

A detailed photograph of a breakfast spread on a blue and white checkered tablecloth. In the upper left, a bunch of red cherry tomatoes sits on a wooden cutting board. Next to it is a white bowl. In the center, a white plate holds two rolled-up pancakes topped with fresh raspberries and blueberries. To the right, another plate shows more tomatoes and a slice of yellow cheese. In the foreground, a white cup of coffee with a brown swirl sits on a saucer. Next to it is a glass of bright orange juice with orange slices floating in it. A small white bowl contains granola with various nuts and dried fruits. Another small bowl holds a brown, spreadable substance, possibly chocolate or jam. A whole brown egg sits in a small white cup. A small white bowl contains a yellow, spreadable substance, likely butter or jam. In the background, a wooden cutting board holds two golden-brown croissants, one of which is topped with dark chocolate chips.

• FAMILY-OWNED AND OPERATED •
UPPER LAKES FOODS
EST 1967

FEATURED ITEMS FOR BREAKFAST

Rise and shine! Make sure your breakfast offerings are delighting your guests' taste buds!
We've hand-picked some amazing items that deserve to start someone's day off right!

GF GLUTEN FREE
V VEGETARIAN
VG VEGAN



Savory or Sweet, We've Got the Goods



**1/4" LOW SODIUM
DICED HAM**
506066 - 2/5 lb.

**BACON ENDS
AND PIECES**
549222 - 8/3 lb.

**10-12 APPLE SMOKED
SHINGLE BACON**
562162 - 2/7.5 lb.

COOKED HAM PATTY
549147 - 4/3 lb. 2 oz.

**10-12 GRILL READY
APPLE SMOKED BACON**
549254 - 2/7.5 lb.

PORK SAUSAGE LINK
547509 - 1/10 lb. 2 oz.

**10-12 HICKORY SMOKED
SHINGLE BACON**
549242 - 1/15 lb.

**ZESTY PORK
SAUSAGE PATTY**
547524 - 2/5 lb. 1.5 oz.

**14-16 GRILL READY
APPLE SMOKED BACON**
549243 - 2/7.5 lb.



**14-18 HICKORY SMOKED
SHINGLE BACON** GF
549217 - 2/7.5 lb.

**FULLY COOKED CHICKEN
BREAST SAUSAGE PATTY**
682760 - 2/5 lb. 1.8 oz.



**CHERRYWOOD BACON
SLICED SECONDS**
562117 - 6/2 lb.

COOKED ROUND BACON
562111 - 2/96 ct.

**COOKED SKINLESS
PORK LINK**
581458 - 200/.8 oz.

**COOKED SKINLESS
PORK LINK**
581459 - 160/1 oz.

**FULLY COOKED
CHICKEN SAUSAGE
LINK** GF
581450 - 1/10 lb. .75oz.

**FULLY COOKED CHICKEN
SAUSAGE PATTY** GF
581449 - 1/10 lb. 1.5 oz.

**FULLY COOKED EXTRA
THICK CHERRYWOOD
SMOKED BACON** GF
562103 - 1/240 ct.

**FULLY COOKED EXTRA
THICK UNCURED BACON**
562118 - 1/300 ct.



LARGE SWEET CINNAMON ROLL DOUGH
717280 - 80/4 oz.

RTF PLAIN CAKE DONUT
716886 - 100/1.6 oz.

RTU MINI DONUTS W/CINNAMON & SUGAR
716846 - 144/.50 oz.

SWEET CINNAMON ROLL DOUGH
717249 - 120/2.5 oz.



BUTTERMILK PANCAKE MIX
383679 - 6/5 lb.



3/4" SLICED APPLE FRITTER BREAD
719198 - 8/2 lb. 12 sli.

3/4" SLICED BLUEBERRY FRITTER BREAD
719199 - 8/2 lb. 12 sli.

CHICKEN SAUSAGE PANCAKE SQUARES

5 1/4 cups Jones Fully Cooked Chicken
Sausage Link, diced GF (581450)

11 cups Water, cool approx. 72°F

5 lb. Hospitality Buttermilk Pancake Mix (383679)

PREP | Prepare pancake mix and pour batter into
2 greased or parchment-lined full sheet pans.

Spread evenly and top with sausage pieces evenly
in each pan. Bake at 400 for 20-25 minutes.

Cut and serve with warm maple syrup.



**ASSORTED
FLAVORS
MUFFIN MIX**
333249 - 6/5 lb.

**BLUEBERRY
MUFFIN BATTER**
725721 - 6/3 lb. tube

**BUTTERMILK
PANCAKE MIX**
338003 - 6/5 lb.

**CHOCOLATE
CHOCOLATE CHIP
MUFFIN BATTER**
725705 - 6/3 lb. tube
725814 - 1/18 lb. pail

**CRANBERRY
ORANGE MUFFIN
BATTER**
725796 - 6/3 lb. tube

**PRE-PROOFED
CINNAMON ROLL
TWIST DOUGH**
729970 - 52/4.25 oz.

**RASPBERRY
WHITE
CHOCOLATE
SCONE DOUGH**
729765 - 96/3.75 oz.



Condiments & Spices FLAVORS TO ENHANCE ANY DISH



CELERY SALT SPICE
290816 - 1/32 oz.

GROUND CUMIN SPICE
290832 - 1/1 lb.

GROUND KORINTJE CINNAMON SPICE
290824 - 1/1 lb.

LEMON PEPPER SEASONING
290868 - 1/20 oz.



FRESH LIME JUICE
227512 - 1/1 gal.



WORCESTERSHIRE SAUCE
290115 - 12/5 oz.



PANCAKE & WAFFLE SYRUP
354019 - 4/1 gal.



PANCAKE & WAFFLE SYRUP
354506 - 4/1 gal.



RASKAS CREAM CHEESE SPREAD
211145 - 100/.75 oz.
211111 - 100/1 oz.

RASKAS PLAIN CREAM CHEESE
211102 - 1/3 lb.

RASKAS STRAWBERRY CREAM CHEESE SPREAD
211143 - 100/.75 oz.



UPSIDE DOWN FANCY KETCHUP
448465 - 16/20 oz.

SAUER BRANDS, INC.

ASSORTED JELLY
(Grape, Fruit, Strawberry)
349661 - 200/.5 oz.

GRAPE JELLY CUP
350038 - 200/.5 oz.

PANCAKE SYRUP CUP
354319 - 100/1.5 oz.

PEANUT BUTTER CUPS
349677 - 200/.75 oz.

STRAWBERRY JELLY CUP
350040 - 200/.5 oz.

SYRUP CUP
354320 - 100/1 oz.



CREAMY PEANUT BUTTER CUP
355012 - 120/1.1 oz.

NATURAL CREAMY PEANUT BUTTER
355015 - 1/4.5 lb.



BLUE ASPARTAME SUGAR SUBSTITUTE
342071 - 2000/1 gr.

BROWN TURBINADO CRYSTAL SUGAR
342059 - 1200/4.5 gr.

NON DAIRY CREAMER PACKET

219714 - 10/100 ct. 2.5 gr.

PINK SACCHARIN SUGAR SUBSTITUTE
342070 - 2000/1 gr.



LIGHT BROWN SUGAR
340836 - 1/25 lb.

LIGHT BROWN SUGAR
341556 - 16/2 lb.

DARK BROWN CANE SUGAR
341570 - 24/1 lb.

FRESH PRODUCE

Fillings, toppings, or a side... the options are endless



ASSORTED PEPPERS
(Red, Yellow & Green)
129707 - 1/5 lb.

BABY SPINACH
139009 - 1/4 lb.

N/D HORSERADISH ROOT
128702 - 1/5 lb.

N/D 1" CANTALOUPE CHUNK
140026 - 1/5 lb.

N/D 1" MIXED FRUIT W/ GRAPES (Cantaloupe, Honeydew, Pineapple, & Grapes)
140031 - 1/5 lb.

N/D 1" WATERMELON CHUNKS
100694 - 4/5 lb.

N/D HONEYDEW CHUNKS
100692 - 1/25 lb.

N/D MIXED CHUNKED FRUIT W/GRAPES (Pineapple, Honeydew, Cantaloupe, & Grapes)
140033 - 1/5 lb.

OYSTER MUSHROOMS
128744 - 1/5 lb.

PORTABELLA MUSHROOM CAPS
128836 - 1/5 lb.

SHIITAKE MUSHROOMS
128850 - 1/5 lb.

SPINACH
143231 - 1/2.5 lb.



LARGE WHITE MUSHROOMS
128984 - 1/3 lb.



1 LAYER TOMATO
121004 - 1/10 lb.

CHERRY TOMATOES IN CLAM SHELL
121293 - 12 pint

GRAPE TOMATOES IN BULK
121295 - 1/10 lb.

JUMBO RED ONION
138602 - 1/25 lb.

JUMBO YELLOW ONION
138503 - 1/50 lb.

MIXED HEIRLOOM TOMATOES
121296 - 1/10 lb.

ROMA TOMATO
121350 - 1/25 lb.



GOLDEN PINEAPPLE
114702 - 1/6 ct.



GREEN ONIONS
138884 - 1/2 lb.



BLACKBERRIES
111112 - 12/6 oz.

BLUEBERRIES
111005 - 12/4.4 oz.

GREEN PEPPER
129701 - 1/25 lb.

GREEN CHOPPER PEPPER
129717 - 1/25 lb.

RED BELL PEPPERS
129724 - 1/25 lb.

RED PEPPERS
129809 - 1/5 lb.

YELLOW/GOLD BELL PEPPERS
129759 - 1/25 lb.



A la Carte

Try these sides that satisfy



**QUICK CREAM OF
WHEAT CEREAL**
393207 - 12/28 oz.



3" BAKED BUTTERMILK BISCUIT
717488 - 96/2.3 oz.

**3" SLICED BAKED
BUTTERMILK BISCUIT**
717487 - 96/2.3 oz.

**BUTTER FLAVORED
BISCUIT DOUGH**
717546 - 144/2.5 oz.

SLICED RAISIN BREAD
730699 - 14/22 oz.

**3/4" SLICED WHITE
TEXAS TOAST BREAD**
730589 - 6/28 oz.



**FORK SPLIT WHOLE GRAIN
ENGLISH MUFFIN**
735401 - 12/6 ct. 2 oz.

SLICED PLAIN BAGEL
731013 - 15/6 ct. 3 oz.

**THAW & SERVE SLICED
CINNAMON RAISIN BAGEL**
731060 - 15/6 ct. 3 oz.

**THAW & SERVE SPLIT
FORK ENGLISH MUFFIN**
735419 - 12/6 ct. 2 oz.

**THAW & SERVE SLICED
PLAIN BAGEL**
718431 - 15/6 ct. 2.3 oz.



SLICED ASSORTED BAGELS
(Plain, Cinnamon Raisin, Honey
Oat, Everything, Blueberry,
and Cheddar Herb)
731120 - 6/12 ct. 4 oz.

SLICED CHEDDAR HERB BAGEL
731093 - 2/12 ct. 4 oz.

SLICED PLAIN BAGEL
731090 - 2/12 ct. 4 oz.

SLICED SWISS MELT TWIST BAGEL
731094 - 2/8 ct. 6 oz.



FRESH CUT HASHBROWNS
200332 - 6/2.125 lb.



HOLLANDAISE SAUCE MIX GF
296627 - 4/30.2 oz.



**SLICED BAKED MARGARINE
CROISSANTS IN TRAY**
729271 - 7/12 ct. 1.75 oz.



OR OVAL HASHBROWN PATTY
702103 - 6/2.8 lb.

**OR SIGNATURE BREAKFAST
POTATO CUBES**
701921 - 6/5 lb.



FRESH SHREDDED HASHBROWNS
703926 - 2/10 lb.



LOW FAT GRANOLA
396134 - 4/50 oz.

OATS & HONEY GRANOLA
396138 - 4/50 oz.



OLD FASHIONED OATS
390401 - 12/42 oz.

VARIETY INSTANT OATMEAL
(Maple Brown Sugar, Apple Cinnamon,
Cinnamon & Spices, and Original)
391278 - 1/64 ct.



**1/2" SLICED CRANBERRY
WILD RICE BREAD**
715608 - 6/31 oz. 21 sli.

**1/2" SLICED ENGLISH
MUFFIN BREAD**
715990 - 14/1 lb. 16 sli.

**1/2" SLICED WHOLE
WHEAT BREAD**
715606 - 8/24 oz. 24 sli.

**3/4" SLICED CRANBERRY
WILD RICE BREAD**
715994 - 6/31 oz. 18 sli.

3/4" SLICED WILD RICE BREAD
715993 - 8/24 oz. 18 sli.

3/4" SLICED WHITE BREAD
715604 - 8/24 oz. 20 sli.

**3/4" SLICED WHOLE
WHEAT BREAD**
715995 - 8/24 oz. 18 sli.



**NON FAT STRAWBERRY
YOGURT** GF
152598 - 4/5 lb.

NON FAT VANILLA YOGURT GF
152597 - 4/5 lb.



LOW FAT "PARFAIT PRO" YOGURT
152600 - 6/64 oz.



Breakfast for Dinner

Thinking of extending your breakfast offerings into the evening? Become known for all-day breakfast by offering popular brunch specialties like frittatas, avocado toast, smoothies, and croque monsieur sandwiches.

According to *Datassential SNAP Keynote Report, Breakfast (2019)*, the three best-selling breakfast items after 2 P.M. are:

1. Breakfast sandwiches, wraps, or burritos
2. Baked breakfast items
3. Breakfast platters/combos

GF GLUTEN FREE V VEGETARIAN VG VEGAN



CHEESE



**FEATHER SHREDDED MILD
YELLOW CHEDDAR CHEESE**
211720 - 1/5 lb.

**FEATHER SHREDDED
YELLOW CHEDDAR &
MONTEREY JACK CHEESE**
211758 - 1/5 lb.



**FANCY SHREDDED
CHEDDAR/JACK CHEESE**
211837 - 4/5 lb.

**SHREDDED FIVE CHEESE
BLEND** (*Low Moisture Whole Milk
Mozzarella Cheese, Low Moisture
Part Skin Mozzarella Cheese,
Provolone Cheese, Romano
Cheese, and Parmesan Cheese*)
211834 - 4/5 lb.

DAIRY



1% BUTTERMILK
149728 - 1/5 gal.

**1% LOW FAT
CHOCOLATE MILK**
149719 - 9/5 gal.

1% LOW FAT MILK
149635 - 9/5 gal.

2% COTTAGE CHEESE
151836 - 1/5 lb.

2% REDUCED FAT MILK
149327 - 4/1 gal.

FAT FREE SKIM MILK
149343 - 4/1 gal.

HALF & HALF
150743 - 1/1 qt.

**HALF & HALF
ASEPTIC CREAMER**
151624 - 384/3/8 oz.



LARGE BULK EGGS
215579 - 1/15 dz.

LARGE RETAIL EGGS
215576 - 1/15 dz.



EXTRA LARGE EGGS
215616 - 1/15 dz.

LARGE EGGS
215608 - 1/15 dz.

MEDIUM EGGS
215590 - 1/15 dz.



**MICHAEL
FOODS 6"
CHEDDAR
CHEESE
OMELET**
763181 -
72/3.5 oz.

EGGS



**3" FULLY COOKED GRILLED
ROUND EGG PATTY**
763175 - 120/1.5 oz.

COOKED HARD EGGS DRY PACKED
763394 - 12/12 ct.

COOKED PEELED HARD EGGS
763433 - 1/10 lb. tub

COOKED PEELED HARD EGGS
763434 - 16/2 pk.

**COOKED SCRAMBLED
EGGS W/BUTTER**
763174 - 12/1.85 lb.

LARGE PASTEURIZED EGGS
215626 - 1/15 dz.

**LIQUID SCRAMBLED EGG
BREAKFAST BLEND**
763179 - 15/2 lb.

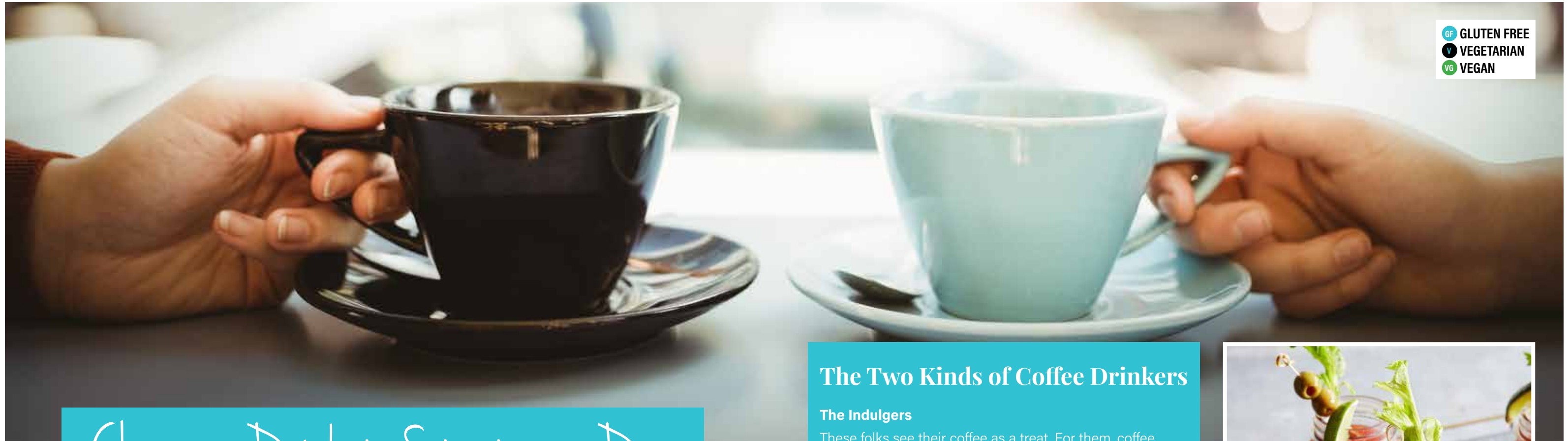
LIQUID SCRAMBLED EGG MIX
763343 - 6/5 lb.

SCRAMBLED EGG MIX
763176 - 6/5 lb.

**WHOLE LIQUID EGG W/
CITRIC ACID ESL**
763330 - 2/20 lb.

Industry Insight

With menu penetration of 92.2%, cheese is a popular ingredient. Parmesan, Cheddar, and mozzarella are most often seen on menus.
Source: Datassential SNAP! Cheese (2021).



... Choose a Drink to Start your Day ...



**3+1 FROZEN CONCENTRATED
ORANGE JUICE**
746305 - 12/32 oz.

FRESH ORANGE JUICE
221408 - 6/1/2 gal.



ALPINE CIDER
227580 - 288/.74 oz.



**RED GOLD BAR MIX
BLOODY MARY JUICE**
220822 - 12/46 oz.



**ARABICA RESTAURANT
BLEND COFFEE**
415997 - 120/1.25 oz.

COLOMBIAN COFFEE
415988 - 120/1.75 oz.

**FRENCH VANILLA
CAPPUCCINO**
416012 - 6/2 lb.

**GROUND 100%
COLOMBIAN COFFEE**
415980 - 48/2.25 oz.

GROUND DECAF COFFEE
415974 - 48/1.25 oz.

HOT COCOA MIX
412505 - 6/2 lb.



**GROUND COLUMBIAN
BLEND COFFEE**
414368 - 50/1.75 oz.

GROUND HOUSE BLEND COFFEE
415131 - 42/2.25 oz.

**GROUND VIENNA HOUSE
DECAF COFFEE**
415115 - 42/2 oz.

**WHOLE BEAN VELVET
HAMMER COFFEE**
414833 - 1/5 lb.



TOM & JERRY'S MIX
748400 - 6/1 qt.

The Two Kinds of Coffee Drinkers

The Indulgers

These folks see their coffee as a treat. For them, coffee is not a coffee without lots of milk, foam and even chocolate powder. They enjoy drinking lattes, cappuccinos, mochaccinos, and macchiatos. They can be adventurous or stick to the usual – the common thread is that they all like to add a little something extra to their coffee of choice.

The Purists

These coffee drinkers see their coffee as a treat in and of itself. They like to explore the subtle nuances of high-quality coffee. They love learning about the different properties that each individual cup offers. For them, more acidity is not a bad thing; they appreciate the opportunity to indulge in the sour, fruity and floral notes that would go unnoticed with the addition of creamers and sweeteners.

Red Diamond, The Buzz About Coffee Report. 2021.



SRIRACHA BLOODY MARY

6 oz. Red Gold Bloody Mary Bar Mix (220822)
1 Tbsp. Huy Fong Sriracha Hot Chili Sauce (237290)
1.5 oz. Vodka
1 tsp. French's Worcestershire Sauce (290115)
1 tsp. Horseradish, grated (128702)
1 tsp. Fresh Lime Juice (227512)
Pinch Baron Spices Lemon Pepper Seasoning (290868)
Pinch Baron Spices Celery Salt (290816)
Pinch Baron Spices Cumin (290832)

PREP | Fill a glass with ice. Add all the ingredients. Stir vigorously. Garnish with your favorite garnish like celery or olives, and a wedge of lime.



AWAKE ENGLISH BREAKFAST TEA BAGS
416392 - 1/24 ct.

CHAMOMILE CALM TEA BAGS
416395 - 1/24 ct.

SWEET WILD ORANGE TEA BAGS
416391 - 1/24 ct.

ZEN TEA BAGS
416394 - 1/24 ct.

Hurray for Hollandaise!

The decadent creaminess of hollandaise turns an ordinary dish into something luxurious. As the only one of the five French mother sauces that's not thickened by a roux, it can be difficult to get right and is easily broken. But when it's at its best, hollandaise is an amazing addition to all kinds of dishes—from benedicts and beyond.

Find exciting new recipes and innovative ways to use hollandaise sauce to help switch up your breakfast game. A few simple additions to Knorr Hollandaise Mix can bring entirely new dimensions to this sauce—with uses well beyond the breakfast menu.

SAUCE	ADD
Mexican Hollandaise	Jalapeños, cilantro, lime juice and hot sauce
Smoked Salmon Hollandaise	Chopped smoked salmon, capers, fresh dill and cayenne pepper
Spinach Artichoke	Chopped spinach and chopped artichoke hearts
Roasted Pepper Hollandaise	Julienne-cut roasted red pepper, chopped parsley

NORTHWOODS CAMP SKILLET

2 slices Cloverdale Sliced Smoked Brisket (553550)
4 oz. Knorr Hollandaise Sauce Mix GF (296627)
2 slices Cloverdale 10-12 Apple Smoked Shingle Bacon (562162)
1/2 oz. Minor's Chipotle Flavor Concentrate (295014)
5 oz. McCain OR Signature Breakfast Potato Cubes (701921)
1 oz. Capital City Yellow Onion, Diced (138503)
3 oz. Bix Produce Assorted Peppers (*Red, Yellow, & Green*) (129707)
1 tsp. Baron Spices Quebec Steak Seasoning (280940)
2 each Locally Laid Large Eggs (215579)

PREP | Deep fry the potato cubes until golden. Combine diced peppers, bacon, and onion. Sauté in pan until cooked through. Add potato and Montreal seasoning and toss. Heat hollandaise sauce pack in simmering water until hot, and whisk chipotle concentrate until incorporated and smooth. Poach eggs. Assemble by placing potato mixture on serving plate, top with eggs and hollandaise.



Source: Unilever Food Solutions, Chef Inspiration, "Hurray for Hollandaise."