12 OZ	4.85
%	___ 12 PK SPRITE ZERO, 12 OZ	4.85
+	___ 6 PK V-8 JUICE, 5.5 OZ	4.65

SOUPS- LIMIT 12 ANY COMBINATION

___	EA CALIFORNIA VEGETABLE SOUP	.55
*	___ EA CHILI SOUP	.30
*	___ EA CAJUN CHICKEN SOUP	.30

COOKIES / CRACKERS / PASTRIES- LIMIT 6 ANY COMBO

<	___ BX PEANUT GRANOLA BARS	<K>	2.50
<	___ BX PEANUT BUTTER WAFERS	<K>	1.85
+<	___ PK STRAWBERRY FIG BARS	<K>	1.55
<	___ BX OATMEAL CRÈME CAKES	<K>	1.85
<	___ PK CHOCOLATE CRÈME COOKIES	<U><K>	2.85
+*	___ BX SALTINE CRACKERS	<U>	1.80
___	EA TOASTER PASTRIES,BROWN SUGAR/CINN.		1.50
<	___ BX RITZ CRACKERS	<U>	4.00
___	___ BX WHEAT THINS CRACKERS		2.85
___	___ PK PEANUT BUTTER COOKIES	<U><H>	1.80
___	___ PK HONEY BUNS	<K>	1.55
___	___ BX SWISS ROLLS	<K>	1.80
___	___ BG BUDS CHOCOLATE CHIP COOKIES		1.05
<*	___ PK S/F STRAWBERRY WAFERS		.85
<	___ BX VANILLA WAFERS, 12 OZ	<U>	2.20
+	___ BX OATMEAL/VARIETY PACK, 12 OZ	<U>	3.25
<	___ BX GRANOLA CEREAL, 1 LB	<K>	2.60
+<	___ EA HONEY GRAHAM CRACKER, 14 OZ	<U>	2.05
___	___ PK ICED OATMEAL COOKIES	<U>	1.65

SNACKS- LIMIT 10 ANY COMBINATION

*	___ EA EXTRA BUTTER POPCORN, SINGLE PACK	.50	
+*	___ BG OLIVES IN POUCH 2.3 OZ (5)	1.35	
+<	___ PK FRUIT CUP, MIXED, 4/PK	3.65	
___	___ EA HONEY TOASTED PEANUTS	1.60	
<	___ EA MIXED NUTS R&S, 3 OZ	1.95	
<	___ EA ROCKY MOUNTAIN MIX	1.60	
<	___ EA YOGURT TRAIL MIX	1.85	
<	___ EA CALIFORNIA GOLD	1.60	
<	___ EA CASHEWS, SALTED	2.45	
+	___ EA BEEF JERKY, 1 OZ	1.45	
*	___ EA KETTLE CORN POPCORN, SINGLE PACK	.50	
*	___ EA LIGHT BUTTER POPCORN, SINGLE PACK	.50	
+*	___ EA JUMBO PICKLE	<K>	.85

___	___ EA SPICY CHEESY REFRIED BEAN & RICE (5)	1.30	
%	___ EA WHITE RICE, 7 OZ (5)	1.20	
+	___ EA INSTANT REFRIED BEANS (5)	2.25	
+	___ EA SPICY CHEESY RICE, 2 OZ (5)	<K>	.65
%	___ EA BROWN RICE, 6.5 OZ. (5)	1.35	

DRINK MIX- LIMIT 4 ANY COMBINATION

+<	___ BG ORANGE TANG	2.25	
+<	___ BG KOOL-AID TROPICAL PUNCH	2.15	
+<	___ BG KOOL-AID GRAPE	2.15	
+<	___ BG NESTEA ICED TEA LEMON W/ SUGAR	2.20	
+<	___ BG COUNTRY TIME LEMONADE, 12 OZ	<H>	2.15
+<	___ EA GATORADE- FRUIT PUNCH, 1 QT MIX	.90	
%	___ BX TEA BAGS	<U>	5.40
%	___ EA HAWAIIAN PUNCH S/F DRINK MIX	1.35	
+	___ BG HOT COCOA W/MARSHMALLOWS, 10 OZ.	1.85	

COFFEE PRODUCTS- LIMIT 6 ANY COMBINATION

%	___ BG NON DAIRY CREAMER, 8 OZ.	<U>	1.20
%	___ BG COFFEE 97% DECAF, 3 OZ		3.55
%	___ BG KEEFE COLOMBIAN COFFEE, 3.0 OZ		3.60
%	___ BG FOLGERS INSTANT COFFEE 8 OZ	<U>	6.50
%	___ BG KEEFE GOLD COFFEE, 3 OZ.		3.60
<	___ EA CAPPUCCINO MIX, 8.0 OZ		1.75
+<	___ BX SUGAR CUBES		2.25
%	___ BX SUGAR TWIN	<U>	1.75

MEAT / SEAFOOD/ POULTRY- LIMIT 15 ANY COMBO

___	___ EA SHREDDED BEEF	4.70	
___	___ EA HOT BEEF STICK	1.45	
___	___ EA TURKEY SAUSAGE	1.80	
___	___ EA TURKEY W/DRESSING	2.90	
___	___ EA SPAM SINGLES, 3 OZ	1.45	
___	___ EA SARDINES IN OIL	.90	
___	___ BG BEEF STEW, 11.25 OZ	1.75	
___	___ EA MACKEREL FILLETS	<U>	1.25
___	___ EA TUNA, 4.23 OZ	<K>	1.85
___	___ EA FISH STEAKS IN HOT SAUCE		1.15
___	___ EA BEEF SUMMER SAUSAGE, 5 OZ		1.75
___	___ EA CHICKEN VIENNA SAUSAGE		1.85
___	___ BG CHICKEN-N-POUCH, 3 OZ		2.45
___	___ EA PEPPERONI, 3.5 OZ		2.35
___	___ BG BAG OF CHILI, HOT, 11.25 OZ		1.80
___	___ EA CHICKEN & NOODLES		2.90
___	___ EA CREAM CHEESE SPREAD (2)		1.50
___	___ BT LEMON JUICE (2)		.95
___	___ EA CHEESY MACARONI & CHEESE (5)	<K>	1.15
___	___ BX VELVEETA CHEESE (2)		2.85
___	___ BT JALAPENO SQUEEZE CHEESE (1)		3.00
___	___ PK FLOUR TORTILLAS (4)		1.20
___	___ BX GARLIC (2)		.55
___	___ EA GRATED PARMESAN CHEESE (2)		1.50
___	___ EA ONION POWDER (2)	<U>	1.55
___	___ EA MUSTARD, 12/PK (2)	<K>	.55
___	___ EA VEGETABLE FLAKES (2)	<U>	1.40
___	___ EA GARLIC POWDER (2)		1.25
___	___ EA SALT / PEPPER SHAKERS (2)		1.40
___	___ EA MORTON SEASON ALL		1.45
___	___ EA MOLLY McBUTTER SEASONING (2)		2.40
___	___ EA MRS. DASH SEASONING (2)		3.90
___	___ JR JALAPENO PEPPERS (2)	<KSA>	2.10
___	___ EA SALSA, MEDIUM (2)		1.85
___	___ EA BBQ SAUCE, 12 OZ (2)		2.15
___	___ EA PIZZA SAUCE, 15.5 OZ (1)		2.10
___	___ BT LOUISIANA HOT SAUCE (2)		1.40
___	___ BT SOY SAUCE, 6 OZ. (2)	<H>	1.10
___	___ JR PEANUT BUTTER/CREAMY (1)	<U>	2.75
___	___ EA STRAWBERRY JELLY (2)		2.40
___	___ JR PEANUT BUTTER/CRUNCH (1)	<U>	2.75
___	___ BT HONEY, 8 OZ (2)	<K>	2.65
___	___ BT VIRGIN OLIVE OIL, 8 OZ (2)	<KSA>	2.70
___	___ JR HOT PEPPER MIX, 8 OZ. (1)		2.15
___	___ BT MAYONNAISE, 11.5 OZ (1)		2.05
___	___ EA CHOCOLATE SYRUP, 24 OZ (1)		2.85
___	___ BT CHILI GARLIC SAUCE (2)		1.95

CHEESE PRODUCTS

___	___ EA HOT PEPPER CHEESE STICK (2)	1.60
___	___ EA SHARP CHEDDAR CHEESE, 4 OZ. (2)	1.60
___	___ EA MOZZARELLA CHEESE, 4 OZ (2)	1.55

___	___ EA SAZON SEASONING (1)	1.70
___	___ EA GOYA CHICKEN BOUILLON, 2.82 OZ (2)	1.50

___	___ PK BATTERIES - AA, 4/PK (2)	1.50
___	___ PK BATTERIES - AAA, 4/PK (2)	1.50
___	___ PK BATTERIES - "C", 2/PK (2)	2.50

FOLLOWING ITEMS- LIMIT 1 EACH

___	___ EA MACH III RAZOR	7.15
___	___ EA MACH III BLADE REFILL 5-PK	16.90
___	___ PK DISPOSABLE RAZORS, 10/PK	2.25
___	___ EA CHAPSTICK	.85
___	___ BX Q-TIPS	1.10
___	___ PK GOODY HAIR TIES, 18/PK	1.25
___	___ EA SOAP DISH	.70
___	___ EA DENTAL FLOSS UNWAXED	1.70
___	___ EA TOOTHBRUSH SOFT	.95
___	___ EA ORAL-B TOOTHBRUSH	3.20
___	___ EA TOOTHBRUSH HOLDER	.50
___	___ EA PEN (INK) 2PK	1.10
___	___ EA TWEEZERS	1.05
___	___ EA FINGERNAIL CLIPPERS	.90
___	___ EA TOENAIL CLIPPERS	1.10
___	___ EA AFRO PICK	.45
___	___ EA BUMP STOPPER 2	4.20
___	___ EA VENTED HAIR BRUSH	1.00
___	___ EA WAVE HAIR BRUSH	2.90
___	___ EA COMBINATION LOCK	6.50
___	___ EA ACRYLIC MIRROR	2.60
___	___ PK SENSOR BLADE REFILLS, 5/PK	12.45
___	___ EA CARMEX TUBE, ORIGINAL	1.25

<u>CANDY- LIMIT 10 ANY COMBINATION</u>		
*%	EA NOW AND LATER	.85
	PK REESE'S P/B CUPS, 6/PK	5.10
<	PK SNICKERS BARS, 6/PK	4.95
+<	EA COUNTRY TIME LEMONADE CANDY	1.40
+<	BG TOOTSIE POPS, 10 OZ	2.55
%	EA S/F JOLLY RANCHERS 3.6 OZ	2.60
+<	EA TWIZZLERS, 5 OZ	1.30
+<	BG STARBURST, 7.2 OZ	2.00
	EA HERSHEY'S CANDY BAR	.85
+<	EA ATOMIC FIREBALLS 3 OZ	.70
+<	EA ORANGE SLICES	1.00
+<	EA RAINBOW MIX, 6 OZ	.85
<	EA PLAIN M&M'S, 12 OZ	4.05
<u>HEALTH AND HYGIENE- LIMIT 1 EACH</u>		
	EA AJAX DISH SOAP, 16 OZ	1.50
	EA ELEMENTZ STYLING GEL	3.35
CR	BT PERT SHAMPOO/CONDITIONER, 13.5 OZ	4.95
CR	BT ELEMENTZ DANDRUFF SHAMPOO	3.45
CR	BT <u>SULFUR 8 SHAMPOO</u>	4.10
CR	EA DIAL SOAP, 4.5 OZ (3)	1.00
CR	PK IVORY SOAP, 3/PK	1.85
	PK IRISH SPRING ICY BLAST, 3/PK	2.85
	EA ZEST SOAP (3)	1.10
CR	EA TONE SOAP (3)	1.20
	EA SUAVE SHAMPOO	1.90
	EA SUAVE CONDITIONER	1.90
	EA PANTENE PRO-V SHAMPOO	6.70
	EA PANTENE PRO-V CONDITIONER	6.70
	JR NOXZEMA	2.25
	JR PETROLEUM JELLY	1.35
	EA AMBI SKIN CREAM	5.65
	EA AMBI CLEANSING BAR	2.30
	ST COCOA BUTTER STICK	2.05
	EA MENNEN SPORT GEL ANTI-PERSP. 3 OZ.	3.45
CR	EA DEGREE EXTREME BLAST	2.55
CR	EA MENNEN ACTIVE FRESH DEODORANT	2.30
	EA LUSTI HAIR FOOD	1.20
	EA PINK OIL MOISTURIZER, 8 OZ	5.50
	JR <u>MURRAY'S POMADE</u>	2.45
CR	JR SULFUR - 8	3.85
	EA AFRICAN PRIDE	6.35
	CN MAGIC SHAVE GOLD	2.90
CR	TU MAGIC SHAVE CREAM	4.25
	EA JERGENS LOTION	4.90
	BT COCOA AND SHEA BUTTER LOTION	2.75
CR	BT COCONUT LIME AND ALOE LOTION	2.75
	BT BABY OIL	2.90
	EA <u>BABY POWDER</u>	1.90
CR	TU EFFERGRIP CREAM ADHESIVE, 2.5 OZ	6.00
CR	TU DENTURE CREAM TOOTHPASTE, 3.9 OZ	4.15
CR	EA DENTURE TOOTHBRUSH	3.05
CR	TU SENSITIVE COLGATE TOOTHPASTE	4.30
CR	TU COLGATE WHITENING TOOTHPASTE	2.95
CR	TU CLOSE-UP TOOTHPASTE	2.80
	BT <u>MOUHWASH</u>	1.50
	EA AFTER SHAVE AQUA BLUE, 7 OZ.	1.30
	EA ETERNITY BODY LOTION	3.00
	EA SHAVE CREAM, 7 OZ	2.25
	EA ETERNITY PRAYER OIL	3.88
	EA DRAKKAR OIL	4.50
	EA SAUVE MANGO MANDARIN BODY WASH	3.65
	EA BOWL W/LID (1)	2.60
	EA COFFEE MUG, CLEAR, 22 OZ (1)	1.95
	EA JUMBO MUG, CLEAR, 64 OZ (1)	7.75
	EA <u>BOUNCE FABRIC SOFTENER</u> (1)	2.85
	EA <u>TIDE ULTRA</u> , 20 OZ (1)	6.80
	EA <u>3-RING BINDER</u> (2)	3.95
	PK NOTEBOOK PAPER (3-RING) (1)	2.75
	EA PHOTO ALBUM (1)	2.80
	EA DIGITAL BATT. OPERATED CLOCK (AAA)(1)	10.00
	EA CASIO WATCH BAND	6.65
	EA IRONMAN WATCH BAND (1)	17.70
	EA VELCRO WATCH BAND (1)	2.10
	EA HANDKERCHIEF, WHITE, 1/EA (5)	.70
	EA WATCH BATTERY - 2016 (1)	1.45
	EA WATCH BATTERY - 2025 (1)	2.60
	EA MUSTACHE SCISSORS (1)	6.70
	EA <u>EYEGLASS CORD</u> (1)	1.90
	EA POKER CARDS (2)	2.60
	EA PINOCLE CARDS (2)	2.70
<u>FOLLOWING ITEMS- LIMIT 1 EACH</u>		
	EA SOLAR CALCULATOR	7.30
	EA HEAD BAND	2.60
	PR WRIST BANDS	2.60
	EA ADDRESS BOOK	2.45
	EA MAC 5 EAR PAD, (1 PR)	2.60
	EA PORTA PRO EAR PADS, (1 PR)	2.60
	PR SHOE LACES, WHITE, 54"	1.05
	PR SHOE LACES, WHITE, 72"	1.20
	PR WORX BOOT LACES BLACK	1.10
	PR BROWN BOOT LACES, 54"	1.25
	EA SEWING KIT	1.95
	EA BASEBALL CAP - GREY	5.20
	PK REP BULBS FOR ITTY BITTY LT - 2/PK	8.05
	EA NYLON SHAVING BAG	6.80
	PR SHOE INSERTS, SZ 9 - 10.5	9.75
	PR SHOE INSERTS, SZ 11 - 12.5	9.75
	PR SHOE INSERTS, SZ 13 - 14	9.75
	EA WEIGHT GLOVES: L - XL	9.50
	EA DO-RAG, BLACK	2.55
<u>FOLLOWING ITEMS-LIMIT 2 EACH</u>		
	EA UNDERWEAR, THERMAL: L - XL	16.90
	EA UNDERWEAR, THERMAL: 2XL - 3XL	19.50
	EA T-SHIRT, SS: L - XL - 2XL - 3XL	6.50
	EA T-SHIRT, SS: 4XL	9.10
	EA T-SHIRT, LS: M - L - XL - 2XL - 3XL - 4XL	10.40
	PK UNDERSHIRTS, 3PK M - L - XL	11.05
	PK UNDERSHIRTS, 3/PK 2XL - 3XL - 4XL	13.00
	EA SWEAT SHIRT: L - XL - 2XL - 3XL - 4XL	15.50
	EA SWEAT PANTS: L - XL - 2XL - 3XL - 4XL	18.85
	EA BOXER BRIEF, 2/PK: M - L - XL - 2XL	7.45
	EA BOXER BRIEF, 2/PK: 3XL - 4XL	8.75
	EA MESH SHORTS M -L- XL	16.25
	EA MESH SHORTS 2XL - 3XL	18.85
	EA MESH SHORTS 4XL	22.10
	EA COTTON SHORTS L - XL - 2XL	9.10
	EA COTTON SHORTS 3XL - 4XL	10.40
	PK QUARTER SOCKS, 3PK SZ 6-12	4.25
CR	PR SHOWER SHOES: M - L - XL - 2XL - 3XL	6.50
<u>CHIPS- LIMIT 4 ANY COMBINATION</u>		
	BG BBQ WAVY LAYS	3.30
	BG WHOLE ENCHILADA SNACK MIX	2.50
	BG NACHO CHEESE DORITOS	3.30
	BG CACTUS ANNIES TORTILLA CHIPS	2.30
	BG TINY TWIST PRETZELS	2.45
	BG PORK RINDS (SPICY), 2 OZ	.85
	BG GOYA CRACKERS, 12 OZ (2)	2.80
	EA PIZZA KIT W/ SAUCE (3)	3.50
<u>KOSHER MEALS- LIMIT 2 EACH</u>		
	EA KOSHER BEEF STUFFED CABBAGE <KS>	5.10
	EA KOSHER STUFFED CHICKEN <KS>	6.00
	EA KOSHER CHEESE RAVIOLI <KS>	4.65
	EA KOSHER EGGPLANT PARMESAN <KS>	4.65
<u>ICE CREAM FLAVORS - LIMIT 1</u>		
	PT RAINBOW SHERBET	1.90
	PT LOW FAT VANILLA (NO SUGAR ADDED)	1.90
	PT BLACK WALNUT	1.90
	PT FLAVOR OF THE MONTH	1.90
	(SEE SIGN IN COMMISSARY FOR CURRENT FLAVOR)	
<u>GREETING CARDS</u>		
	PK MULTI-OCCASION CARDS, 6/PK	6.20
	PK BIRTHDAY CARDS, 6/PK	6.20
	EA ANNIVERSARY CARD	1.05
<u>FOLLOWING ITEMS- LIMIT 1 EACH</u>		
	EA ODOR DESTROYER SHOE INSERTS, 1 SIZE	3.90
	EA TRAVIS SUNGLASSES	7.20
	EA MESH GYM BAG	9.10
	EA <u>DOMINOS</u>	5.50
	EA DICTIONARY	3.85
	EA SWINTEC 7000 TYPEWRITER RIBBON	9.70
CR	EA CORRECTION LIFT-OFF TAPE	9.25
	CN RACQUET BALLS, GREEN, 3/CN	6.50
CR	PK ENVELOPES, 9 X 12 INCH, 4/PK	.85
	EA WATER BOTTLE, QUART	2.95
<u>ITEMS THAT ARE BEING DISCONTINUED - AVAILABLE WHILE THEY LAST ONLY !!!</u>		
	EA S/F CINNAMON DISKS	1.55
	EA S/F BUTTERSCOTCH DISKS	1.55

CR = APPROVED ITEMS FOR COMMISSARY RESTRICTION

NUTRITION SYMBOLS:

+ INDICATES LOW FAT
 < INDICATES LOW SODIUM
 * INDICATES LOW SUGAR
 % INDICATES ALL THREE

PER SERVING AS INDICATED ON PACKAGE

<K>, <U>, <KS>, <KSA>, <H> INDICATES KOSHER ITEMS
 NUTRITIONAL SYMBOLS REVIEWED BY THE REGISTERED DIETITIAN. QUESTIONS
 REGARDING COMPLETE NUTRITIONAL CONTENT MAY BE DIRECTED TO THE DIET OFFICE.

UNDERLINED ITEMS ARE FOR ALOCAL USE ONLY.