



Elmira Select Boneless Breast

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	1g	0 g	0 g	40 mg	450 mg	0g	17 g

Product Number: **3295609** Fundraising Selling Price: **\$37.00** Pack Size: **3.0 kg**
Approximately 15 breasts

Quik Strips™ 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. Now with a new & improved taste!

Serving Size	Calories	Fat	Sat. Fat	Trans	Cholesterol	Sodium	Carbs	Protein
100 g	140	3 g	0.5 g	0 g	75 mg	460 mg	2 g	25 g

Product Number: **6905605** Fundraising Selling Price: **\$35.00** Pack Size: **2.00 kg**

Breaded Chicken Bites E G M S W

Juicy, boneless breast meat bites in a deliciously seasoned crumb coating; perfect plain, dipped or sauced.

Serving Size	Calories	Fat	Sat. Fat	Trans	Cholesterol	Sodium	Carbs	Protein
100 g	210	10g	1 g	0 g	35 mg	780 mg	15 g	15 g

Product Number: **6325600** Fundraising Selling Price: **\$25.00** Pack Size: **2.00 kg**
Approximately 60-70 pieces

Tender L'Oven Chicken Fillets G S W

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 Number: **4325603** Fundraising Selling Price: **\$27.00** Pack size: **2.00 kg**
Approximately 40-45 pieces

Spicy Breaded Chicken Breasts G W

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 Number: **4305602** Fundraising Selling Price: **\$30.00** Pack Size: **2.00 kg**
Approximately 15 breasts

Breaded Chicken Burgers G S W

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
70 g	140	5 g	0.5 g	0 g	15 mg	300 mg	15 g	8 g

Product Number: **4345603** Fundraising Selling Price: **\$23.00** 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 Number: **1030196** Fundraising Selling Price: **\$36.00** Pack Size: **4.54 kg**
30 patties

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.



Bacon Cheddar Griller - Unbreaded Stuffed Chicken Breasts M S

Our delicious chicken breast glazed and stuffed with a blend of cheddar cheese and bacon. Perfect for the grill or baked in the oven.

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	4 g	31 g

Product Number: **3415601** Fundraising Selling Price: **\$27.00** Pack Size: **1.36 kg**
Approximately 8 pieces

Breaded Stuffed Breast Chicken Divan G M S W

Tender, juicy all white boneless breast meat filled 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 Number: **4395604** Fundraising Selling Price: **\$23.00** Pack Size: **1.36 kg**
12 portions

Breaded Stuffed Breast Chicken Cordon G M S W

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	17 g	16 g

Product Number: **4395602** Fundraising Selling Price: **\$23.00** Pack Size: **1.36 kg**
12 portions

Breaded Chicken Parmesan G M S W

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	Fat	Sat. Fat	Trans	Cholesterol	Sodium	Carbs	Protein
150 g	330	17 g	4 g	0.3 g	35 mg	705 mg	27g	17 g

Product Number: **4395600** Fundraising Selling Price: **\$35.00** Pack Size: **2.70 kg**
18 portions

Sweet & Savory Rotisserie Style Chicken Pieces S Su W G

Unbreaded chicken pieces glazed and seasoned with a sweet and smoky rub. Perfect for cooking in the oven or on the grill.

Serving Size	Calories	Fat	Sat. Fat	Trans	Cholesterol	Sodium	Carbs	Protein
100 g	150	10 g	3g	0.1 g	50 mg	950 mg	2 g	13 g

Product Number: **6365611** Fundraising Selling Price: **\$30.00** Pack Size: **2 chickens**
18 Pieces

Mild Breaded Chicken Wings G W S

Breaded, seasoned and fully cooked wings can be enjoyed plain or dressed with your favourite sauce to suit everyone's tastes.

Serving Size	Calories	Fat	Sat. Fat	Trans	Cholesterol	Sodium	Carbs	Protein
100 g	250	14 g	3 g	0 g	40 mg	810 mg	14 g	15 g

Product Number: **6215601** Fundraising Selling Price: **\$30.00** Pack Size: **2.00 kg**
Approximately 40 wings

Fully Cooked Turkey Sausage G W

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	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 Number: **6425600** Fundraising Selling Price: **\$30.00** Pack Size: **2.00 kg**
Approximately 20 pieces

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





sell sheet

Fundraiser Salesperson: _____

Phone Number: _____ Salesperson's email _____

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

Collect orders from supporters

Supporter Name & Phone Number	3295609 Boneless Chicken Breasts \$37	3415601 Unbreaded Bacon Cheddar Griller \$27	6325600 Breaded Chicken Bites \$25	4325603 Tender L'Oven Fillets \$27	4305602 Spicy Breaded Chicken Breasts \$30	4345603 Breaded Chicken Burgers \$23	4395602 Breaded Chicken Cordon \$23	4395604 Breaded Chicken Divan \$23	4395600 Breaded Chicken Parmesan \$35	^{Improved!} 6905605 Quik Strips™ \$35	6365611 Rotisserie Style Chicken Pieces \$30	6215601 Fully Cooked Mild Breaded Chicken Wings \$30	1030196 JDS Classic Choice Beef Burgers \$36	6425600 Fully Cooked Turkey Sausage \$30	✓ Paid	Total Dollars
Total boxes of each product																

Total boxes x \$5.00 = Profit earned by this program

Payment for product is due in advance

Please return Sell Sheet to program organizer by:

_____ Date



- 3295609 Boneless Chicken Breasts
- 3415601 Unbreaded Bacon Cheddar Griller
- 6325600 Breaded Chicken Bites
- 4325603 Tender L'Oven Fillets
- 4305602 Spicy Breaded Chicken Breasts
- 4345603 Breaded Chicken Burgers
- 4395602 Breaded Chicken Cordon
- 4395604 Breaded Chicken Divan
- 4395600 Breaded Chicken Parmesan
- ^{Improved!} 6905605 Quik Strips™
- 6365611 Rotisserie Style Chicken Pieces
- 6215601 Mild Breaded Chicken Wings
- 1030196 JDS Classic Choice 5.3oz. Beef Burgers
- 6425600 Fully Cooked Turkey Sausage

Delivery Date: _____ Where: _____ Time: _____