



# 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 \$29.00 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 \$29.00 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	1.5 g	0.4 g	0 g	50 mg	460 mg	2 g	22 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 February to August 2025

PARTICIPANT NAME: \_\_\_\_\_

EMAIL: \_\_\_\_\_

PHONE: \_\_\_\_\_

PLACE SUPPORTER NAME/PHONE BELOW	QUANTITY OF BOXES/PRICE:	# of Boxes Sold														TOTAL	PAID			
		QTY	QTY	QTY	QTY	QTY	QTY	QTY	QTY	QTY	QTY	QTY	QTY	QTY	QTY			QTY		
3295609 Boneless Chicken Breasts	QTY \$42																			
6905605 Quick Strings™	QTY \$42																			
6325601 Mild Spicy Chicken Bites	QTY \$33																			
4325603 Tender 10" Oven Chicken Strips	QTY \$35																			
4305602 Softly Chicken Breasts	QTY \$41																			
6345603 Chicken Burgers	QTY \$31																			
1030196 Classic Choice Beef Burgers	QTY \$47																			
6365610 Homestyle Chicken Pieces	QTY \$33																			
4145600 Dry Garlic Ribs	QTY \$31																			
4395604 Chicken Breast Diane	QTY \$29																			
4395602 Chicken Breast Cordon	QTY \$29																			
4395600 Chicken Parmesan	QTY \$38																			
6215601 Chicken Wings	QTY \$33																			
TOTAL	QTY \$																			

REQUESTED DELIVERY  
 Date April 18, 2025  
 Time 4:00 to 7:00  
 Location Erin Legion

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

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