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COVID-19 RESOURCE GUIDE

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*Your premier foodservice distributor
in the Upper Midwest*

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THE NEW NORMAL FOR RESTAURANTS

BY PAUL SEGRETO, RESTAURANTOWNER.COM



It's an unprecedented time for restaurants and one when failure is not an option, but change is required. Fortunately, restaurants in most cities and states are being allowed / will be allowed to offer take-out & delivery. Certainly, that's much better than just being required to close doors for the foreseeable future.

Essentially, restaurants will become ghost kitchens. Even if operators have already offered take-out & delivery, it'll be a challenge to shift the entire focus on what has previously been just a small percentage of business for most restaurants. Well, take-out & delivery will be the new normal and the only chance of survival would be to view this as an opportunity, not only to survive but also to build an additional profit center for the future.

That said, a shift toward take-out & delivery must have full commitment to deliver top quality food and service. It may even require more focus on delivering a positively memorable experience than ever before. It'll be imperative to pay attention to detail, act with a sense of urgency and follow up AND follow through.

Listed below are some suggestions & recommendations to successfully shift to this new normal:

1. Evaluate your menu for the items that travel and heat up well to look and taste as they do as if the customer is dining in your restaurant.
2. Outline reheating instructions and include with all orders.
3. Create value-added specials for families such as dinner for four - appetizer, salad, entrée & dessert.
4. Offer bottled soda as a drink offering.
5. Be prepared with proper packaging including utensils, napkins and condiments. Don't skimp on bags and boxes.
6. Create a thank-you item (or items) to be included such as a low-amount gift card for a future order, a higher-amount gift card for when full dining is available, a hand-written note expressing thanks for their business, a freebie (a small order to taste another menu item)... Be creative but keep in mind, a little goes a long way!
7. Be certain to include a business card from owner or general manager with a note outlining steps should customer not be satisfied. If, and when contacted, act promptly and courteously.
8. Pay special attention to order taking AND checking of orders upon completion to ensure accuracy.

9. Ask about special food preparation requirements.
10. Add a personal touch by making sure customers know the name of person taking their order.
11. Phone calls must be answered as promptly as possible, and in a professional manner -- Thank you for calling (name of restaurant), this is (name), how may I help you? -- and upon taking the order, Thank you again for calling (name of restaurant), please contact me, should you experience any problems with your order, we do appreciate your business, again thank you.
12. Pay attention to how the menu items are placed in containers to ensure they look attractive when customer opens the containers.
13. Include extra containers of sauces & dressings, as when reheated, many menu items tend to dry out and a lot of customers just like extra sauce & dressings.
14. Be sure to track all orders and hold accountable all delivery drivers.
15. Follow up with all customers later that day or at the latest, the next morning.
16. A good rule of thumb for managing expectations is to under-promise and overdeliver.
17. Include a list of future specials and of course, the take-out & delivery menu with all orders.
18. Utilize the restaurant's loyalty program to communicate with and market to the database of loyal customers and offer specials specifically to this list.
19. Create a simple frequent diner program -- for example: every fourth order receives a \$10 or 10% off discount.
20. Build order tickets by offering a multi-meal discount -- for example: place a second or third-order at the same time and receive 5% and 10% off respectively.
21. Offer an additional entrée with orders over a certain amount -- for example: spend \$50 and receive an order of spaghetti & meatballs at no additional charge.
22. Market on social media with pictures of menu items, specials, etc.
23. Market on social media with video of owner showing cleanliness of the kitchen, food preparation, personal message of care and thanks, etc.
24. Document all processes and methods regarding take-out & delivery to incorporate into restaurant operations to enhance business when the restaurant is open for dine-in customers.
25. Communicate, communicate, communicate with staff on changes AND progress. Celebrate small wins!



WASHING YOUR HANDS



WHEN AND HOW TO WASH YOUR HANDS

Content source: Centers for Disease Control and Prevention

Hand washing is one of the best ways to protect yourself and your family from getting sick. Learn when and how you should wash your hands to stay healthy.

Wash Your Hands Often to Stay Healthy

You can help yourself and your loved ones stay healthy by washing your hands often, especially during these key times when you are likely to get and spread germs:

- **Before, during, and after** preparing food
- **Before** eating food
- **Before** and **after** caring for someone at home who is sick with vomiting or diarrhea
- **Before** and **after** treating a cut or wound
- **After** using the toilet
- **After** changing diapers or cleaning up a child who has used the toilet
- **After** blowing your nose, coughing, or sneezing
- **After** touching an animal, animal feed, or animal waste
- **After** handling pet food or pet treats
- **After** touching garbage

FOLLOW FIVE STEPS TO WASH YOUR HANDS THE RIGHT WAY

Washing your hands is easy, and it's one of the most effective ways to prevent the spread of germs. Clean hands can stop germs from spreading from one person to another and throughout an entire community—from your home and workplace to childcare facilities and hospitals.

Follow these five steps every time.

- **Wet** your hands with clean, running water (warm or cold), turn off the tap, and apply soap.
- **Lather** your hands by rubbing them together with the soap. Lather the backs of your hands, between your fingers, and under your nails.
- **Scrub** your hands for at least 20 seconds. Need a timer? Hum the "Happy Birthday" song from beginning to end twice.
- **Rinse** your hands well under clean, running water.
- **Dry** your hands using a clean towel or air dry them.

USE HAND SANITIZER WHEN YOU CAN'T USE SOAP AND WATER

You can use an alcohol-based hand sanitizer that contains at least 60% alcohol if soap and water are not available.

Washing hands with soap and water is the best way to get rid of germs in most situations. If soap and water are not readily available, you can use an alcohol-based hand sanitizer that contains at least 60% alcohol. You can tell if the sanitizer contains at least 60% alcohol by looking at the product label.

How to use hand sanitizer

- Apply the gel product to the palm of one hand (read the label to learn the correct amount).
- Rub your hands together.
- Rub the gel over all the surfaces of your hands and fingers until your hands are dry. This should take around 20 seconds.

Sanitizers can quickly reduce the number of germs on hands in many situations. However,

- Sanitizers do **not** get rid of all types of germs.
- Hand sanitizers may not be as effective when hands are visibly dirty or greasy.
- Hand sanitizers might not remove harmful chemicals from hands like pesticides and heavy metals.
- **Caution!** Swallowing alcohol-based hand sanitizers can cause alcohol poisoning if more than a couple of mouthfuls are swallowed. Keep it out of reach of young children and supervise their use. Learn more here.

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TIPS FOR PROMOTING YOUR BUSINESS



FOCUS ON YOUR COMMUNICATION

- Outline clear steps for placing an order for carry-out or delivery.
- Let people know via social media or your website that you're running a clean, sanitized kitchen where they can feel safe ordering food.
- Make sure any adjustments to hours are clearly and correctly displayed on your website and social media channels.

FOCUS ON CARRY-OUT AND DELIVERY

- Promote carry-out or pick-up. Make it easy and safe for your customers to feed their family.
- Create and market "meal bundles" for pickup - offering a package deal of entree, sides, and desserts for the family.
- If you use a third party delivery service, make sure you adjust your pricing to cover their surcharge.
- Consider promoting free delivery services within 5-10 miles of your location.

FOCUS ON YOUR BUSINESS

- Promote gift cards to keep revenue coming in. Make sure they are available for purchase via your website or over the phone.
- Have merch? Run a sale on your merchandise.
- Explore low labor intensive menu items that will ease the burden on the kitchen.
- Create a limited menu with a positive spin, ex. "Spring Break" menu.

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SANITIZING & DISINFECTING

SANITIZING AND DISINFECTING — WHAT'S THE DIFFERENCE?

Not all cleaning is created equal. We're going to break down the difference between sanitizing and disinfecting to give you some peace of mind about your operation.

SANITIZING VS. DISINFECTING

The goal of both sanitizing and disinfecting is to decrease the amount of germ contamination present on a surface, but disinfecting, by definition, kills more germs than sanitizing. Product manufacturers and agencies like the Environmental Protection Agency use the word "sanitizing" to refer to a solution that reduces the number of germs on a surface by 99.9% or more, which is a level that's considered safe by public health standards. The word "disinfecting" is used for chemical products that are engineered to kill virtually everything on a surface.

WHEN SHOULD I SANITIZE?

Sanitizing is necessary for surfaces that come in contact with food, like plates, prep areas, and cooking surfaces. Essentially, sanitizing sprays will make those surfaces safe to touch again.

Sanitizing can also be done without chemicals, by an appliance like a dishwasher. Dishwashers bring contaminated surfaces into contact with extreme heat, at least 170F, to kill bacteria and other germs.

WHEN SHOULD I DISINFECT?

If you need to remove every single bit of contamination from a space, you'll need a good disinfectant spray to get the job done. A quality disinfectant should remove 100% of the microscopic organisms on your surfaces. These effectively stop the spread of diseases and viruses.

You may consider reaching for a disinfectant to treat high-touch areas like doorknobs, light switches, and bathroom faucets. To be effective, disinfecting solutions need to remain in contact with the surface for a specified length of time, refer to the manufacturer's instructions.

You don't want to skip the step of cleaning before you disinfect, though. Dirt and other organic material can make some disinfectants less efficient, so cleaning and wiping is necessary before disinfecting. Using antibacterial cleaners isn't enough to disinfect unless you first remove visible dirt from the surface.

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ASK THE EXPERTS

REAL ADVICE FROM
EMPLOYEES AT UPPER
LAKES FOODS



HOW SHOULD I START CURBSIDE PICK-UP?

- Focus on 5-6 menu items that travel well (pasta, pizzas, etc.).
- Family meals to-go are popular, capitalize on serving entrees and sides.
- Get set up so customers can have the ability to pay roadside in case they don't prepay (Square One).
- Advertise on social media.
- Come up with fun ideas to get people at your curb. Free roll of toilet paper with every order, anyone? There might be some takers.
- Have a food truck? Work with local government to secure parking spots in front of businesses if needed.

ANY TIPS FOR STARTING DELIVERY?

- Don't try to have too big of a delivery area. Small can have a big impact too.
- Set manageable minimums, but make sure you cover costs.
- Offer menu items that travel well in to-go containers.

HOW DO I DEAL WITH LABOR SHORTAGES?

- Condense down your menu to manageable number of items.
- Make smart business decisions, not personal.
- As an owner, you may have to fill in labor gaps to get through these hard times.



THE BASICS OF A SUCCESSFUL TAKEOUT PROGRAM

BY DAVE PAVESIC,
RESTAURANTOWNER.COM

IF YOU WANT YOUR TAKEOUT PROGRAM TO FLY, YOU NEED TO HEED THE FOLLOWING GUIDING PRINCIPLES.

1. The process of ordering, pickup, payment, reheating, serving and storing of the food must be simplified and easy

When a customer calls or uses the Internet to place an order, the process needs to be easy to understand and execute. On telephone orders, informed personnel are essential. Order accuracy is one of the most important elements of a successful takeout and delivery service. Consider the steps in filling a takeout order. First and foremost, the person answering the phone must put the order into the POS correctly. More than likely, the same person must expedite the food order in the kitchen. They have to put the entire takeout order together. This includes getting all the dressings and sauces that go with the order, any bread or side dishes that are included or ordered.

They need to make sure that the food was prepared according to the customer's specifications and be sure all of the order is packed correctly with hot foods separated from cold food. These are activities that the customer never sees. What they do see is the employee bringing out the order to the counter or to their car. If you serve the wrong vegetable or salad dressing to dine-in customers, you can still bring it out. When you are wrong with your delivery or takeout order, you have ruined the meal for the customer. Nothing is worse than getting home to find that the order is not correct and having to drive back to get the right order. The kitchen staff doing the preparation should not be the ones assembling the completed order for pickup. You need a takeout expeditor for this important function. This will eliminate many of the mistakes that can occur in packaging the order.

2. Special takeout menus should be written because not all your menu items will 'travel well!'

Foods that get cold quickly and lose their crispness or texture when not eaten immediately after preparation should not be on the takeout menu. Print up special takeout menus for customers. Design the menu so it can be used as an order form and suitable to be faxed as well as called in. Items that travel well include cold sandwiches, salads with dressings on the side, and tortilla wraps.

3. Cold food should be packaged separately and never put in the same bag or package as hot foods

For hot foods, pizza and barbecue travel really well but French fries and even burgers get cold relatively quickly. If burgers come with lettuce, tomato and pickle (cold condiments) they should be packaged separately from burgers. Baked and grilled foods travel well. It is critical that delivery vehicles use insulated food carriers and warmers. In the case of either hot or cold food, a maximum drive time from restaurant to the location should be kept to no more than 10 minutes. Ten minutes equates to about a three-mile radius of the restaurant (relative to traffic density and road conditions).

4. You need to address food safety issues with food leaving the restaurant for off-premise consumption

Labels explaining shelf life and reheating instructions are very important.

5. The packaging you use for your takeout needs to be selected for both food quality and food safety concerns

If reheating is necessary, packaging must be oven-proof, at least for temperatures up to 375 degrees Fahrenheit. Packaging is becoming an “environmental issue.” You want packaging that does not just hold the food without leaking and keeps it hot or cold. The materials used should be environmentally friendly and not give the customer a guilt complex about disposing it. Place “use by” date stickers on all packaging with instructions to refrigerate the product if it is not eaten immediately. If you are really serious about building a takeout business, your packaging should be custom-designed with your logo so it reflects well on your restaurant.

6. Provide special parking spaces near the entrance for those coming to pick up orders

Curbside signage also promotes the takeout to dine-in customers.

7. Designate a takeout area within the restaurant with distinct signage that says things like ‘Pick Up Takeout Orders Here.’

This lets dine-in customers know that you are serious about takeout service.

8. Market your takeout service

Offer “takeout specials” as incentives to increase the number and frequency of takeout orders. Promote your menu as a “home meal replacement” program that offers complete family meals during the workweek. These meals include salad, entrée, vegetable and dessert. Don’t forget to offer items that are “kid friendly” so you appeal to the whole family.

9. Promote the takeout service on your Web page

Make ordering online easy with software programming that allows orders to be placed with a click of the mouse and automatically ask for name, address, telephone and credit card number.

10. Offer a 100 percent satisfaction guarantee on all takeout foods

If their order is not correct, they do not have to pay. This communicates to the skeptical customer who is wary of using takeout and sets a high standard that will give your restaurant a competitive edge. Be sure you walk the talk in the event of a customer who is not satisfied. Use those opportunities to “fine-tune” your takeout program and correct any shortcomings. Make follow-up calls to a sample of takeout customers for feedback about the food and ordering experience.

11. Offer items at three different price points; e.g., low, medium and high

This might be offering three choices, such as, Pasta with meat sauce, salad and garlic bread at \$5.95 per person; Roast Chicken, stuffing, green vegetable with salad at \$7.95 per person; and Beef tips and noodles, salad and vegetable for \$9.95 per person, respectively. You can package “dinners for two,” “dinners for four,” and “family dinners.” The three price points of dinners would be \$14.95, \$18.95 and \$21.95 and include a dessert like a fruit or cream pie or fresh-baked cookies as a bonus. These prices are lower than what would be spent for dine-in, however, consider that you do not have the overhead that accompanies dine-in meals. The point is that you do not have to charge regular menu prices for takeout orders and you certainly should not charge more than regular menu prices.

12. Develop a ‘frequent takeout club’ program

For example, reward customers after they spend \$50 on takeout.

13. Build a database of takeout customers and send them information (snail mail, fax or e-mail) on new takeout specials or special offers to members of the frequent takeout club

If you do takeout, you can also promote catering to large parties at the same time. Track takeout sales and costs separate from dine-in as the food cost will be higher and distort your dine-in food cost if both are included when you calculate your month-end food cost percentage. You should also separate takeout labor from dine-in labor for the same reason.



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COVID-19 STIMULUS PACKAGE

WHAT IT MEANS FOR
YOUR BUSINESS



On Friday, March 27, 2020, the U.S. federal government signed The "Coronavirus Aid, Relief, and Economic Security Act" (CARES Act) into law, providing more than \$2 trillion in financial relief to both individuals and businesses that have experienced economic hardship as a result of the COVID-19 pandemic. We want to help you better understand the provisions that may have the greatest impact on affected restaurant operators.

HERE ARE A FEW KEY TAKEAWAYS:

The Payroll Protection Program provides small businesses, including restaurants, with \$349 billion in 100% federally guaranteed loans called Paycheck Protection Loans (PPLs). There's an opportunity to have these loans forgiven if used for eligible immediate operating costs and payroll costs. The covered period is February 15, 2020 to June 30, 2020.

Economic Injury Disaster Loans (EIDLs) are loans offered to small business borrowers that have suffered economic injury as a result of a pandemic or other disaster. Small businesses that apply for an EIDL now can also request a grant of up to \$10,000 for eligible costs. If you're denied an EIDL and receive the grant, you can keep the grant money despite not meeting the requirements for an EIDL.

An Employee Retention Tax Credit (ERTC) is for impacted employers that keep their employees, despite being impacted by COVID-19. The credit is available to employers whose

- Operations were fully or partially suspended, due to a coronavirus-related shut-down order, or
- Gross receipts declined by more than 50% when compared to the same quarter in the prior year.

This tax credit covers up to 50% of the first \$10,000 of compensation, including health benefits, paid to an eligible employee.

While this doesn't cover everything in the 800-page bill, we believe these provisions will make a positive impact on the restaurant community.

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**COVID-19 ESSENTIALS
BEVERAGES**



223891

Juicy Juice 100% Orange
Tangerine Juice 40/4.23 oz.

223892

Juicy Juice 100% Apple
Juice 40/4.23 oz.

223894

Juicy Juice 100% Berry
Juice 40/4.23 oz.

223896

Juicy Juice 100% Grape
Juice 40/4.23 oz.

223898

Juicy Juice 100% Fruit
Punch Juice 40/4.23 oz.



223889

Juicy Juice 100% Orange
Tangerine Juice 32/6.75 oz.



227398

Nature's Crystal Twist Top
Bottled Water 24/10 oz.



227400

Nature's Crystal Twist Top
Bottled Water 24/.5 ltr.

227403

Nature's Crystal Sport
Top Water 24/20 oz.



227409

Nature's Crystal Twist Cap
Bottled Water 24/20 oz.



227411

Chippewa Spring Water 6/1 gal.



227412

Kandiyohi Distilled Water 6/1 gal.

Items subject to change due to availability.

COVID-19 ESSENTIALS: BEVERAGES (CONTINUED)



222302

Propel Berry Water 24/500 ml.

222300

Propel Lemon Water 24/500 ml.

222304

Propel Grape Water 24/500 ml.

222305

Propel Kiwi Strawberry
Water 24/16.9 oz.



218022

Nesquik 1% Aseptic
Chocolate Milk 12/8 oz.



227758

Sparkling Ice Orange Passionfruit
w/Caffeine 12/16 oz.

227759

Sparkling Ice Blue Raspberry
w/Caffeine 12/16 oz.

227740

Sparkling Ice Black Raspberry
w/Caffeine 12/16 oz.

227742

Sparkling Ice Strawberry Citrus
w/Caffeine 12/16 oz.



227761

Sparkling Ice Sugar Free
Black Raspberry 12/17 oz.

227760

Sparkling Ice Sugar Free
Grape Raspberry 12/17 oz.

227762

Sparkling Ice Sugar Free
Lemonade 12/17 oz.

227763

Sparkling Ice Sugar Free
Cherry Limeade 12/17 oz.

227764

Sparkling Ice Sugar Free
Coconut Pineapple 12/17 oz.

227765

Sparkling Ice Sugar Free
Orange Mango 12/17 oz.

227766

Sparkling Ice Sugar Free
Strawberry Kiwi 12/17 oz.

227767

Sparkling Ice Sugar Free
Pomegranate Blueberry 12/17 oz.

227768

Sparkling Ice Sugar Free
Lemon Lime 12/17 oz.

227769

Sparkling Ice Sugar Free
Strawberry Lemonade 12/17 oz.

227770

Sparkling Ice Sugar Free
Crisp Apple 12/17 oz.

227771

Sparkling Ice Sugar Free
Peach nectarine 12/17 oz.

227773

Sparkling Ice Sugar Free
Black Cherry 12/17 oz.



222383

Gatorade G2 Lemon
Lime 24/12 oz.

222307

Gatorade G2 Grape 24/12 oz.

222370

Gatorade Zero Glacier
Freeze 24/20 oz.

222371

Gatorade Zero Glacier
Cherry 24/20 oz.

222389

Gatorade G2 Fruit
Punch 24/12 oz.

222390

Gatorade G2 Glacier
Freeze 24/12 oz.



224105

VBlend 100% Star Cherry
Juice 44/4.23 oz.

224110

VBlend 100% Sunset Sip
Juice 44/4.23 oz.

Items subject to change due to availability.

COVID-19 ESSENTIALS: BEVERAGES (CONTINUED)



171049

Mott's 100% Apple White Grape Juice 32/6.75 oz.

223306

Mott's 100% Fruit Juice Box 32/6.75 oz.

223307

Mott's 100% Apple Juice 32/6.75 oz.



226506

V8 Vegetable Juice 12/46 oz.



222260

Izze Sparkling Pomegranate Juice 24/8.4 oz.

222276

Izze Clementine Sparkling Juice 24/8.4 oz.

222277

Izze Sparkling Blackberry Juice 24/8.4 oz.

222278

Izze Sparkling Apple Juice 24/8.4 oz.



226613

V8 Low Sodium Vegetable Juice 48/5.5 oz.



226515

V8 Energy White Grape Raspberry 12/12 oz.

226612

V8 Energy Pomegranate Blueberry Fusion 24/8 oz.



226618

V8 Fusion Strawberry Banana Juice 24/8 oz.

Items subject to change due to availability.





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HOT BEVERAGES



416090

Bigelow Assorted Herbal Tea (Lemon Ginger, Mint Medley, Cranberry Apple, Orange & Spice, Cozy Chamomile, & Sweet Dreams) 6/28 ct.

416126

Bigelow Green Tea 6/28 ct.



412408

Mike & Jen's Single Serve Hot Cocoa Mix 8/12 ct.

412489

Mike & Jen's Hot Cocoa Mix 12/12 oz.



412406

Swiss Miss Hot Chocolate Mix 1/50 ct.



413799

Eastern Orange Black Pekoe Tea Bags 1/100 ct.



416315

Lipton 100% Green Tea 6/28 ct.

416321

Lipton Decaf Tea 6/72 ct.

416347

Lipton Black Tea 1/100 ct.

Items subject to change due to availability.

COVID-19 ESSENTIALS: HOT BEVERAGES (CONTINUED)



416391

Tazo Sweet Wild Orange Tea 1/24 ct.

416392

Tazo Awake English Breakfast Tea 1/24 ct.

416393

Tazo Black Earl Gray Tea 1/24 ct.

416394

Tazo Zen Tea 1/24 ct.

416395

Tazo Calm Chamomile Tea 1/24 ct.

416396

Tazo Herbal Passion Tea 1/24 ct.

416397

Tazo Caffeine Free Refresh Mint Tea 1/24 ct.

416398

Tazo Green Tip China Tea 1/24 ct.

416399

Tazo Organic Chai Tea 1/24 ct.



416403

Tazo Sultry Strawberry Tea 1/20 ct.



416404

Tazo Organic Darjeeling Tea 1/20 ct.



416410

Tazo Assorted Tea Bags (Awake English Breakfast, Earl Grey, Chai, China Green Tips, Zen, Passion, Calm Chamomile, & Refresh Mint) 1/24 ct.

Items subject to change due to availability.



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**COVID-19 ESSENTIALS
BREAKFAST**



391278

Quaker Instant Oatmeal Variety Pack (Maple Brown Sugar, Apple Cinnamon, Cinnamon & Spice, & Original) 1/64 ct.



397473

Quaker Brown Sugar Instant Oatmeal Bowl 24/1.69 oz.

397474

Quaker Baked Apple Instant Oatmeal Bowl 24/1.5 oz.

408552

Appleways Individually Wrapped Whole Grain Crispy Granola Bite 108/1 oz.



408516

Appleways Mixed Berry Animal Crackers 108/.9 oz.

408547

Appleways Individually Wrapped Whole Grain Crispy Lemon Blueberry Bites 108/1 oz.



408321

Kellogg's Whole Grain Single Fudge Frosting Pop Tart 120/1.96 oz.

408322

Kellogg's Whole Grain Strawberry Pop Tart 12/10 ct, 1.76 oz.

408323

Kellogg's Whole Grain Cinnamon Pop Tart 12/10 ct. 1.76 oz.

408325

Kellogg's Whole Grain Cinnamon Frosted Pop Tart 72/2 ct. 3.51 oz.

408329

Kellogg's Whole Grain Single Blueberry Pop Tart 120/1.76 oz.

408335

Kellogg's Whole Grain Strawberry Frosted Pop Tart 72/3.5 oz.



748151

Readi-Bake Whole Grain French Toast Benefit Bar 48/2.5 oz.

748150

Readi-Bake ZTF Whole Grain Chocolate Oatmeal Benefit Bar 48/2.5 oz.

748152

Readi-Bake ZTF Whole Grain Cocoa Chip Benefit Bar 48/2.5 oz.



748153

Readi-Bake Banana Chocolate Chunk Benefit Bar 48/2.5 oz.

748224

Readi-Bake Whole Grain Oatmeal Chocolate Chip Benefit Bar 96/1.25 oz.

Items subject to change due to availability.

COVID-19 ESSENTIALS: BREAKFAST (CONTINUED)



409677

Betty Crocker Double Chocolate Oatmeal Bars 144/1.25 oz.

409679

Betty Crocker Individually Wrapped Chocolate Chip Oatmeal Bars 144/1.24 oz.



390872

General Mills Honeynut Cheerios Bowl 1/96 ct.

390682

General Mills Cinnamon Toast Crunch Cereal Bowl 1/96 ct.



390684

General Mills Low Sugar Cinnamon Toast Crunch Cereal 1/96 ct.

390691

General Mills Lucky Charms Cereal Bowl 96/1 oz.

390708

General Mills Frosted Flakes Cereal Bowl 96/1 oz.

390718

General Mills Kix Cereal Bowl 96/.62 oz.

390719

General Mills Gluten Free Rice Chex Cereal Bowl 1/96 ct.

390806

General Mills Apple Cinnamon Cheerios 1/96 ct.



390808

General Mills Gluten Free Cheerios Bowl 1/96 ct.

390852

General Mills 25% Less Sugar Trix Cereal 1/96 ct.

390872

General Mills Honeynut Cheerios Cereal Bowl 1/96 ct.

409687

General Mills Cinnamon Toast Crunch Bar 96/1.58 oz

409690

General Mills Reduced Sugar Cocoa Puffs Cereal 1/96 ct.

408450

Kellogg's Strawberry Nutrigrain Bar 3/16 ct.

408451

Kellogg's Strawberry Nutrigrain Bar 6/16 ct. 1.55 oz.

408468

Kellogg's Blueberry Nutrigrain Bar 3/16 ct.



408476

Kellogg's Apple Nutrigrain Bar 3/16 ct.

408480

Kellogg's Apple Cinnamon Nutrigrain Bar 6/16 ct. 1.55 oz.

408482

Kellogg's Blueberry Nutrigrain Bar 96/1.55 oz.

408484

Kellogg's Cocoa Krispie Cereal Bar 96/1.3 oz.

409693

Nature Valley Peanut Butter Granola Bar 108/1.5 oz.



409810

Nature Valley Chocolate Chip Oatmeal Bites 36/1.24 oz.



409815

Nature Valley S'mores Oatmeal Bites 36/1.24 oz.

Items subject to change due to availability.

FAMILY-OWNED AND OPERATED.

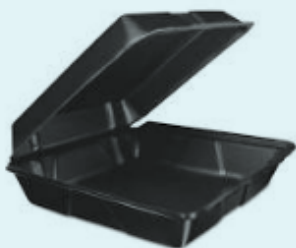
UPPER LAKES FOODS

EST 1967

COVID-19 ESSENTIALS
TO GO/NON-FOODS



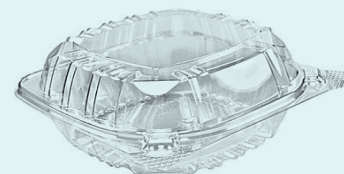
813613
Dart 6"x6" White Foam
Hinge Clam 4/125 ct.



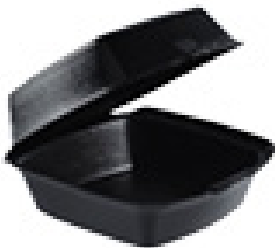
813621
Dart 9"x9" 1
Compartment Black Foam
Hinge Clam 2/100 ct.



845388
Empress 8"x8"
1 Compartment
Compostable Hinge
Container 2/100 ct.



845143
Dart 6" Clearseal Hinged
Container 4/125 ct.



813614
Dart 6"x6" Black Foam
Hinge Clam 4/125 ct.

813626
Dart 9"x9" 1
Compartment Black Foam
Hinge Clam 2/100 ct.



845392
Empress 9"x9"x3"
1 Compartment
Compostable Hinge
Container 2/100 ct.



813603
Dart Deli Oblong High
Medium Container
2/125 ct.



813615
Dart 9"x9" 1
Compartment
White Foam Hinge
Clam 2/100 ct.



845391
Empress 6"x6"x3"
1 Compartment
Compostable Hinge
Container 4/125 ct.



807612
InnoPack 7.75"x5.25" #3
Kraft Carton 1/130 ct.



845213
Prime Source Heavy
Weight Cutlery Kit (Knife,
Fork, Spoon, Salt & Pepper,
& Napkin) 1/250 ct.

Items subject to change due to availability.

COVID-19 ESSENTIALS: TO GO/NON-FOODS (CONTINUED)



845014

Primeware 12 oz. Compostable
Container 1/500 ct.



845013

Primeware 12-32 oz. Container
Compostable Lid 1/500 ct.



802122

Companions 2 oz. Portion
Cup 10/250 ct.



802126

Companions 2oz. Clear
PET Cup Lid 20/125 ct.



802123

Companions 3.25 oz.
Portion Cup 20/125 ct.



845124

Dart 12 oz. Ribbed
Squat Cup 20/50 ct.



482411

EcoLab Antibacterial Advanced
Foam Hand Soap 6/750 ml.



903316

Daxwell Clear Powder Free
Vinyl Small Glove 10/100 ct.



861453

Companions 2Ply Centerpul
Toilet Tissue 1/6 ct.



860511

Georgia Pacific 8" Enmo Brown
Disposable Towels 6/700'



862070

Kimberly Clark 8"x600'
White Towel Roll 1/6 ct.



080121

Essity Professional 7.9"x600'
Natural Towel Roll 1/12 ct.



080122

Essity Professional 2 Ply Jumbo
Toilet Tissue 1/12 roll

871010

G2 10" Red Checked Michigan
Pizza Box 50/10"

*Items subject to change
due to availability.*

FAMILY-OWNED AND OPERATED

UPPER LAKES FOODS
EST 1967

COVID-19 ESSENTIALS
CONDIMENTS



290404

CF Sauer BBQ Sauce
Cup 100/.1 oz.



349994

CF Sauer Assorted Jelly
Cups (Grape, Apple, &
Strawberry) 200/.5 oz.



350040

CF Sauer Strawberry
Jam 200/.5 oz.



309203

Diamond Crystal Pepper
Packet 3000/.1 gr.

309005

Diamond Crystal Salt
Packet 3/1000 ct.



350029

CF Sauer Assorted Diet
Jelly Cups (Mixed Fruit &
Strawberry) 200/12 gr.



448208

Heinz Single Serve Low
Sodium Ketchup 1000/9 gr.



349661

CF Sauer Assorted Jelly (Grape,
Fruit, & Strawberry) 200/.5 oz.



350038

CF Sauer Grape Jelly 200/.5 oz.



448209

Heinz Single Serve Ketchup
1/1000 ct. 9 gr.

Items subject to change due to availability.

COVID-19 ESSENTIALS: CONDIMENTS (CONTINUED)



449819

Heinz Single Serve Mustard 1/200 ct.



274119

CF Sauer Mustard Packet 200/5.5 gr.

274101

CF Sauer Mustard Pouch 500/5.5 gr.



274640

CF Sauer Mayonnaise Packets 200/9 gr.

275504

CF Sauer Salad Dressing Packet 200/12 gr.



290591

CF Sauer Picante Salsa Sauce
Packet 200/.5 oz.

448469

Red Gold Salsa Dipping Cups 168/3 oz.



274363

CF Sauer Buttermilk Ranch Dressing
Packet 200/12 gr.

274347

CF Sauer Buttermilk Ranch Dressing Cup 100/1.5 oz.



247345

CF Sauer Lite Ranch Dressing Cup 100/1 oz.

463378

Hidden Valley Gluten Free Original
Ranch Dressing 160/1.25 oz.



281518

CF Sauer Sweet Pickle Relish Packet 200/9 gr.



354319

CF Sauer Pancake Syrup Cup 100/1.5 oz.

Items subject to change due to availability.

COVID-19 ESSENTIALS: CONDIMENTS (CONTINUED)



354320

CF Sauer Syrup Cup 100/1 oz.

354398

CF Sauer Sugar Free Pancake Syrup Cup 100/1 oz.



221607

CF Sauer Lemon Juice Packets 200/4 gr.



275212

CF Sauer Cocktail Sauce Cup 100/1 oz.



353608

CF Sauer Honey Packet 200/9 gr.



274994

CF Sauer Tartar Sauce Cup 100/1 oz.



275223

CF Sauer Marinara Cup 100/1 oz.



275009

CF Sauer Tartar Sauce Packet 200/12 gr.

Items subject to change due to availability.



FAMILY-OWNED AND OPERATED
UPPER LAKES FOODS
 EST 1967
COVID-19 ESSENTIALS
FROZEN ENTREES



768721
 Stouffers Stuffed Green Peppers 4/83 oz.



580986
 Stouffers Beef Stew 4/72 oz.



768810
 Stouffers Scalloped Potatoes 4/72 oz.



769069
 Stouffers Gluten Free Parmigiana Alfredo Sauce 4/80 oz.



768440
 Stouffers Chicken & Vegetable Fettuccine 4/73 oz.



769695
 Stouffers Broccoli Rice Cheese Casserole 4/94 oz.



768762
 Stouffers Beef Stuffed Cabbage Rolls 4/92 oz.



768555
 Stouffers Macaroni & Cheese 4/98 oz.



768887
 Stouffers Swedish Meatballs w/Gravy 4/62 oz.

Items subject to change due to availability.

COVID-19 ESSENTIALS: FROZEN ENTREES (CONTINUED)



573693

Porsena's 12" Individually
Wrapped Cheese
Pizza 6/21.25 oz.

573860

Porsena's Pizza 12" Individually
Wrapped Pepperoni
Pizza 6/22.75 oz.

573863

Porsena's 12" Individually
Wrapped Bacon Cheeseburger
Pizza 6/24.75 oz.

573661

Porsena's 12" Individually
Wrapped Country Breakfast
Pizza 6/28 oz.

573692

Porsena's 12" Individually
Wrapped Vegetarian
Pizza 6/25.25 oz.

573861

Porsena's 12" Individually
Wrapped Sausage &
Pepperoni Pizza 6/24.75 oz.

573864

Porsena's 12" Individually
Wrapped Deluxe Pizza
6/22.75 oz.

573866

Porsena's 12" Individually
Wrapped Chicken Alfredo
Pizza 6/22.25 oz.

573867

Porsena's 12" Individually
Wrapped White Garlic
Sausage Pizza 6/21.25 oz.



606004

Trident California Sushi
Rolls 4/8 pc.

606005

Trident Spicy Crab Sushi 4/8 pc.

606006

Trident California & Cream
Cheese Sushi Rolls 4/8 pc.

606007

Trident Coconut Shrimp
Sushi Roll 4/8 pc.



768622

Stouffers Vegetable
Lasagna 4/96 oz.

768606

Stouffers Lasagna w/
Meat & Sauce 4/96 oz.



768713

Stouffers Creamed Chipped
Beef 4/76 oz.



769067

Stouffers Alfredo Sauce 4/96 oz.



768127

Mona's Lasagna w/
Meat Sauce 4/6 lb.



789601

Whitey's Boil in Bag Chicken
Chili w/Beans 4/5 lb.



789602

Whitey's Beef & Bean
Chili 4/5 lb. bags

*Items subject to change
due to availability.*



FAMILY-OWNED AND OPERATED.
UPPER LAKES FOODS
 EST 1967
COVID-19 ESSENTIALS
DRY ENTREES



294736

Chef-Mate Country Sausage Gravy 6/#10 can



200205

Basic American Gold Mashed Potato Pearls 12/29.6 oz.

200204

Basic American Low Sodium Mashed Potato Pearls 6/3.5 lb.

200221

Basic American Brilliant Beginnings Mashed Potatoes 6/26 oz.



181347

Santiago Vegetarian Refried Whole Bean 6/27.09 oz.

181348

Santiago Low Fat Whole Refried Beans 6/26.25 oz.

181350

Santiago Seasoned Refried Beans 6/28.1 oz.



200345

Basic American Less Sodium Cheesy Hashbrowns 6/34 oz.

200329

Basic American Golden Grill Hashbrowns 6/37.5oz.

200330

Idahoan Homestyle Mashed Potatoes 12/28 oz.

200378

Basic American Reduced Sodium Classic Scalloped Potatoes 6/2.25 lb.

200236

Idahoan Real Mashed Potatoes 12/26 oz.

200239

Idahoan Gluten Free Truffle Mashed Potatoes 8/29.9 oz.



200238

Basic American Excel Potato Pearls 12/28 oz.

200220

Basic American Country Style Potato Pearls 12/29 oz.

Items subject to change due to availability.

COVID-19 ESSENTIALS: DRY ENTREES (CONTINUED)

200360

Basic American Reduced Sodium Au Gratin Potatoes 6/2.25 lb.



381244

Mille Lac Precooked Natural Wild Rice 6/#10 can



200332

Idahoan Fresh Cut Hashbrowns 6/2.125 lb.



200358

Idahoan Au Gratin Potatoes 12/20.35 oz.



200375

Idahoan Scalloped Potatoes 12/20.35 oz.



200342

Idahoan Potato Tater Tumbler Mix 4/32.9 oz.



200333

Idahoan Original Mashed Potatoes 6/5 lb.

200341

Idahoan Buttery Homestyle Mashed Potatoes 8/32 oz.

200343

Idahoan Premium Baby Red Mashed Potatoes 8/32.5 oz.

200344

Idahoan Butter Herb Mashed Potatoes 8/32 oz.



289629

Hunts Manwich Sloppy Joe Sauce 4/105 oz.

Items subject to change due to availability.



• FAMILY-OWNED AND OPERATED •

UPPER LAKES FOODS

EST 1967

**COVID-19 ESSENTIALS
PROTEIN**



742624

Smucker's Uncrustable Peanut Butter & Grape Jelly Wheat Sandwich 72/2.6 oz.

742628

Smuckers Peanut Butter & Grape Jelly Uncrustable 72/5.3 oz.



742626

Smuckers Uncrustable Peanut Butter & Strawberry Jelly Wheat Sandwich 72/2.6 oz.

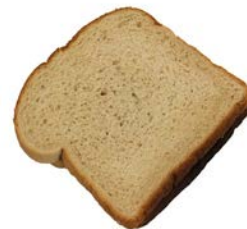
742629

Smuckers Uncrustable Peanut Butter & Strawberry Jelly Wheat Sandwich 72/5.3 oz.



552758

Klements Sliced Beef Summer Sausage 10/1 lb.



765914

Welch's Individually Wrapped Peanut Butter & Grape Jelly Wheat Sandwich 36/5 oz.

Items subject to change due to availability.

COVID-19 ESSENTIALS: PROTEIN (CONTINUED)



779288

Fernando's Individually Wrapped Whole Grain Egg Turkey Sausage Cheese Burrito 96/3.5 oz.



581117

Jimmy Dean Sausage Egg Cheese Croissant Sandwich 12/4.9 oz.



176509

Jack Link's Sweet BBQ Chicken Tender Bites 48/1 oz.



171204

Zee Zees Honey Roasted Sunflower Kernels 250/1.2 oz.



583862

Hillshire Individually Wrapped Bagel Cheddarwurst 24/4.5 oz.

Items subject to change due to availability.



FAMILY-OWNED AND OPERATED

UPPER LAKES FOODS
EST 1967

COVID-19 ESSENTIALS
READY TO USE
INDIVIDUALLY WRAPPED



571134

Bosco Individually Wrapped
Whole Grain Egg & Cheese
Stick 72/2.25 oz.



765890

AdvancePierre CN Individually
Wrapped Whole Grain Egg &
Cheese Sandwich 100/2.35 oz.



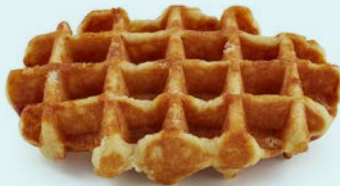
765896

AdvancePierre Egg & Cheese
Fiesta Sandwich 100/2.35 oz.



725440

Pillsbury Individually
Wrapped Chocolate Filled
Crescent 72/2.29 oz.



739186

Avieta Individually Wrapped
Belgium Pearl Sugar
Waffle 40/3.17 oz.

739185

Avieta Individually Wrapped
Belgium Pearl Sugar
Waffle 60/1.94 oz.



725431

Pillsbury Mini Cinnamon Cream
Cheese Bagel 72/2.43 oz.

725433

Pillsbury Individually Wrapped
Strawberry Cream Cheese
Mini Bagels 72/2.43 oz.

725434

Pillsbury Apple Frudel
Strudel 72/2.29 oz.



725436

Pillsbury Cherry Frudel
Strudel 72/2.29 oz.

725435

Pillsbury Whole Grain Folded
Cocoa Puff Bar 72/2.43 oz.



584260

Klement's Wrapped Beef
Stick 100/.8 oz.



584263

Klement's Beef Stick Box 2/26 ct.



584265

Klement's Honey Ham
Stick Box 2/26 ct.

Items subject to change due to availability.

COVID-19 ESSENTIALS: READY TO USE INDIVIDUALLY WRAPPED (CONTINUED)



584267

Klements Teriyaki Stick
Box 2/26 ct.



283193

Oh Snap Individually Wrapped
Gone Dilly Pickle 1/12 ct.



283197

Oh Snap Individually Wrapped
Dilly Pickle Bites 12/3.5 oz.



734776

Pillsbury Individually
Wrapped Prebaked Mini
Cinnis Rolls 72/2.29 oz.



739269

Pillsbury Individually
Wrapped Mini Chocolate
Chip Pancake 72/3.17 oz.

739270

Pillsbury Whole Grain Mini
French Toast 72/2.64 oz.

739282

Pillsbury Mini Strawberry
Splash Pancake 72/3.17 oz.

739290

Pillsbury Whole Grain Maple
Madness Mini Waffles 72/2.47 oz.

739304

Pillsbury Burst'n Maple Mini
Pancakes 72/3.17 oz.



739329

Pillsbury Individually Wrapped
Whole Grain Mini Blueberry
Waffle 72/2.47 oz.

718436

Sara Lee Individually Wrapped
Assorted Danish (Raspberry,
Cream Cheese, Cinnamon,
& Apple) 24/3.25 oz.



725437

Pillsbury Individually Wrapped
Whole Grain Folded Cinnamon
Toast Bar 72/2.36 oz.



772552

Pillsbury Sliced Whole Grain
Ciabatta Bread 96/1.8 oz.

772556

Pillsbury Thin Sliced Panini
Bread 96/1.82 oz.



772557

Pillsbury 4' Sliced French
Hoagie Bread 96/1.8 oz.

Items subject to change due to availability.



• FAMILY-OWNED AND OPERATED •
UPPER LAKES FOODS
EST 1967
COVID-19 ESSENTIALS
INDIVIDUALLY WRAPPED
45 DAY AMBIENT TEMP



729685

Hometown Kitchen Individually Wrapped Blueberry Muffin 6/5.5 oz.



729684

Hometown Kitchen Individually Wrapped Banana Nut Muffin 6/5.5 oz.



729686

Hometown Kitchen Individually Wrapped Chocolate Chip Muffin 6/5.5 oz.



729687

Hometown Kitchen Individually Wrapped Double Chocolate Muffin 6/5.5 oz.

Items subject to change due to availability.

• FAMILY-OWNED AND OPERATED •

UPPER LAKES FOODS
EST 1967

**COVID-19 ESSENTIALS
INDIVIDUALLY WRAPPED
BARS & COOKIES**



708185

Best Maid Individually Wrapped Rice Crispy Bar w/Sea Salt 24/2 oz.

719215

Best Maid Individually Wrapped Rice Crispy Peanut Butter Monster Bar 24/3.4 oz.

737824

Best Maid Individually Wrapped Crispy Marshmallow Bar 24/2 oz.



737830

Best Maid Individually Wrapped Peanut Butter Rice Crispy Bar 42/3 oz.

737831

Best Maid Individually Wrapped Peanut Butter Rice Crispy Bar 24/5 oz.

737833

Best Maid Individually Wrapped Marshmallow Rice Crispy Bar 24/4 oz.

737958

Best Maid Individually Wrapped ZTF Snickerdoodle Cookie 48/3 oz.



737961

Best Maid Individually Wrapped ZTF Chocolate Chip Cookie 48/3 oz.

737962

Best Maid Individually Wrapped ZTF Chocolate Chip M&M Cookie 48/3 oz.



711118

Rich's Individually Wrapped Triple Chocolate Filled Cookie 120/1.7 oz.



711122

Rich's Individually Wrapped Baked UBR Cookie 126/2.2 oz.

Items subject to change due to availability.

COVID-19 ESSENTIALS: INDIVIDUALLY WRAPPED BARS & COOKIES (CONTINUED)



729119

Otis Spunkmeyer Individually
Wrapped Whole Grain
Blueberry Muffin 72/2 oz.

729101

Otis Spunkmeyer Individually
Wrapped 51% Whole Grain
Banana Muffin 72/2 oz.

729118

Otis Spunkmeyer Individually
Wrapped Whole Grain Chocolate
Chocolate Chip Muffin 72/2 oz.

729120

Otis Spunkmeyer Individually
Wrapped Whole Grain Apple
Cinnamon Muffin 72/2 oz.



409888

Grandma's Chocolate
Chip Cookie 60/2.75



731730

Lenders Whole Grain Cinnamon
Raisin Bagel 12/6 ct.

731729

Lenders Individually Wrapped
Whole Grain Cinnamon
Raisin Bagel 1/72 ct.



716991

Great Northern Whole Grain
Round Fred Brekkie 96/1.5 oz.

716992

Great Northern Individually
Wrapped Round Fred
Brekkie 48/3 oz.



739231

Great Northern Individually
Wrapped Lemon Poppy
Seed Bread 40/4 oz.

716989

Great Northern Banana
Snack Bread 80/2.2 oz.

716995

Great Northern Chocolate Chip
Banana Snack Bread 80/2.45 oz.

717001

Great Northern Chocolate
Chocolate Chip Snack
Bread 80/2.4 oz.

717002

Great Northern Lemon
Poppyseed Muffin 40/2.2 oz.

717003

Great Northern Blueberry
Muffin 40/2.4 oz.

717020

Great Northern Whole Wheat
French Toast Snackbread 40/4 oz.

*Items subject to change
due to availability.*



719997

Great Northern Individually
Wrapped Lemon Poppyseed
Snack Bread 80/2.2 oz.

729656

Great Northern Individually
Wrapped Whole Wheat
Corn Bread 81/2.6 oz.

739229

Great Northern
Chocolate Chocolate Chip
Snackbread 40/4 oz.

739228

Great Northern Whole
Wheat French Toast Snack
Bread 80/2.3 oz.

739232

Great Northern Blueberry
Bread 40/4 oz.

739234

Great Northern Whole
Grain Chocolate Chip Cookie
Puck 180/1.75 oz.

739238

Great Northern Whole Wheat
Chocolate Chip Banana
Snack Bread 40/4 oz.



722105

Burry Individually Wrapped
Variety Cake Donuts
(Blueberry, Banana Nut, &
Chocolate Chip) 6/20 ct.



• FAMILY-OWNED AND OPERATED •
UPPER LAKES FOODS
EST 1967
COVID-19 ESSENTIALS
FROZEN VEGETABLES



758426

Flav R Pac Capri Vegetable Blend (Carrots, Green Beans, Yellow Squash, & Zucchini) 1/4 lb.



758490

Flav R Pac Gourmet Riviera Vegetable Blend (Whole Green & Wax Beans, w/Whole Baby Carrots) 1/4 lb.



758482

Flav R Pac Gourmet Caribbean Vegetable Blend (Whole Broccoli Florets, Big Bias Cut Yellow Carrots, Whole Green Beans, & Red Pepper Strips) 1/4 lb.



760819

Flav R Pac Classic Key West Vegetable Blend (5 Sieve Whole Green Beans, Bias Cut Carrots, Bias Cut Yellow Carrots, 3/8" Red Pepper Strips) 1/4 lb.

Items subject to change due to availability.

COVID-19 ESSENTIALS: FROZEN VEGETABLES (CONTINUED)



760820

Flav R Pac Gluten Free Classic Northwest Grande Vegetables (Broccoli Florets, Whole Baby Carrots, Green Beans, Bias Cut Yellow Carrots, Whole Beans, & Red Pepper Strips) 6/4 lb.



758772

Flav R Pac Fajita Vegetable Blend (Red Pepper, Green Pepper, Yellow Pepper & Onions) 1/4 lb.



760822

Flav R Pac Gluten Free Baja Roast Connoisseur Vegetables (Roasted Super Sweet Corn, Cut Corn, Black Beans, Red & Green Peppers) 6/2 lb.



760876

Flav R Pac Sicilian Vegetable Blend (Whole Green Beans, Carrot Coins, Cauliflower, Red & Yellow Peppers, & Onion Strips) 1/4 lb.



760850

Flav R Pac Asian Vegetable Blend (Dark Green Broccoli, Whole Green Beans, Mushroom Halves, Red Pepper & Onion Strips) 1/4 lb.

Items subject to change due to availability.

• FAMILY-OWNED AND OPERATED •

UPPER LAKES FOODS

EST 1967

COVID-19 ESSENTIALS FRESH PRODUCE



111112

Blackberries 12/6 oz.

111252

Strawberries 8/1 lb.

129388

Clean & Trim Parsley 1/1 lb.

143346

1/8" Shredded Lettuce 1/5 lb.

143348

Chopped Lettuce 1/5 lb.



144355

Broccoli Floret 1/3 lb.

144366

Cauliflower Floret 1/3 lb.

127001

Jumbo Carrots 1/50 lb.

127100

Jumbo Carrots 1/25 lb.

127191

Baby Slim Peeled Carrots 4/5 lb.

127195

Baby Slim Peeled Carrots 1/5 lb.



127240

Baby Carrots 100/2 oz.

127244

Baby Carrots 100/3 oz.



144024

1/8" Shredded Matchstick
Carrots 1/5 lb.



128579

Peeled Garlic Cloves 1/5 lb.

103850

Oranges 1/12 ct.

103903

Oranges 1/113 ct.

105505

Lemons 1/36 ct.



107707

Cantaloupe 1/12-15 ct.

107730

Cantaloupe 1/3 ct.

Items subject to change due to availability.

• FAMILY-OWNED AND OPERATED •

UPPER LAKES FOODS

EST 1967

**COVID-19 ESSENTIALS
SNACKS**



152920

General Mills Strawberry
Yogurt Chex Mix 60/1.03 oz.

405705

General Mills Chocolate Caramel
Chex Mix 60/1.03 oz.

405707

General Mills Cheddar
Chex Mix 60/.92 oz.

405704

General Mills Chex
Mix 60/1.75 oz.



202798

Smartfood LSS White
Cheddar Popcorn 64/1 oz.



409711

Annie's Bunny Friend's Graham
Crackers 100/1.25 oz.

409712

Annie's Bunny Honey
Grahams 100/1.25 oz.

409714

Annie's Original Cheddar
Bunny Cracker 100/.75 oz.

409680

Nature Valley Variety Pack
Granola Bars (Oatmeal Raisin
& Chocolate Chunk) 4/30 ct.

409697

Nature Valley Chocolate
Chip Crisps 120/1.2 oz.

409702

Nature Valley Cinnamon
Crisps 120/1.2 oz.

407041

Keebler Scooby Bone Cinnamon
Grahams 210/1 oz.



404997

Keebler Honey Graham Crackers
w/Calcium 150/3 ct. .78 oz.



406819

Keebler Animal Crackers
150/1 oz.

406820

Keebler Zoo Animal
Crackers 100/1 oz.

407048

Keebler Cinnamon Elf Graham
Crackers 150/1 oz.

407049

Keebler Chocolate Elf Graham
Crackers 150/1 oz.

407050

Keebler Chocolate Chip Gripz
Crackers 150/.95 oz.

Items subject to change due to availability.

COVID-19 ESSENTIALS: SNACKS (CONTINUED)

202702

Barrel O'Fun Regular
Kettle Chips 10/1 lb.

202745

Barrel O'Fun Ripple Potato
Chips 80/1 oz.

202779

Barrel O'Fun Sport Kettle
Chips 10/1 lb.



406785

Sunshine Yellow Cheez-
Its 60/1.5 oz.

406796

Sunshine Reduced Fat
Cheez-It 60/1.5 oz.

406798

Sunshine Whole Grain Cheez
It Crackers 175/.75 oz.



203253

Frito Lay Whole Grain Reduced
Fat Nacho Doritos 44/1.4 oz.

202799

Frito Lay Whole Grain Baked
Fyunys 104/.75 oz.

203212

Frito Lay 40% Reduced Fat
Jalapeno Cheddar Kettle
Chips 64/1.375 oz.

203266

Frito Lay Baked Tostitos
Scoops 72/.875 oz.

203213

Frito Lay 40% Less Fat Original
Cooked Kettle Chips 64/1.375 oz.

203214

Frito Lay 40% Less Fat
Applewood BBQ Cooked
Kettle Chips 64/1.375 oz.

203215

Frito Lay 40% Less Fat Salt &
Vinegar Kettle Chips 64/1.375 oz.

203788

Frito Lay Baked Regular
Lays Chips 64/1.125 oz.

204149

Frito Lay Nacho Cheese
Dorito Chips 104/1 oz.



204150

Frito Lays Whole Grain Reduced
Fat Dorito Flamas 72/1 oz.

204160

Frito Lay Whole Grain Baked Hot
Crunchy Cheetos 104/.875 oz.

204162

Frito Lay Whole Grain Reduced
Fat Sweet Chili Doritos 72/1 oz.



204247

Frito Lay Classic Variety Pack
(Plain Lays, Nacho Doritos,
Cheetos, Frito Lays, BBQ, &
Cool Ranch Dorito) 2/30 ct.

204263

Frito Lay Gluten Free Crunchy
Cheetos 104/1 oz.

202561

Old Dutch Taco In A
Bag 72/1.5 oz.

202617

Old Dutch Original Potato
Chips 10/10 oz.

202632

Old Dutch Rip-L Potato
Chips 9/15 oz.

202719

Old Dutch Original Dutch
Crunch Kettle Chips 54/1 oz.



202746

Rachel's Parmesan & Garlic
Kettle Chips 48/1.5 oz.

202747

Rachel's Gluten Free ZTF Gourmet
Kettle Chips 48/1.5 oz.

202748

Rachel's Jalapeno Kettle
Chips 48/1.5 oz.

203620

Rachel's Salt & Vinegar
Kettle Chips 48/1.5 oz.

203513

Orville Redenbachers
ZTF Microwavable Butter
Popcorn 36/3.3 oz.



204202

Quaker Kids Snacks
Mix 104/.875 oz.

Items subject to change due to availability.

COVID-19 ESSENTIALS: SNACKS (CONTINUED)



202525

Shearers Gluten Free Lite White Popcorn 60/.5 oz.

202526

Shearers Gluten Free Kettle Style Popcorn 90/1 oz.

202644

Shearers Mini Round Yellow Tortilla Chips 100/1 oz.

202657

Shearers No Salt Mini Round Yellow Tortilla Chips 60/2 oz.

202660

Shearers Yellow Triangle Tortilla Chip 10/16 oz.

202668

Shearers Gluten Free Mini Yellow Round Tortilla Chips 60/2 oz.



202703

Shearers Whole Grain Round Yellow Tortilla Chips 10/16 oz.

202704

Shearers Gluten Free Round Yellow Tortilla Chips 48/2 oz.

203761

Shearers Corn Chips 15/1 lb.



290635

Tostitos Medium To Go Salsa 30/3.8 oz.

204231

Red Gold Heartzel Pretzels 104/.7 oz.



171148

Zee Zees Unsweetened Cinnamon Applesauce 96/4.5 oz.

171150

Zee Zees Unsweetened Strawberry Banana Applesauce 96/4.5 oz.

171152

Zee Zees Unsweetened Strawberry Applesauce 96/4.5 oz.

171154

Zee Zees Unsweetened Cherry Applesauce 96/4.5 oz.

171190

Zee Zees Unsweetened Peach Applesauce 96/4.5 oz.

171194

Zee Zees Unsweetened Peach Mango Applesauce 96/4.5 oz.

171036

Zee Zees Very Strawberry Applesauce 96/4.5 oz.

171038

Zee Zees Cinnamon Applesauce 96/4.5 oz.

171040

Zee Zees Original Applesauce 96/4.5 oz.

171048

Zee Zees Unsweetened Applesauce 96/4.5 oz.

171209

Zee Zees Mix Diced Harvest Fruit Cup 72/4.5 oz.



171157

Dole Diced Peaches w/ Juice in Bowl 36/4 oz.

171165

Dole Mixed Fruit w/ Juice in Bowl 36/4 oz.



331027

Snack Pack CN Chocolate Pudding 48/3.5 oz.

331031

Snack Pack Vanilla Pudding 48/3.5 oz.

331068

Snack Pack Butterscotch Pudding 48/3.5 oz.

331069

Snack pack Fat Free Vanilla Pudding 48/3.5 oz.

331070

Snack Pack Fat Free Chocolate Pudding 48/3.5 oz.

Items subject to change due to availability.

• FAMILY-OWNED AND OPERATED •

UPPER LAKES FOODS

EST 1967

**COVID-19 ESSENTIALS
GLUTEN FREE**



738888

Valley Natural Food Individually
Wrapped Gluten Free Chocolate
Chip Cookie 24/2 oz.



738906

Valley Natural Food Individually
Wrapped Gluten Free Double
Chocolate Brownie 12/3 oz.



715813

Rotella's Individually
Wrapped Gluten Free Sliced
Hamburger Bun 1/24 ct.



738905

Valley Natural Food Individually
Wrapped Gluten Free
Blueberry Muffin 12/4 oz.



730895

Valley Natural Food Individually
Wrapped Gluten Free
Banana Bread 8/8 oz.



715826

Rotella's Gluten Free Sliced White
Homestyle Bread 12/15 oz.

715827

Rotella's Gluten Free Sliced Multi
Grain Bread 12/15.2 oz.

738908
Valley Natural Food Individually
Wrapped Gluten Free Cinnamon
Swirl Muffin 12/3 oz.



738912

Valley Natural Individually
Wrapped Lemon Tart 12/3 oz.



788176

Udi's Individually Wrapped Gluten
Free Hot Dog Bun 24/2.4 oz.



716121

Rotella's 6" Gluten Free
Hoagie Roll 48/4 oz.

Items subject to change due to availability.

CAMBRO DELIVERY: Pizza Bags

Fits 2 16" Pizzas	GBP216	110	Black	L X W X H 16 1/2" x 18" x 6 1/2"
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Fits 2 16" Pizzas	GBP216	521	Red	L X W X H 16 1/2" x 18" x 6 1/2"
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Fits 3 18" Pizzas	GBP318	110	Black	L X W X H 17 1/2" x 20" x 7 1/2"
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Fits 3 18" Pizzas	GBP318	521	Red	L X W X H 17 1/2" x 20" x 7 1/2"
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Fits 5 18" Pizzas	GBP518	110	Black	L X W X H 19 1/2" x 19 1/2" x 12 1/2"
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Fits 2 20" Pizzas	GBP220	110	Black	L X W X H 20 3/4" x 21 3/4" x 6 1/2"
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Fits 2 20" Pizzas	GBP220	521	Red	L X W X H 20 3/4" x 21 3/4" x 6 1/2"
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Items subject to change due to availability.

CAMBRO DELIVERY: Delivery Bags

Small Folding Delivery Bag	GBD101011	110	Black	L X W X H 10" x 10" x 11"
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Medium Folding Delivery Bag	GBD121515	110	Black	L X W X H 12" x 15" x 15"
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Small Delivery Bag	GBD13913	110	Black	L X W X H 13" x 9" x 13"
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Small Delivery Bag	GBD13913	521	Red	L X W X H 13" x 9" x 13"
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Sandwich Bag	GBD151212	110	Black	L X W X H 15" x 12" x 12"
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Sandwich Bag	GBD151212	521	Red	L X W X H 15" x 12" x 12"
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Large Delivery Bag	GBD211414	110	Black	L X W X H 21" x 14" x 14"
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Small Backpack	GBBP111417	110	Black	L X W X H 11" x 14" x 17"
Large Backpack	GBBP151417	110	Black	L X W X H 15" x 14" x 17"



Items subject to change due to availability.

CAMBRO DELIVERY: GoBoxes

Holds full size 6" deep pan	EPP160SW	110	Black	L X W X H 23.5" x 15.7" x 10"
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Holds full size 8" deep pan	EPP180SW	110	Black	L X W X H 23.6" x 15.7" x 12.4"
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Front Loader, 3 4" deep pans	EPP300	110	Black	L X W X H 25.2" x 17.3" x 18.7"
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Front Loader, 4 4" deep pans	EPP400	110	Black	L X W X H 25.2" x 17.3" x 24.6"
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Front Loader, 4 4" deep pans	EPP400SW	110	Black	L X W X H 25.2" x 17.3" x 24.6"
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Holds half size 6" deep pans	EPP260SW	110	Black	L X W X H 15.35" x 12.99" x 10.12"
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Holds half size 8" deep pans	EPP280SW	110	Black	L X W X H 15.4" x 13" x 12.4"
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Half Size Box 8" deep with strap	EPP280WSTSW	110	Black	L X W X H 15.4" x 13" x 12.4"
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Items subject to change due to availability.

CAMBRO DELIVERY: Insulated Transport & Sink Carts

Heated Carrier	UPCH400	110	Black	L X W X H 18 1/8" x 26 3/8" x 24 7/9"
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Heated Carrier	UPCH800	110	Black	L X W X H 20 1/2" x 27 1/8" x 54"
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Hank Sink Cart	KSC402	191	Granite Grey	L X W X H 40 9/16 x 35 1/2" x 45 1/2"
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Hank Sink Cart	KSC402	426	Black Grey	L X W X H 40 9/16 x 35 1/2" x 45 1/2"
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Items subject to change due to availability.

CAMBRO DELIVERY: Camtainers

5 Gallon Camtainer	500LCD	110	Black	L X W X H 9" x 16 1/2" x 24 1/4"
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5 Gallon Camtainer	500LCD	131	Brown	L X W X H 9" x 16 1/2" x 24 1/4"
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5 Gallon Camtainer	500LCD	157	Coffee Beige	L X W X H 9" x 16 1/2" x 24 1/4"
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Hand Wash Accessory w/paper towel roll holder	HWAPR	110	Black	L X W X H 25.45" x 10.7" x 15.25"
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Hand Wash Accessory w/paper towel roll holder	HWAPR	131	Brown	L X W X H 25.45" x 10.7" x 15.25"
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Hand Wash Accessory w/multi fold towel dispenser	HWATD	110	Black	L X W X H 15.03" x 10.33" x 22.43"
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Hand Wash Accessory w/multi fold towel dispenser	HWATD	131	Brown	L X W X H 15.03" x 10.33" x 22.43"
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Riser for 500LCD	R500LCD	110	Black	L X W X H 9 1/8" x 16 1/4" x 4 9/16"
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Riser for 500LCD	R500LCD	131	Brown	L X W X H 9 1/8" x 16 1/4" x 4 9/16"
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LCD/UC Spigots	LCDES	110	Black
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Items subject to change due to availability.

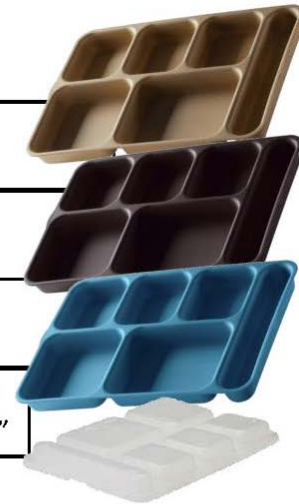
CAMBRO DELIVERY: Pails, Trays & Plate Covers

Pail with Bail 22 QT/21 L	PWB22	148	White	L X W X H 13.6" x 13.5" x 14.8"
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Beverage Dispenser 6 Gallons	DSPR6	148	White	L X W X H 16.46" x 12.8" x 12.83"
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Compartment Tray	10146DCP	161	Tan	L X W X H 14 x 9 7/8 x 1 3/8"
Compartment Tray	10146DCP	167	Brown	L X W X H 14 x 9 7/8 x 1 3/8"
Compartment Tray	10146DCP	414	Teal	L X W X H 14 x 9 7/8 x 1 3/8"
Compartment Tray Lid	10146DCPC	190	Trans	L X W X H 14.05" x 10.08" x 1.33"



Compartment Tray	9113CW	414	Teal	L X W X H 15.03" x 10.33" x 22.43"
Compartment Tray	9113CW	133	Beige	L X W X H 15.03" x 10.33" x 22.43"
Compartment Tray Lid	911CWC	135	Clear	L X W 11" x 8.99"



Plate Cover	909CW	133	Beige	L X W X H 9 1/8" x 16 1/4" x 4 9/16"
Plate Cover	909CW	152	Clear	L X W X H 9 1/8" x 16 1/4" x 4 9/16"

Items subject to change due to availability.