

ORDER SITES AND TIMES

We Accept Food Stamps (EBT)

EAST SIDE BAPTIST CHURCH

529 East Court St
Sunday, July 12, 9:00 am—12:00
Wednesday, July 8, 4:00 pm—6:00 pm
Phone: 236-6255

CHURCH OF CHRIST

1000 South 7th Street
Sunday, July 12, 4—4:45 pm
Phone: 236-6105

FIRST UNITED METHODIST CHURCH

404 West Main
Sunday, July 12, 8:30 am—Noon
Phone: 239-8541

You MUST Bring A Large Box To Pick Up Your Food

ALL FOOD BOXES MUST BE PAID FOR AT THE TIME OF FOOD ORDER

Distribution Day: Saturday, July 18, 2009

@ 12th Street Senior Center 8:00—10:00 am

SIGNATURE BOX

Balanced nutrition and variety with enough food to feed a family of four for a week

- 1.5 lb. New York Strip Steaks (4 x 6 oz.)
- 1.5 lb. Boneless Pork Roast
- 1.5 lb. Lean Ground Beef
- 1 lb. Chicken Breast Fajita
- 2 lb. Chicken Stir-Fry Skillet Meal (All-White Chicken, Lo Mein Noodles, Vegetables & Gourmet Teriyaki Sauce)
- 12 oz. Deli Sliced Ham
- 5 oz. Chunk Light Tuna in Water
- 25 oz. Pasta Sauce
- 1 lb. Pasta
- 1 lb. Frozen Sliced Carrots
- 12 ct. White Corn Tortillas
- 4 ct. Fresh Large Baking Potatoes
- 1 Fresh Fajita Veggie Kit (Tray Pack - 1 each — Red Bell Pepper, Green Bell Pepper, Jumbo Yellow Onion)
- 1 ct. Fresh Cello-Wrapped Celery
- 32 oz. 2% Shelf Stable Milk
- Dozen Eggs

\$30.00

SENIOR/CONVENIENCE BOX

For Seniors or People on the Go!

Ten perfectly seasoned, nutritionally balanced, fully cooked meals—just heat and serve. Each meal has been developed with the dietary needs of senior citizens in mind, and contains 3 oz. of protein, a starch & two vegetables or fruit.

New Orleans Style Chicken over Savory Rice with Okra & Tomatoes and Diced Sweet Potatoes

Grilled Chicken Strips & Penne Pasta with Creamy Tomato Basil Sauce, Capri Blend Vegetables and Green Beans with Onions and Red Peppers

Beef & Bowtie Pasta with Herbed Tomato Sauce, Capri Blend Vegetables and Corn

Flame-Broiled Salisbury Steak with Brown Gravy, Sour Cream & Chive Potatoes and Mixed Vegetables

Cheesy Chicken and Broccoli Casserole with Rice, Green Beans and Squash Medley

Classic Chicken Tetrazzini with Diced Carrots and Green Peas

Country Fried Steak with Cream Gravy, Red Skin Whipped Potatoes and Mixed Vegetables

Spaghetti with Meatballs, Green Beans and Cinnamon Applesauce

Chicken Parmesan with Whipped Potatoes and Capri Blend Vegetables

Flame-Broiled Beef Patty with Onion Gravy, Sour Cream & Chive Potatoes and Capri Blend Vegetables

10 2-pack, individually-wrapped cookies

\$28.00

ALLERGEN-FREE BOX

Processed to eliminate the eight top serious allergens: Peanuts, Soybeans, Milk, Eggs, Fish, Crustaceae, Tree Nuts and Gluten (wheat, rye and barley).

Great for children and adults!

- 1 lb. Coated Chicken Tenders
- 1 lb. Coated Breast Filet
- 1 lb. Coated Chicken Nuggets
- 1 lb. Coated Chicken Wings
- 1 lb. Coated Cubed Stead (Chicken Fried Steak)

Battered with water, white rice, brown rice, modified tapioca starch, flax seed, sugar, salt, spices, dehydrated garlic, spice extractives and oleoresin paprika. Breaded with white rice, brown rice, modified tapioca starch, flax seed, sugar, dextrose, salt, spices, dehydrated garlic, spice extractives and oleoresin paprika. Breading is pre-browned in Canola oil.

\$25.00

*****ONE OR MORE SPECIALS AVAILABLE ONLY WITH THE PURCHASE OF ANY STANDARD BOX*****

JULY SPECIAL #1

- 7 lb. Assorted Meat Grill Box** **\$23.00**
- 2 lb. Ribeye Steaks (4 x 8 oz.)
 - 2 lb. Country Style Pork Ribs (4 x 8 oz.)
 - 2 lb. Lean Hamburger Steaks (4 x 8 oz.)
 - 1 lb. Bratwurst with Cheese

JULY SPECIAL #2

- 5 lb. Steak Combo** **\$22.00**
- 2.5 lb. Sirloin Strip Steaks (4 x 10 oz.)
 - 2.5 lb. Bacon-Wrapped Beef Fillet (5 x 8 oz.)

JULY SPECIAL #3

- 4.5 lb. Gourmet Flavored Chicken Breast Fillets** **\$20.00** *Best Tasting Chicken You'll Ever Eat!*
- 1.5 lb. Italian (4x6 oz)
 - 1.5 lb. Lemon Pepper (4x6 oz)
 - 1.5 lb. Honey Mustard (4x6 oz)

JULY SPECIAL #4

- 3.75 lb. T-Bone Special** **\$21.00**
- 3.75 lb. T-Bone Steaks (5x12 oz)

JULY SPECIAL #5

- Fresh Fruit & Veggie Box** **\$22.00**
- 1 each Vine-Ripened Personal Red Seedless Watermelon
 - 1 lb. Premium California Red Seedless Grapes
 - 1.5 lb. Premium California Tree-Ripened Plums
 - 1 each Premium Vine-Ripened Cantaloupe
 - 3 lb. Premium Washington State Granny Smith Apples
 - 3 each Premium Large Fancy Limes
 - 4 ears Premium Super Sweet White Corn
 - 1 head Premium California Iceberg Lettuce
 - 3 lb. Premium Idaho Baking Potatoes
 - 1 lb. Premium California Carrots
 - 2 lb. Premium Large-Medium Yellow Onions
 - 1 pkg. Premium Fresh Jumbo Garlic (5 ct.)
- Sheet

JULY SPECIAL #6

- "Latin Flavors" Fresh Fruit and Veggie Box** **\$22.00**

- 3 lb. California Premium Valencia Oranges
- 1 each California Premium Vine-Ripened Cantaloupe
- 1 each Premium Tree-Ripened Mango
- 6 each Premium Large Limes
- 4 ears Premium Super Sweet Yellow Corn
- 2 lb. Premium Large-Medium White Onions
- 1 head Premium California Iceberg Lettuce
- 1 lb. Premium California Carrots
- 1 lb. Premium Fresh Tomatillas
- 1 lb. Premium Fresh Jalapeño Peppers
- 5 lb. Premium Western-Grown Russet Baking Potatoes
- 1 Premium Yellow Corn Tortillas (30 ct.)
- 1 Premium Pinto Beans (12 oz. bag)
- AFM July 2009 Latin Flavors Recipe

Sheet