



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	0 g	17 g

Product Number: **3295609** Fundraising Selling Price: **\$35.00** Pack Size: **3.0 kg**
Approximately **15 breasts**



Fully Cooked Breast Meat 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.

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



New Item!

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: **\$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 Number: **1030196** Fundraising Selling Price: **\$35.00** 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	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 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 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	250	12 g	2.5 g	0.4 g	30 mg	730 mg	21g	15 g

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



Limited Stock!

Fully Cooked BBQ Wings G W S **** Available until October 31, 2015 ****

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

Serving 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 Number: **6205604** Fundraising Selling Price: **\$30.00** Pack Size: **2.0 kg**
Approximately **60 wings**



New Item!

Fully Cooked Unbreaded Seasoned Wings s

Unbreaded, seasoned and fully cooked chicken wings. Eat them plain or dress them up tossing or dipping in your favorite sauce. A perfect option to suit everyone's tastes.

Serving Size	Calories	Fat	Sat. Fat	Trans	Cholesterol	Sodium	Carbs	Protein
100 g	210	15 g	4 g	0 g	70 mg	560 mg	1 g	17 g

Product Number: **6205610** Fundraising Selling Price: **\$30.00** Pack Size: **2.00 kg**
Approximately **60-70 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**

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.

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



sell sheet

Sept. 2015 to Aug. 2016 Fundraising Season

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 \$35	3415601 Unbreaded Bacon Cheddar Griller \$27	^{New!} 6325600 Breaded Chicken Bites \$25	4325603 Tender L'Oven Fillets \$27	4305602 Spicy Breaded Chicken Breasts \$30	4345603 Breaded Chicken Burgers \$22	4395602 Breaded Chicken Cordon \$23	4395604 Breaded Chicken Divan \$23	4395600 Breaded Chicken Parmesan \$35	6905605 Fully Cooked Breast Meat Quik Strips \$35	6205604 Fully Cooked BBQ Chicken Wings \$30	^{New!} 6205610 FC Unbreaded Seasoned Chicken Wings \$30	1030196 JDS Classic Choice Beef Burgers \$35	6425600 Fully Cooked Turkey Sausage \$30	✓ Paid	Total Dollars
Total boxes of each product																

AVAILABLE UNTIL OCTOBER 31, 2015

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

Please return Sell Sheet to program organizer by _____

Date _____

Payment for product is due in advance

- 3295609 Boneless Chicken Breasts
- 3415601 Unbreaded Bacon Cheddar Griller
- ^{New Item!} 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
- 6905605 Fully Cooked Breast Meat Quik Strips™
- 6205604 Fully Cooked BBQ Chicken Wings
- ^{New Item!} 6205610 F/C Unbreaded Seasoned Chicken Wings
- 1030196 JDS Classic Choice 5.3oz. Beef Burgers
- 6425600 Fully Cooked Turkey Sausage

Delivery Date: _____ Where: _____ Time: _____