

product information



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**



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 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



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	7 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	16 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



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: **\$31.00** Pack Size: **2.0 kg**
Approximately 60 wings



New Item!

Fully Cooked Breaded Buffalo Glazed Chicken Wings G W S

NEW and improved and back by popular demand! Our fully cooked Buffalo Glazed wings offer the right amount of crunch and spicy kick. Perfect for a meal or for sharing.

Serving Size	Calories	Fat	Sat. Fat	Trans	Cholesterol	Sodium	Carbs	Protein
100 g	240	14 g	2.5 g	0.1 g	45 mg	890 mg	19 g	11 g

Product Number: **6210013** Fundraising Selling Price: **\$28.00** Pack Size: **2.00 kg**
Approximately 35 pieces



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

Collect orders from supporters

Fundraiser Salesperson: _____

Phone Number: _____ Salesperson's email _____

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

Supporter Name & Phone Number	3295609 Boneless Chicken Breasts \$35	3415601 Unbreaded Bacon Cheddar Griller \$27	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 \$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 \$31	6210013 FC Breaded Buffalo Glazed Chicken Wings \$28	1030196 JDS Classic Choice Beef Burgers \$32	6425600 Fully Cooked Turkey Sausage \$30	✓ Paid	Total Dollars
Total boxes of each product																

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

Please return Sell Sheet
to program organizer by
Sunday, May 24, 2015
Date _____

- 3295609 Boneless Chicken Breasts
- 3415601 Unbreaded Bacon Cheddar Griller
- 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
- 6210013 F/C Breaded Buffalo Glazed Chicken Wings
- 1030196 JDS Classic Choice 5.3oz. Beef Burgers
- 6425600 Fully Cooked Turkey Sausage

Payment for product is due in advance
Please ensure you can pick up your order on June 7 as we have no storage capacity for frozen food.

Delivery Date: Sunday, June 7, 2015 Where: Westheights Church, 82 Westheights Dr, Kitchener Time: 11:30 a.m.