



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	0g	0g	40 mg	460 mg	0g	17g

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 taste!

Serving Size	Calories	Fat	Sat. Fat	Trans	Cholesterol	Sodium	Carbs	Protein
100 g	110	1.5g	0.4g	0g	50mg	420 mg	2g	22g

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



Fully Cooked Breaded Chicken Bites 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	160	2g	1g	0g	35 mg	800mg	19g	13g

Product Number: **6325601** Fundraising Selling Price: **\$26.00** Pack Size: **2.00 kg**
Approximately 55-70 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	5g	0.5g	0g	30 mg	470 mg	21g	13g

Product Number: **4325603** Fundraising Selling Price: **\$28.00** 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	5g	0.5g	0g	40 mg	400 mg	20g	15g

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



Fully Cooked Breaded Chicken Burgers G S W

Breaded and fully cooked 100% breast meat chicken burgers now almost TWICE the size. Take a big bite out of a favourite meal everyone will love.

Serving Size	Calories	Fat	Sat. Fat	Trans	Cholesterol	Sodium	Carbs	Protein
126 g	250	11g	2.5g	0.2g	50 mg	630 mg	24g	14g

Product Number: **6345603** Fundraising Selling Price: **\$27.00** Pack Size: **2.5 kg**
Approx 20 burgers



JDS Classic Choice Beef Burgers S MU

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	380	27g	13g	1g	115 mg	680 mg	13g	22g

Product Number: **1030196** Fundraising Selling Price: **\$37.00** Pack Size: **4.54 kg**
30 patties



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	240 g	10g	4.5g	0.2 mg	95 mg	720 g	4g	31g

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
113 g	210	10g	10g	0.2g	40 mg	480mg	15g	14g

Product Number: **4395604** Fundraising Selling Price: **\$24.00** 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
113 g	220	10g	3g	0.1g	45 mg	760 mg	14g	17g

Product Number: **4395602** Fundraising Selling Price: **\$24.00** 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	320	15g	4g	0.2g	40mg	780mg	29g	18g

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



Sweet & Savory Rotisserie Style Chicken Pieces S 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	160	10g	3g	0.1g	50 mg	950 mg	2g	13g

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	14g	3g	0.1g	75 mg	670 mg	16g	15g

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	7g	2.0g	0.1g	70 mg	470 mg	4g	16g

Product Number: **6425600** Fundraising Selling Price: **\$30.00** Pack Size: **2.00 kg**

Allergens: E = Eggs, G = Gluten, M = Milk Ingredients, S = Soy, Su = Sulphites, W = Wheat, MU = Mustard

Allergen Statement: All products are produced in a facility that handles the above allergens.

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



sell sheet

Fundraiser Salesperson: _____

Phone Number: _____ Salesperson's email _____

Collect orders from supporters

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



Supporter Name & Phone Number	3295609 Boneless Chicken Breasts \$37	3415601 Unbreaded Bacon Cheddar Griller \$27	6325601 Fully Cooked Breaded Chicken Bites \$26	4325603 Tender L'Oven Fillets \$28	4305602 Spicy Breaded Chicken Breasts \$30	6345603 Fully Cooked Breaded Chicken Burgers \$27	4395602 Breaded Chicken Cordon \$24	4395604 Breaded Chicken Divan \$24	4395600 Breaded Chicken Parmesan \$35	6905605 Quik Strips™ \$35	6365611 Rotisserie Style Chicken Pieces \$30	6215601 Fully Cooked Mild Breaded Chicken Wings \$30	1030196 JDS Classic Choice Beef Burgers \$37	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

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|---|---|
| 3295609 Boneless Chicken Breasts | 4395604 Breaded Chicken Divan |
| 3415601 Unbreaded Bacon Cheddar Griller | 4395600 Breaded Chicken Parmesan |
| 6325601 Fully Cooked Breaded Chicken Bites | 6905605 Quik Strips™ |
| 4325603 Tender L'Oven Fillets | 6365611 Rotisserie Style Chicken Pieces |
| 4305602 Spicy Breaded Chicken Breasts | 6215601 Mild Breaded Chicken Wings |
| 6345603 Fully Cooked Breaded Chicken Burgers | 1030196 JDS Classic Choice 5.3oz. Beef Burgers |
| 4395602 Breaded Chicken Cordon | 6425600 Fully Cooked Turkey Sausage |

Delivery Date: _____ Where: _____ Time: _____