

2014-2015 Fundraising Season product information



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Flmira	Select	Bonel	ess	Breast
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Our highest quality Elmira Select Boneless Breast now has reduced sodium and comes in a larger 3kg box.

Serving Size	Calories	Fat	Sat. Fat	Trans	Cholesterol	Sodium	Carbs	Protein
100 g	80	1 g	0 g	0 g	40 mg	450 mg	0 g	17 g
Product Num Approximate			Fund	lraising	selling Price	e: \$35.00	Pa	ck Size: 3.0

Fully Cooked Breast Meat Ouik Strips^m s

Oven roasted and fully cooked, our 100% breast meat strips are a delicious addition to a stirfry, salads, wraps, pastas... the options are endless.

Serving Size	Calories	Fat	Sat. Fat	Trans	Cholesterol	Sodium	Carbs	Protein	
100 g	120	3 g	1.0 g	0 g	70 mg	410 mg	0 g	25 g	
Product Num	Fund	draising	g Selling Price	Pack Size: 2.00					

Breaded Chicken Nuggets SWG

Our chicken nuggets are made using only 100% white meat, then coated with our own crispy coating.

Serving Size	Calories	Fat	Sat. Fat	Trans	Cholesterol	Sodium	Carbs	Protein	
100 g	200	8g	1g	0 g	25 mg	470 mg	20 g	13 g	
Product Num				lraising	Selling Price	: \$25.00	Pa	ack Size: 2.	5 kg

Tender L'Oven Chicken Fillets GSW

An all time favourite... our whole tenderloin, lightly breaded and ready to cook in your oven! Serve with your favourite tasty sauce.

Serving Size	Calories	Fat	Sat. Fat	Trans	Cholesterol	Sodium	Carbs	Protein	
100 g	180	6 g	0.5 g	0.29 g	30 mg	470 mg	17 g	14 g	
Product Num Approximate			Fund	Iraising	Selling Price	e: \$27.00	Pa	ick size: 2.	00 kg

Spicy Breaded Chicken Breasts GW

Tender sliced whole breast portions lightly breaded in a spicy coating. Great on a sandwich or as a satisfying entrée with a salad or vegetables.

Serving Size	Calories	Fat	Sat. Fat	Trans	Cholesterol	Sodium	Carbs	Protein	
100 g	180	5 g	0.5 g	0 g	30 mg	400 mg	20 g	15 g	
Product Num Approximate			Fund	Iraising	selling Price	e: \$30.00	Pa	ck Size: 2 .	.00 kg

Breaded Chicken Burgers GSW

These breaded burgers are 100% white breast meat specially developed for both the oven and the fryer. A simple and convenient meal idea your kids will love!

Serving Size	Calories	Fat	Sat. Fat	Trans	Cholesterol	Sodium	Carbs	Protein

8 g

140 5 g 0.5 g 0 g 15 mg 300 mg 15 g Product Number: 4345603 Fundraising Selling Price: \$22.00 Pack Size: 2.10 kg 30 burgers

JDS Classic Choice Beef Burgers s

Satisfy your hunger and sink your teeth into our 5.3oz tender, juicy and delicious Classic Choice Beef Burger. Perfect for grilling it can be dressed up just the way you like it.

Serving Size	Calories	Fat	Sat. Fat	Trans	Cholesterol	Sodium	Carbs	Protein	
150 g	350	23 g	13 g	0 g	100 mg	640 mg	6 g	25 g	
Product Num 30 patties	ber: 1030 1	96	Fund	Iraising	Selling Price	: \$32.00	Ра	ck Size: 4	.54 k

Allergens: E = Eggs, G = Gluten, M = Milk Ingredients, S = Soy, Su = Sulphites, W = Wheat Allergen Statement: All products are produced in a facility that handles the above allergens.

Our delicious Perfect for the	chicken b	reast gl	azed and	stuffed v	vith a blend o			
Serving Size	Calories	Fat	Sat. Fat	Trans	Cholesterol	Sodium	Carbs	Protein
170 g	220 g	9 g	4.5 g	0.2 mg	95 mg	780 g	7 g	31 g
Product Number: 3415601 Fundraising Selling Price: \$27.00 Pack Size: Approximately 8 pieces								ck Size: 1

Tender, juicy all white boneless breast meat fillet with broccoli florets and a blend of Cheddar and Mozzarella cheeses; coated in a light, crisp breading. This popular filling is sure to please everyone.

Serving Size	Calories	Fat	Sat. Fat	Trans	Cholesterol	Sodium	Carbs	Protein	
118 g	220	11 g	3 g	0.2 g	40 mg	520 mg	16 g	16 g	
Product Num	ber: 4395	604	Func	Iraising	selling Price	: \$23.00		Pack Size	: 1.36 kg

Breaded Stuffed Breast Chicken Cordon GMSW

Tender, juicy all white boneless breast meat filled with processed Swiss cheese and ham; coated in a light, crisp breading. Make this part of your meal today!

Serving Size	Calories	Fat	Sat. Fat	Trans	Cholesterol	Sodium	Carbs	Protein	
118 g	230	10 g	3 g	0.2 g	45 mg	710 mg	16 g	16 g	
Product Num 12 portions	ber: 4395	602	Func	Iraising	selling Price	: \$23.00		Pack Size	:: 1.36 kg

Breaded Chicken Parmesan GMSW

Seasoned 100% white breast meat, formed and layered with real Mozzarella cheese and a blend of pasta sauce, Romano and Parmesan cheeses, coated in a light, crisp breading.

Serving Size	Calories	ies Fat Sat. Fat		Trans	Cholesterol	Sodium	Carbs	Protein	
150 g	250	12 g	2.5 g	0.4 g	30 mg	730 mg	21g	15 g	
Product Num 18 portions	ber: 4395	600	Fund	Iraising	selling Price	:: \$35.00	Ра	ck Size: 2	.70 kg

Fully Cooked BBO Wings GWS

Our fully cooked BBQ wings are crispy and delicious. They are a sure hit with any crowd.

Serving Size	erving Size Calories Fat		Sat. Fat	Trans	Cholesterol	Sodium	Carbs	Protein	
100 g	270	15 g	3.5 g	0.1 g	65 mg	520 mg	16 g	16 g	
Product Num Approximate			Fund	lraising	g Selling Price	Pack Size: 2.0 kg			

Fully Cooked Breaded Buffalo Glazed Chicken Wings Gws NEW and improved and back by popular demand! Our fully cooked Buffalo Glazed

wings offer the right amount of crunch and spicy kick. Perfect for a meal or for sharing.

Serving Size	Calories	Fat	Sat. Fat	Trans	Cholesterol	Sodium	Carbs	Protein		
100 g	240	14 g	2.5 g	0.1 g	45 mg	890 mg	19 g	11 g		
Product Num Approximate			Fund	lraising	selling Price	e: \$28.00	Pack Size: 2.00 kg			

Fully Cooked Turkey Sausage GW

Our turkey sausage is juicy and full of flavour. They are great for any meal prepared in the oven, stove top or grill!

Serving Size	erving Size Calories Fat		Sat. Fat	Trans	Cholesterol	Sodium	Carbs	Protein		
100 g	140	7 g	2.0 g	0.1 g	70 mg	470 mg	4 g	16 g		
Product Num Approximate			Fund	lraising	Selling Price	e: \$30.00	Pack Size: 2.00 kg			

For specific ingredient information please don't hesitate to call: 1-800-663-5694.



New

Item

2014-2015 Fundraising Season



Fundraiser Salesperson:

Phone Number: ______ Salesperson's email _____

Supporters make cheques payable to: ______ Organizer or Organization (not JD Sweid Foods)

Supporter Name & Phone Number	3295609 Boneless Chicken Breasts \$35	3415601 Unbreaded Bacon Cheddar Griller \$27	4385600 Breaded Chicken Nuggets \$25	4325603 Tender L'Oven Fillets \$27	4305602 Spicy Breaded Chicken Breasts \$30		4395602 Breaded Chicken Cordon \$23	4395604 Breaded Chicken Divan \$23	Breaded	6905605 Fully Cooked Breast Meat Quik Strips \$35	Fully Cooked	FC Breaded	JDS Classic	6425600 Fully Cooked Turkey Sausage \$30	Paid	Total Dollars		
Total boxes of each product																		
Please return Sell Sheet to program organizer by						329560 341560 ⁻ 438560	9 Bonele 1 Unbrea 0 Breade	ss Chicken Ided Bacor d Chicken	ed Bacon Cheddar Griller 4395600 Chicken Nuggets 6905605					 Breaded Chicken Divan Breaded Chicken Parmesan Fully Cooked Breast Meat Quik Strips[™] 				
Date Payment for product is due in advance							4325603Tender L'Oven Fillets6205604Fully Cooked BBQ Chi4305602Spicy Breaded Chicken Breasts6210013F/C Breaded Buffalo C4345603Breaded Chicken Burgers1030196JDS Classic Choice 5.34395602Breaded Chicken Cordon6425600Fully Cooked Turkey S						uffalo Glaz pice 5.3oz.	ken Wings azed Chicken Wings iz. Beef Burgers				

Delivery Date: _____

Where: _____