

#### **Bit O' Blessing Box**

- 2.5 lb. IQF Chicken Breast OR 4.5 lb. Perdue Whole Chicken
- 28 oz. Fully Cooked Meat Loaf
- 12 in. Supreme Pizza
- 1 lb. Lean Ground Beef
- 2 lb. Fully Cooked Mashed Potatoes
- 6.5 oz. Skillet Meal
- 1 lb. Rice
- Dessert

**\$21.00**

#### **Just 4 Me** **After School Box**

- 2 lb. Chicken Fingers / P Popcorn Chicken
- 1.5 lb. Mini Corn Dogs
- 16 oz. String Cheese
- 2 (3 oz.) Hot Dogs in Bun (individually wrapped)
- 2 (4.5 oz.) Mini Cheese Burgers (2 twin packs)
- 4 (4 oz.) Hot Pockets
- 2 (6.5 oz.) Pizza's
- 2 (1.58 oz.) White Castle Hamburgers (2 twin packs)
- 2 (2.8 oz.) Peanut Butter & Jelly Jamwich

**\$24.00**

#### **Bread of Life Signature Box**

*Balanced nutrition and variety with enough food to help feed a family of four for about a week.*

- 3 lb. (avg.) Family Tray Pack All Natural Split Chicken Breast
- 8 ct. Bean and Cheese Burritos
- 1.5 lb. Hamburger Patties (4 x 6 oz.)
- 1.5 lb. Center Cut Boneless Pork Chops (6 x 4 oz.)
- 1.5 lb. Breaded Chicken Breast Nuggets
- 1 lb. Lean Ground Beef
- 1 lb. All Beef Sausage
- 1 lb. French Cut Green Beans
- 1 lb. Garden Peas
- 1 lb. Whole Kernel Corn
- 24 oz. Natural Cut French Fries
- 1 lb. Kidney Beans
- 1 lb. Rice
- 6 oz. Corn Bread Stuffing Mix
- 5.5 oz. Pancake Mix
- 32 oz. 2% Shelf Stable Milk
- 1 Dozen Eggs
- 6 ct. Fried Apple Pie Sticks (2.75 oz. each)

**\$31.00**

#### **NEW!!!**

#### **Bountiful Blessing Box**

- 28 oz. Fully Cooked Pot Roast (Pot Roast in Gravy with Red Wedge Potatoes, Carrots, Sliced Celery and Pearl Onions)
- 3 lb. (avg.) Family Tray Pack All Natural Split Chicken Breast
- 28 oz. Fully Cooked Broccoli, Rice and Chicken w/Cheese Dinner Entrée
- 8 ct. Bean and Cheese Burritos
- 1.5 lb. Hamburger Patties (4 x 6 oz.)
- 1.5 lb. Center Cut Boneless Pork Chops (6 x 4 oz.)
- 1.5 lb. Breaded Chicken Breast Nuggets
- 1 lb. Lean Ground Beef
- 1 lb. All Beef Sausage
- 1 lb. Crunchy Breaded Fish Wedges
- 1 lb. French Cut Green Beans
- 1 lb. Garden Peas
- 1 lb. Sliced Carrots
- 1 lb. Whole Kernel Corn
- 1 lb. Broccoli Florets
- 1 lb. Cauliflower Florets
- 24 oz. Natural Cut French Fries
- 1 lb. Pasta
- 25 oz. Pasta Sauce
- 6 oz. Corn Bread Stuffing Mix
- 5.5 oz. Pancake Mix
- 32 oz. 2% Shelf Stable Milk
- 1 Dozen Eggs
- 6 ct. Fried Apple Pie Sticks (2.75 oz. each)

**\$41.00**

#### **Fast & Flavorful Cuisine**

**\$28.00**

**Convenience meals great for seniors and people living with diabetes!**

*Ten perfectly seasoned, nutritionally balanced, fully-cooked meals – just heat and serve. Each meal has been developed with dietary needs of senior citizens and people living with diabetes in mind.*

- Roasted Chicken** with Red Wedge Potatoes, Lima Beans and a Carrot/Celery Blend
- Chicken Alfredo** with Fettuccini Noodles, Carrots and Broccoli
- Chicken Chow Mein** with Noodles, Green Beans and Cauliflower
- Chicken Teriyaki** with a Rice Blend, Carrots and Zucchini with Onions
- Sweet and Sour Chicken** with Rice, Okra with Onions and Carrots
- Salisbury Steak and Gravy** with Red Wedge Potatoes, a Green Pea/Carrot Blend, and Green Beans
- Home style Chili** made with Beef and Beans with a Yellow Squash/Red Pepper Blend and Green Beans
- Beef Stew** with Diced Potatoes, Broccoli and a Zucchini/Red Pepper Blend
- Chicken Mexicana** with Bell Peppers and Onions in a Chili Sauce over Rice, with Corn and Brussels Sprouts
- Macaroni and Beef** with Okra with Onions and Carrot

#### **SEPTEMBER SPECIAL #1 \$25.00**

- Steak Combo Box** (5 lbs.)
- 3 lb. T-Bone Steaks (4 x 12 oz.)
- 2 lb. New York Strip Steaks (4 x 8 oz.)

#### **SEPTEMBER SPECIAL #2 \$22.00**

- Breaded Chicken Breast Nuggets** (10 lb.)
- 10 lb. Breaded Chicken Breast Nuggets

#### **SEPTEMBER SPECIAL #3 \$23.00**

##### **Premium Fresh Fruit and Veggie Box**

- 3 lb. Idaho Potatoes
- 3 lb. Sweet Potatoes
- 3 lb. Jona Mac Apples
- 2 lb. Yellow Onions
- 1 lb. Cello Carrots
- 1 Head Cello Lettuce
- 1 Head Green Cabbage
- 1 Avocado
- 1 Large Cantaloupe
- 1 Golden Ripe Pineapple
- 1 lb. Bag Kiwi
- 4 Lemons
- 4 Navel Oranges
- 4 Pears
- AFM Fruit and Veggie Recipe Sheet

Heritage UPC Church  
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Orders will be taken:  
Wed. 9/8 – Wed. 9/15  
During the following hours:  
Sunday 4 - 5:30 PM  
Tuesday 11:30 AM - 12:30 PM  
Wednesday 5 – 7 PM

Cash / Food stamps accepted  
Or order on-line using  
debit or credit card  
[@angelfoodministries.com](mailto:@angelfoodministries.com)

**DISTRIBUTION:**  
**SATURDAY 9/25/10**  
**8:30 AM – 10:00 AM**