



# Product List



### Boneless Chicken Breasts

Uncooked  
Our highest quality Boneless Breast now has reduced sodium and comes in a larger 3kg box.  
#3295609 | Pack Size: 3.0 kg | Approximate pieces: 15  
**Fundraising Selling Price \$42.00**



### Quik Strips™ FULLY COOKED

Bite-sized unbreaded breast strips that have been roasted in the oven. Great for salad and wraps.  
#6905605 | Pack Size: 2.0 kg | Approximate pieces: n/a  
**Fundraising Selling Price \$42.00 S**



### Mild Spicy Breaded Chicken Bites FULLY COOKED

Juicy, boneless breast meat bites in a deliciously seasoned crumb coating; perfect plain, dipped or sauced.  
#6325601 | Pack Size: 2.0 kg | Approximate pieces: 55-70  
**Fundraising Selling Price \$33.00 M S W**



### Tender L'Oven Chicken Strips UNCOOKED

An all time favourite... our whole tenderloin, lightly breaded and ready to cook in your oven!  
#4325603 | Pack Size: 2.0 kg | Approximate pieces: 40-45  
**Fundraising Selling Price \$35.00 S W**



### Spicy Breaded Chicken Breasts UNCOOKED

Tender sliced whole breast portions lightly breaded in a spicy coating.  
#4305602 | Pack Size: 2.0 kg | Approximate pieces: 15  
**Fundraising Selling Price \$41.00 W**



### Breaded Chicken Burgers FULLY COOKED

Our 100% breast meat chicken burgers now almost TWICE the size. Take a big bite out of a favourite meal everyone will love.  
#6345603 | Pack Size: 2.5 kg | Approximate pieces: 20  
**Fundraising Selling Price \$31.00 S W E**



### Homestyle Chicken Pieces FULLY COOKED

Lightly breaded seasoned chicken pieces that are finger lickin' good. Two full chickens cut into pieces ready to enjoy.  
#6365610 | Pack size: 2 Chickens / 18 pieces  
**Fundraising selling price \$33.00 E M S W**



### Breaded Stuffed Chicken Breast Divan UNCOOKED

All white boneless breast meat filled with broccoli and a blend of Cheddar and Mozzarella cheeses; coated in a crisp breading.  
#4395604 | Pack Size: 1.36 kg | Approximate pieces: 12  
**Fundraising Selling Price \$28.00 M S W E**



### Breaded Stuffed Chicken Breast Cordon UNCOOKED

All white boneless breast meat filled with processed Swiss cheese and ham; coated in a crisp breading.  
#4395602 | Pack Size: 1.36 kg | Approximate pieces: 12  
**Fundraising Selling Price \$28.00 M S W E**



### Breaded Chicken Parmesan UNCOOKED

Seasoned 100% white breast meat, formed and layered with tomato sauce, mozzarella and parmesan cheeses coated in a crisp breading.  
#4395600 | Pack size: 2.7 kg | Number of pieces: 18  
**Fundraising Selling Price \$38.00 M S W E**



### Mild Breaded Chicken Wings FULLY COOKED

Breaded and seasoned wings to be enjoyed plain or dressed with your favourite sauce!  
#6215601 | Pack Size: 2.0 kg | Approximate pieces: 40  
**Fundraising Selling Price \$33.00 S W**



### Dry Garlic Ribs UNCOOKED

Try these delicious riblets to serve a perfect appetizer. They can be served plain or topped with our Montreal steak spice.  
#4145600 | Pack Size: 2.0 kg | Approximate pieces: 60  
**Fundraising Selling Price \$31.00 W**



### Classic Choice Beef Burgers UNCOOKED

Our 5.3oz tender, juicy and delicious beef burger. Perfect for grilling it can be dressed up just the way you like it.  
#1030196 | Pack Size: 4.54 kg | Approximate pieces: 30  
**Fundraising Selling Price \$47.00 S Mu**

**Allergens:** E = Eggs M = Milk Ingredients S = Soy  
Su = Sulphites W = Wheat Mu = Mustard

**All products are produced in a facility that handles the above allergens and labels may include a 'may contain statement' as a declaration.**

**ALL OF OUR PRODUCTS ARE SOLD FROZEN.**

Product	Serving Size	Calories	Fat	Sat. Fat	Trans	Cholesterol	Sodium	Carbs	Protein
Boneless Chicken Breasts	1/2 breast (100 g)	90	2 g	0.4 g	0 g	50 mg	450 mg	0 g	17 g
Quik Strips™	100 g	110	3 g	0.5 g	0 g	75 mg	460 mg	2 g	25 g
Mild Spicy Breaded Chicken Bites	4 pieces (100 g)	160	2 g	0.3 g	0 g	35 mg	800 mg	19 mg	13 g
Tender L'Oven Chicken Strips	2 pieces (100 g)	180	5 g	0.5 g	0 g	30 mg	470 mg	21 g	13 g
Spicy Breaded Chicken Breasts	1 breast (100 g)	180	5 g	0.5 g	0 g	40 mg	420 mg	19 g	15 g
Breaded Chicken Burgers	1 piece (126 g)	250	11 g	2.5 g	0.2 g	50 mg	630 mg	24 g	14 g
Homestyle Style Chicken Pieces	1/2 piece (100 g)	210	15 g	3.5 g	0.1 g	55 mg	470 mg	5 g	15 g
Breaded Stuffed Chicken Breast Divan	1 breast (113 g)	210	10 g	3.5 g	0.2 g	40 mg	480 mg	15 g	14 g
Breaded Stuffed Chicken Breast Cordon	1 breast (113 g)	220	10 g	3g	0.1 g	45 mg	760 mg	14 g	17 g
Breaded Chicken Parmesan	1 piece (150 g)	330	16 g	3.5 g	0.2 g	45 mg	480 mg	29 g	18 g
Mild Breaded Chicken Wings	2 pieces (100 g)	250	14 g	3 g	0.1 g	75 mg	630 mg	16 g	14 g
Dry Garlic Ribs	5 pieces (150 g)	330	21 g	6 g	0.2 g	67 mg	620 mg	4 g	27 g
Classic Choice Beef Burgers	1 piece (150 g)	430	37 g	15 g	2 g	130 mg	660 mg	3 g	21 g



**JD·SWEID**  
**FOODS**  
FUNDRAISING

# Sell Sheet

Effective September 2023 to August 2024

PARTICIPANT NAME: \_\_\_\_\_ EMAIL: \_\_\_\_\_ PHONE: \_\_\_\_\_

PLACE SUPPORTER NAME/PHONE BELOW	3295609 Boneless Chicken Breasts		6905605 Quik Strips™		6325601 Mild Spicy Chicken Bites		4325603 Tender L'Oven Chicken Strips		4305602 Spicy Chicken Breasts		6345603 Chicken Burgers		1030196 Classic Choice Beef Burgers		6365610 Homestyle Chicken Pieces		4145600 Dry Garlic Ribs		4395604 Chicken Breast Divan		4395602 Chicken Breast Cordon		4395600 Chicken Parmesan		6215601 Chicken Wings		TOTAL		PAID	
	QTY	\$42	QTY	\$42	QTY	\$33	QTY	\$35	QTY	\$41	QTY	\$31	QTY	\$47	QTY	\$33	QTY	\$31	QTY	\$28	QTY	\$28	QTY	\$38	QTY	\$33	QTY	\$		
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<b># of Boxes Sold</b>	QTY		QTY		QTY		QTY		QTY		QTY		QTY		QTY		QTY		QTY		QTY		QTY		QTY		QTY		QTY	

**REQUESTED DELIVERY**

Date \_\_\_\_\_

Time \_\_\_\_\_

Location \_\_\_\_\_

Total # of boxes   x \$5 = \$ PROFIT EARNED

Please return by: \_\_\_\_\_