

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

Family-Style Meal Kit Builder



800.879.1265 | UPPERLAKESFOODS.COM

Sitting down for a family meal just got easier!

Start your day off right

JONES 9-11 Lay Flat Cherry Smoked Bacon

562108 - 1/15 LB.

JONES Cooked Pork Link w/Casing

581463 - 200/.8 OZ.

JONES Fully Cooked Chicken Sausage Patty **GF**

581449 - 1/10 LB. 1.5 OZ.

JONES Fully Cooked Chicken Sausage Link **GF**

581450 - 1/10 LB. .75 OZ.

KNORR Hollandaise Sauce Mix **GF**

296627 - 4/30.2 OZ.

MICHAEL FOODS Scrambled Egg Mix

763176 - 6/5 LB.

MICHAEL FOODS Cooked Scrambled Eggs w/Butter

763174 - 12/1.85 LB.

SPARBOE Large Eggs

215608 - 1/15 DZ.

The bread and butter

GRASSLAND AA Whipped Butter Cup

215084 - 400/8 GR.

GRASSLAND AA Salted Butter Quarters

215003 - 18/1 LB.

PILLSBURY3" Baked Buttermilk Biscuit

726068 - 120/2.25 OZ.

PILLSBURY 3" Baked Southern Biscuit

726083 - 120/2 OZ.

Take the stress out of family dinner! Offering pre-made meal kits is an easy, delicious way to help your customers make family meal-time memories and create additional revenue for your restaurant. Use this brochure to build a meal kit that your customers can reheat at home with their loved ones.

Prep ahead and store in your coolers. For a personal touch, sign your name at the bottom of the reheat instructions to express appreciation.

Add some color to your plate!

CAPITAL CITY FRUIT Green Tip Bananas
114264 - 1/10 LB.

PROACT Blackberries
111112 - 12/6 OZ.

PROACT Blueberries
111005 - 12/4.4 OZ.

PROACT Raspberries
111302 - 12/6 OZ.

PROACT Strawberries
111252 - 8/1 LB.

CAPITAL CITY FRUIT Avocado
114505 - 1/60-70 CT.

KITCHEN KLEEN Russet Potatoes
141800 - 1/10 LB.

MANN Veggie Power Blend
133963 - 1/2 LB.

PROACT Cauliflower
127332 - 1/3 CT.

PROACT Jumbo Carrots
127118 - 1/10 LB.

PROACT Large/Standard Asparagus
125518 - 11/1 LB.

PROACT Medium Green Peppers
129720 - 1/5 LB.

PROACT Red Peppers
129809 - 1/5 LB.

PROACT Romaine Heart Lettuce
133933 - 1/12 CT.

PROACT Yellow Peppers
129817 - 1/5 LB.

TAYLOR Spinach
143231 - 1/2.5 LB.

KEY INSIGHT

MEAL KITS PEOPLE ARE CRAVING:

- 73% take-and-bake comfort foods
- 68% build-your-own pizza kits
- 63% take-and-bake desserts
- 51% decorate-your-own dessert kits

Source: Datassential, COVID-19 Report 27: Finding Our Way (2020)

GF GLUTEN FREE

V VEGETARIAN

VG VEGAN



Tease their
taste buds

ANCHOR Spinach
Artichoke Dip
704123 - 36/6 OZ.



Pick some delicious sides

VEGETABLES

FLAV R PAC Mirepoix
Vegetable Blend (Diced
Onion, Carrots & Celery)
705278 - 1/2 LB.

FLAV R PAC Gourmet
Caribbean Vegetable Blend
(Broccoli Florets, Bias Cut
Yellow Carrots, Whole Green
Beans, & Red Pepper Strips)
758482 - 1/4 LB.

FLAV R PAC Gourmet
Riviera Vegetable
Blend (Whole Green
and Wax Green Beans
with Baby Carrots)
758490 - 1/4 LB.

SUNSOURCE MERIT
Frozen Broccoli Cuts
756735 - 12/2 LB.

PASTA

KETTLE COLLECTION
White Cheddar
Macaroni & Cheese
767926 - 4/4 LB.

MRS. GERRY'S Premium
Macaroni & Cheese
148847 - 4/5 LB.

NESTLE RTU Macaroni
& Cheese
767925 - 36/8 OZ.

POTATO

MCCAIN Twice Baked
Cheddar Bacon Potato
701220 - 4/8 CT.

MCCAIN Twice Baked
Three Cheese Potato
701222 - 4/8 CT.

MICHAEL FOODS Fresh
Deluxe Mashed Potatoes
703931 - 4/6 LB.

STOUFFERS Potato
Au Gratin
768809 - 4/76 OZ.

STOUFFERS Rice Broccoli
Cheese Casserole
769695 - 4/94 OZ.

**RICE/
GRAINS**

INHARVEST Sous Vide
Black Pearl Medley Rice
775691 - 6/4 LB.

INHARVEST Sous
Vide Ruby Wild Rice
775689 - 6/4 LB.

INHARVEST Sous Vide
Tri Color Quinoa
775692 - 3/4 LB.

The perfect topping to any dish

BELGIOIOSO Sliced Mild
Provolone Cheese
211277 - 1/2 LB.

BELGIOIOSO Sliced
Mozzarella Cheese Log
209410 - 8/1 LB.

LEGOUT Instant Cheese Sauce Mix
297199 - 8/13.7 OZ.

Center of the Plate

ENTREES

STOUFFERS Chicken &
Vegetable Fettuccine Pasta
768440 - 4/73 OZ.

STOUFFERS Lasagna w/
Meat & Sauce
768606 - 4/96 OZ.

STOUFFERS Swedish
Meatballs w/Gravy
768887 - 4/62 OZ.

STOUFFERS Vegetable Lasagna
768622 - 4/96 OZ.

BEEF

CLOVERDALE Fully Cooked
Beef Pot Roast
674406 - 2/9 LB. AVG.

HORMEL Fire Braised Seasoned
Beef Boneless Short Ribs
553267 - 4/2.74 LB. AVG.

HORMEL Fully Cooked Fire
Braised Beef Flank Steak
553260 - 2/4.725 LB. AVG.

RANCHER'S LEGACY 80/20 Fresh
Craft Angus 2-1 Beef Patty
514717 - 18/8 OZ.
515017 - 24/8 OZ.

PORK

AUSTIN BLUES St. Louis
Pecan Smoked Pork Ribs
553505 - 12/1.7 LB. AVG.

CLOVERDALE Boneless Old
Fashioned Boneless Tear Drop Ham
549105 - 1/11 LB. AVG.

CLOVERDALE Fully Cooked Brown
Sugar Apple Smoked Ham
548978 - 4/4.25 LB. AVG.

CLOVERDALE Tender & Perfect
Bone Rolled Tied Roasted Pork
506388 - 2/13 LB. AVG.

HORMEL Fully Cooked Oven
Roasted Boneless Pork Loin
553831 - 4/4 LB. AVG.

TURKEY

HORMEL Cooked Fire
Braised Turkey Breast
553554 - 2/4 LB. AVG.

JENNIE-O Raw Boneless
Foiled Turkey Breast
691288 - 2/10 LB. AVG.

JENNIE-O Ready to Cook
Netted Turkey Breast & Thigh
691030 - 2/11 LB. AVG.

SEAFOOD

AMERICAN PRIDE IQF
Dry Pack Scallops
638718 - 1/5 LB. U-10

AMERICAN PRIDE IQF
Raw Dry Pack Scallops
632935 - 1/5 LB. U-20

FRESHWATER FISH Walleye Fillet
624312 - 1/11 LB. 6-8 OZ.

FRESHWATER FISH Walleye Fillet
624346 - 1/11 LB. 8-10 OZ.
624379 - 1/11 LB. 10-12 OZ.

KING & PRINCE 12-15 Deepcut
Homestyle Breaded Shrimp
604648 - 1/3 L.B

MAZZETTA 21-25 ct. Raw
Tail-Off Peeled & Deviled
606717 - 1/2 LB.

OCEAN HORIZONS IW Boneless
Alaskan Sockeye Salmon
649569 - 27/6 OZ.

OCEAN HORIZONS IW
Boneless Atlantic Salmon
649571 - 27/6 OZ.
649573 - 1/10 LB. 8 OZ.

SLADE GORTON Canadian
Lobster Tail
623751 - 1/10 LB. 4-5 OZ.



Add a sweet treat

BISTRO Caramel Pretzel
Crusted Brownie
721004 - 4/54 OZ.

DAVID'S 10" Thaw & Serve
Chocolate Crème Pie
726414 - 4/44 OZ.

DAVID'S 10" Unbaked
Peach Grande Pie
726509 - 6/48 OZ.

DIANNE'S 10" Ultimate
Chocolate Cake
736409 - 2/90 OZ. 14 SLI.

DIANNE'S 8" Variety Cheesecake
(New York Vanilla, Raspberry Swirl,
Silk Tuxedo, & Chocolate Chip)
736420 - 4/30 OZ. 14 SLI.

DIANNE'S Scoopable Cheesecake 
739615 - 2/80 OZ.

DIANNE'S Old Fashioned Lemon Bars
739600 - 2/51 OZ.

ORCHARD VALLEY Dark
Chocolate Covered Almonds
431683 - 14/2 OZ.

SIMPLE JOYS IW Sliced Iced
Cinnamon Swirl Cake
786864 - 1/20 CT.

SIMPLE JOYS IW Sliced
Iced Lemon Cake Loaf
786865 - 1/20 CT.

SIMPLE JOYS IW Sliced
Iced Marble Cake Loaf
786866 - 1/20 CT.

SIMPLE JOYS IW Sliced
Iced Party Cake Loaf
786867 - 1/20 CT.

SWEET STREET IW Salted
Caramel Cookie
728971 - 48/2.8 OZ.

SWEET STREET IW Sandy's
Chocolate Chunk Cookie
728972 - 48/2.8 OZ.

SWEET STREET Rockslide
Chocolate Brownie
729338 - 4/16 CT.



729338

KEY INSIGHT

CHOCOHOLICS ANONYMOUS

According to a new report from Datassential, consumers indulge in a sweet treat more than they say they do. In fact, 53% of consumers said in a recent survey that they had dessert within the past day, despite only 18% admitting that they eat desserts at least once a week.

Source: Smart Brief, "How restaurant operators can tap into the latest dessert trends," October 2021.

 GLUTEN FREE
 VEGETARIAN
 VEGAN

736420

KEY INSIGHT

GOING GREEN

In terms of waste, meal kits are much friendlier to the environment than grocery stores.

Source: Linchpin, "Trends Shaping The Meal Kit Industry Outlook In 2022," October 2021.

Pack it up

DART 12 oz. Foam Cup
804306 - 40/25 CT.

DART 20 oz. Foam Cup
804308 - 20/25 CT.

DART 8 oz. Foam Cup
804304 - 40/25 CT.

DART 9"x5.375"x3.5" Medium
Oblong Deli Container
813604 - 2/125 CT.

DART 9"x9" One Compartment
White Foam Hinge Container
813615 - 2/100 CT.

EMPRESS 9" Round Foil Pan
800116 - 1/500 CT.

FABRIKAL 2 oz. Translucent
Souffle Cups
237223 - 1/250 CT.

FABRIKAL Lid for Souffle Cups 2 oz.
237226 - 1/125 CT.

FABRIKAL 4 oz. Translucent
Souffle Cups
237225 - 1/125 CT.

FABRIKAL Lid for Souffle
Cups 3.25/4 oz.
237227 - 1/125 CT.

FABRIKAL 16 oz. Deli
Container w/Clear Lid
807702 - 1/250 CT.

FABRIKAL 3.25 oz. Black Souffle Cup
802042 - 20/125 CT.

FABRIKAL 32 oz. Deli
Container w/Clear Lid
807706 - 1/250 CT.

FABRIKAL 8 oz. Deli
Container w/Clear Lid
807701 - 1/250 CT.

HANDI-FOIL 9" Round
Dome Lid for Foil Pan
800117 - 1/500 CT.

HANDI-FOIL Full Size
Deep Steam Foil Pan
800102 - 1/50 CT.

HANDI-FOIL Full Size
Steam Foil Pan Lid
800101 - 1/50 CT.

HANDI-FOIL Half Size
Deep Steam Foil Pan
800104 - 1/100 CT.

HANDI-FOIL Half Size
Steam Foil Pan Lid
800103 - 1/100 CT.

INNOPAK 7.75"x5.5"x3.5"
#4 Black Carton
807611 - 1/90 CT.

PRIME SOURCE Cutlery
Kit (K/F/S/N/S&P)
845218 - 1/250 CT.

SOLO 12/16/20 oz. White
Plastic Travel Lid
845116 - 10/100 CT.

SOLO 16 oz. Polypropylene
Clear Cold Cup
845125 - 20/50 CT.

SOUTHERN CHAMP 4 Cup
Paper Board Carrier
851215 - 1/250 CT.

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HERE TO HELP

YOU PREPARE FOR

A SEASON OF SUCCESS.

In a world where safety and convenience remains king, Upper Lakes Foods is here to help your operation thrive. We are ready with business resources, brand name products, expert guidance, takeout and delivery solutions, money-saving rebates, and the right products for every application.



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