

# product information



## Elmira Select Boneless Breast

Our highest quality Elmira Select Boneless Breast now has reduced sodium and comes in a larger 3kg box... all that for the SAME GREAT PRICE.

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



## Breaded Chicken Nuggets S W G

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	1 g	0 g	25 mg	470 mg	20 g	13 g

Product Number: 4385600 Fundraising Selling Price: **\$25.00** Pack Size: 2.5 kg  
Approximately 130-150 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 NEW 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: **\$32.00** Pack Size: 4.54 kg  
30 patties

Larger Size!

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.



## 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: **\$22.00** 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	16 g	16 g

Product Number: 4395602 Fundraising Selling Price: **\$22.00** Pack Size: 1.36 kg  
12 portions



## 5 oz Breaded Chicken Swiss Melt G M S W

Breaded 100% formed white breast meat layered with smoked turkey and processed Swiss cheese. Great lunchtime meal!

Serving Size	Calories	Fat	Sat. Fat	Trans	Cholesterol	Sodium	Carbs	Protein
142 g	310	14 g	3.5 g	0 g	45 mg	740 mg	28 g	18 g

Product Number: 4415602 Fundraising Selling Price: **\$35.00** Pack Size: 2.56 kg  
18 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



## Fully Cooked BBQ Wings G W S

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



## Dry Garlic Rib

Try these delicious Dry Garlic Ribs to serve a perfect appetizer for your next get together. They can be served plain or topped with our Montreal steak spice seasoning for the perfect snack or appetizer.

Serving Size	Calories	Fat	Sat. Fat	Trans	Cholesterol	Sodium	Carbs	Protein
105 g	210	13 g	4.5 g	0 g	70 mg	480 mg	3 g	20 g

Product Number: 4145600 Fundraising Selling Price: **\$25.00** Pack Size: 2.00 kg  
Approximately 60 pieces



## Fully Cooked Turkey Sausage G W

Our traditional turkey sausage has that distinctive Bavarian style flavour. Our sausages 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: \_\_\_\_\_

Supporters make cheques payable to: Westheights Community Church  
Organizer or Organization (not JD Sweid)

## Collect orders from supporters

Supporter Name & Phone Number	3295609 Boneless Chicken Breasts \$35	4415602 Breaded Chicken Swiss Melt \$35	4385600 Breaded Chicken Nuggets \$25	4325603 Tender L'Oven Fillets \$27	4305602 Spicy Breaded Chicken Breasts \$30	4345603 Breaded Chicken Burgers \$22	4395602 Breaded Chicken Cordon \$22	4395604 Breaded Chicken Divan \$22	4395600 Breaded Chicken Parmesan \$35	6905605 Fully Cooked Breast Meat Quik Strips \$35	6205604 Fully Cooked BBQ Chicken Wings \$30	4145600 Dry Garlic Ribs \$25	1030196 JDS Classic Choice Beef Burgers \$32	6425600 Fully Cooked Turkey Sausage \$30	✓ Paid	Total Dollars
Total cases of each product																

Please return Sell Sheet to program organizer by

Sunday, May 26, 2013

Date

Payment for product is due in advance

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

- 3295609 Boneless Chicken Breasts
- 4415602 Breaded Chicken Swiss Melt
- 4385600 Breaded Chicken Nuggets
- 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
- 4145600 Dry Garlic Ribs
- 1030196 JDS Classic Choice 5.3oz. Beef Burgers
- 6425600 Fully Cooked Turkey Sausage



Delivery Date: Sunday, June 16, 2013 Where: Westheights Church, 82 Westheights Dr., Kitchener Time: 11:30 a.m.