

Iowa-Missouri and Minnesota Adventist Book Center 2019 Fall Price List

** All prices and availability subject to change**

LL/WORTHINGTON CANS	Case	PRICE	Can Sale	PRICE	Case Sale
Big Franks Reg	12/20oz	\$6.49	\$6.29	\$70.59	\$68.19
Big Franks Low Fat	12/20oz	\$6.49	\$6.29	\$70.59	\$68.19
Chili	12/20oz	\$4.69	\$4.49	\$50.49	\$48.09
Choplets	12/20oz	\$6.49		\$70.59	
Diced Chik	12/13oz	\$5.59	\$5.39	\$60.49	\$58.09
FriChik Reg	12.12.5oz	\$5.59	\$5.39	\$60.49	\$58.09
Frichik Low Fat	12.12.5oz	\$5.59	\$5.39	\$60.49	\$58.09
Fried Chicken w/Gravy	12/13oz	\$5.59	\$5.39	\$60.49	\$58.09
Linketts	12/20oz	\$6.49	\$6.29	\$70.59	\$68.19
Little Links	12/19oz	\$6.49	\$6.29	\$70.59	\$68.19
Prime Stakes	12/13oz	\$5.59	\$5.39	\$60.49	\$58.19
Redi-Burger	12/19oz	\$6.49	\$6.29	\$70.59	\$68.19
Sauzettes	12/19oz	\$6.49	\$6.29	\$70.59	\$68.19
Skallops	12/20oz	\$6.49	\$6.29	\$70.59	\$68.19
Super Links	12/19oz	\$6.49	\$6.29	\$70.59	\$68.19
Swiss Stake w/Gravy	12/13oz	\$5.59	\$5.39	\$60.49	\$58.19
Tender Bits	12/19oz	\$6.49	\$6.29	\$70.59	\$68.19
Tender Rounds	12/19oz	\$6.49	\$6.29	\$70.59	\$68.19
Tuno - ALL Flavors	12/5oz	\$1.79	\$1.69	\$18.49	\$17.29
Tuno - Spring Water	12/12oz	\$3.39	\$3.19	\$37.09	\$34.69
Vege-Burger	12/19oz	\$6.49	\$6.29	\$70.59	\$68.19
Vegetable Stakes	12/20oz	\$6.49	\$6.29	\$70.59	\$68.19
Vegetarian Burger	12/20oz	\$6.49	\$6.29	\$70.59	\$68.19
Veja Links LF	12/19oz	\$6.49	\$6.29	\$70.59	\$68.19
Veja Links Reg	12/19oz	\$6.49	\$6.29	\$70.59	\$68.19

INSTITUTIONAL CANS

Big Franks Inst	6/96oz	\$22.19	\$21.39	\$120.99	\$116.19
Vegetarian Burger Inst	12/50oz	\$13.89		\$151.29	
Chili Institutional	12/50oz	\$11.09	\$10.69	\$120.99	\$116.19
FriChik Institutional	12/42oz	\$13.89		\$151.29	
Linketts Inst	6/96oz	\$22.19	\$21.39	\$120.99	\$116.19
Prime Stakes Inst	12/47oz	\$13.89	\$13.49	\$151.29	\$146.49
Skallops Institutional	12/50oz	\$13.89	\$13.49	\$151.29	\$146.49
Super Links Inst	6/96oz	\$22.19	\$21.39	\$120.99	\$116.19
Swiss Stake w/Gravy Inst	12/47oz	\$13.89		\$151.29	

NEW LOMA BLUE

Nutmeat	6/14.5OZ	\$5.59	\$5.29	\$30.29	\$28.49
Nutolene	6/14.5OZ	\$5.59	\$5.29	\$30.29	\$28.49
Simple Franks	12/20OZ	\$6.49	\$6.19	\$70.59	\$66.99
Sloppy Joes	12/15oz	\$6.49	\$6.19	\$70.59	\$66.99
Taco Filling	12/15oz	\$6.49	\$6.19	\$70.59	\$66.99
5 Bean Chili	12/15oz	\$6.49	\$6.19	\$70.59	\$66.99

CEDAR LAKE CANS

Chops	6/19oz	\$6.59		\$35.49	
Dinner Steaks	12/13oz	\$5.29		\$57.09	
Hostess Cuts	6/19oz	\$6.59		\$35.49	

HERITAGE CANNED

Dinner Cutlets	6/19oz	\$6.59		\$35.49	
Deli Dog	6/19oz	\$6.59		\$35.49	
Chik'n Bites	12/13oz	\$4.79	\$4.59	\$51.99	\$48.99
Vegeburger	6/19oz	\$6.59	\$6.09	\$35.49	\$32.49
Vege-Scallops	6/19oz	\$6.59	\$6.09	\$35.49	\$32.49
Vege-Steak	6/19oz	\$6.59	\$6.09	\$35.49	\$32.49
Mini Links	6/19oz	\$6.59		\$35.49	

WORTHINGTON FROZEN	Case	PRICE	Can Sale	PRICE	Case Sale
Chicketts	12/1lb	\$8.89	\$8.19	\$98.39	\$90.39
Chicken Roll	4/4lbs	\$34.59	\$32.09	\$128.29	\$118.29
Chicken Slices	8/8oz	\$5.19		\$38.19	
Corned Beef Roll	4/4lbs	\$34.59	\$32.09	\$128.29	\$118.29
Corned Beef Slices	8/8oz	\$5.19		\$38.19	
Croquette	8/9oz	\$5.19	\$4.79	\$38.19	\$35.19
Dinner Roast	6/2lb	\$15.99	\$14.69	\$85.99	\$77.99
Quorn Roast	12/1lb	\$9.89		\$109.89	
Roast Turkey	8/1lb	\$9.09	\$8.39	\$66.89	\$60.89
FriPats	8/9oz	\$5.19		\$38.19	
Leanies	8/8.5oz	\$5.19		\$38.19	
Prosage Roll	12/1lb	\$8.89	\$8.19	\$98.39	\$90.39
Salami Roll VEGAN	4/4lbs	\$34.59	\$32.09	\$128.29	\$118.29
Salami Slices	8/8oz	\$5.19		\$38.19	
Sausage Links	8/8oz	\$5.19		\$38.19	
Smoked Turkey Roll	4/4lbs	\$34.59	\$32.09	\$128.29	\$118.29
Smoked Turkey Slices	8/8oz	\$5.19		\$38.19	
Steaklets	8/10oz	\$5.19		\$38.19	
Wham Roll	4/4lbs	\$34.59	\$32.09	\$128.29	\$118.29
Wham Slices	8/8oz	\$5.19		\$38.19	

MORNING STAR FARMS FROZEN

Breakfast Strips	12/5.25o	\$4.29			
Breakfast Links	8/8oz	\$4.29			
Breakfast Patties	6/8oz	\$4.29			
Chik'n Nuggets	6/10.5oz	\$4.29			
Chik Patties	8/10oz	\$4.29			
Corn Dogs	8/10oz	\$4.29			
Grillers Orig	8/9oz	\$4.29			
Grillers Prime	8/10pz	\$4.29			
Griller Burger Crumbles	6/12oz	\$4.29			
Meal StarterSteak	6/10oz	\$4.29			
Meal Starter Chicken	6/10oz	\$4.29			
Parmesan Garlic Wings	6/10.5oz	\$4.29			

INSTITUTIONAL CASES

Breakfast Strips Inst	6 lbs	-		\$66.19	
Breakfast Links Inst	8.5lbs	-		\$79.79	
Breakfast Patties Inst	9.1lbs	-		\$76.79	
Chik Patties Inst	4/16pk	\$19.49		\$72.59	
FriPats Inst	4/12pk	\$13.49		\$50.09	
Grillers Orig Inst	4/12pk	\$14.09		\$52.39	
Grillers Prime Inst	4/12pk	\$24.19		\$90.29	

CEDAR LAKE FROZEN

Boloni Roll VEGAN	4/4lbs	\$30.89		\$114.69	
Chicken Roll VEGAN	4/4lbs	\$30.89		\$114.69	
Turkey Roll VEGAN	4/4lbs	\$30.89		\$114.69	
Vege-Tuna Rolls	12/12oz	\$6.09	\$5.89	\$67.79	\$64.79

CANNED AND OTHER ITEMS	Case	PRICE	Can Sale	PRICE	Case Sale
Bacon Flavored Bits	12/1lb	\$2.89			
Cha'l Pow Yu	24/10oz	\$2.69		\$53.99	
Cha'l Pow Yu Curry	24/10oz	\$2.79		\$54.99	
Charcoal Powder	12/10oz	\$13.79			
Charcoal Tablets	12/130 ct	\$12.79			
Charcoal Vegicaps	12/125 ct	\$12.79			
Chiliman Chili	12/15oz	\$3.29		\$35.79	
Green Olives	12/6oz	\$3.19		\$34.79	
Jello	24/3oz	\$1.99			
Mun Cha'l Ya	24/10oz	\$2.69		\$53.99	

BAKING & COOKING

Carob Chips Chatfields	12/12 oz	\$6.99			
Carob Powder	12/16oz	\$7.19			
Egg Replacer	12/16oz	\$7.49			
Instead of Eggs	24/4.5oz	\$4.89			
Nutritional Yeast Flakes	10/1 lb	\$8.69			
Vital Wheat Gluten	5/2 lb	\$7.69			

NUTS AND DRIED FRUIT

Banana Chips	10/1 lb	\$5.09			
Cashew Pieces	10/1 lb	\$10.69			
Mango Slices	10/1 lb	\$7.59			
Papaya Dices	10/1 lb	\$4.99			
Pecan Meal	10/1 lb	\$10.19			
Pineapple Dices	10/1 lb	\$7.59			

BEVERAGES/SOYMILK

Bueno Original	12/7oz	\$5.99			
Bueno Pecan Praline	12/7oz	\$5.99			
Bueno Creamy Hazelnut	12/7oz	\$5.99			
Cafix Instant Beverage	6/7oz	\$10.79			
Pero Instant Beverage	6/7oz	\$10.09			
Postum Instant	6/8oz	\$12.39			
Roma Reg	6/7oz	\$8.69	\$8.49	\$47.19	\$46.99
Better Than Milk	6/25.9oz	\$19.99		\$108.69	

SNACKS

Sesame Sticks, Garlic	10/1 lb	\$5.09			
Sesame Sticks Honey	10/1 lb	\$5.19			
Sams Harvest Jerky	12/4oz	\$5.89			
Soy Steak Jerky	12/6oz	\$5.99			
Bean Chips-BBQ, Nacho	24/1.5oz	\$1.39			
& Bean Sea Salt					

SEASONINGS	Case	Can Sale			
Bakon Yeast	12/4.4oz	\$6.09			
Bill's Best Beef Season.	12/9.5oz	\$8.39			
Bill's Best Chik'nish Season.	12/11oz	\$6.69			
Braggs Apple Cider Vinegar	12/16oz	\$4.09			
Braggs Apple Cider Vinegar	12/32oz	\$6.29			
Braggs Liquid Aminos	12/16oz	\$4.89			
Braggs Liquid Aminos	12/32oz	\$8.09			
G.W. Seasoning-Brown	24/1oz	\$1.89			
G.W. Seasoning-Golden	24/1oz	\$1.89			
McKays Beef No MSG	12/12oz	\$8.99			
McKays Beef No MSG	10/1lb	\$6.89			
McKays Beef Vegan	12/12oz	\$9.79			
McKays Chicken No MSG	12/12oz	\$8.09			
McKays Chicken No MSG	10/1lb	\$5.99			
McKays Chicken Vegan	12/12oz	\$8.59			
McKays Chicken Vegan	10/1lb	\$5.99			

CHEF BONNEAU GRAVIES

	Case	Can Sale			
Brown Gravy	12/12oz	\$7.69			
Chicken Gravy	12/12oz	\$6.39			
Turkey Gravy	12/12oz	\$7.69			
White Gravy	12/12oz	\$6.39			
Beef Soup Base VEGAN	12/12oz	\$7.79			
Chicken Soup Base VEGAN	12/12oz	\$6.69			
Ham Soup Base	12/12oz	\$6.69			
Mushroom Base	12/12oz	\$7.69			

MAYACAMAS GRAVIES

	Case	Can Sale			
Brown Gravy	12/.7oz	\$1.29			
Chicken Gravy	12/.75oz	\$1.29			
Savory Gravy	12/.85oz	\$1.29			
Turkey Gravy	12/.75oz	\$1.29			

VEGETARIAN EXPRESS

	Case	Can Sale			
Creamy White Gravy	12/9.5oz	\$6.29			
Greek Isle Seasoning	12/4oz	\$6.19			
Rich Brown Gravy	12/10oz	\$7.29			
Saucy Ranch Seasoning	12/2.4	\$5.69			

TVP

Beef Flavored Chunks	2/5 lb	\$20.74			72100
Beef Flavored Chunks	5/2 lb	\$8.36			72101
Beef Flavored Minced	2/5 lb	\$18.29			72110
Beef Flavored Minced	5/2 lb	\$7.39			72112
Unflavored Minced w/color	2/5 lb	\$14.69			72120
Unflavored Minced w/color	5/2 lb	\$5.99			72121
Unflavored Minced No Color	2/5 lb	\$14.49			72345
Unflavored Minced No Color	5/2 lb	\$5.89			72340
Unflavored Chunks No Color	2/5 lb	\$15.39			72355
Unflavored Chunks No Color	5/2 lb	\$6.19			72350
Unflavored Strips No Color	2/5 lb	\$14.99			72365
Unflavored Strips No Color	5/2 lb	\$6.09			72360
Soy Curls	24/8oz	\$4.79			72500

To place an order, call 877-700-1717 or email [i amoabcorders@gmail.com](mailto:iamoabcorders@gmail.com)