

## ORDER SITES/TIMES    We Accept Food Stamps (EBT)

**EAST SIDE BAPTIST CHURCH**  
529 East Court St  
Sunday, August 8, 10:45 am—11:20 am  
Phone: 476-4116 (S. Bandy)

**FIRST UNITED METHODIST CHURCH**  
404 West Main  
Sunday, August 15, 8:30 am—11:00 am  
Phone: 239-8541

**FIRST UNITED METHODIST CHURCH**  
404 West Main  
Tuesday-Friday, August 10-13, 9 am—3 pm  
239-8541 (Denise)

**You may also order online: [www.angelfoodministries.com](http://www.angelfoodministries.com)**

**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, August 21, 2010**

**@ 12th Street Senior Center 8:00—9:30 am**

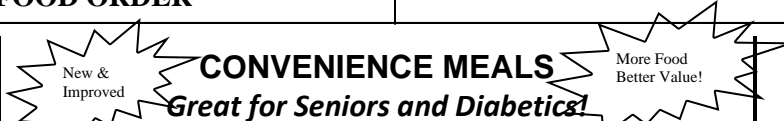


### SIGNATURE BOX

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. Breaded Chicken Breast Chunks
- 1 lb. Lean Ground Beef
- 1 lb. Crunchy Fish Wedges (Bake or Fry—8 ct)
- 1.5 lb. Pork Chops (4 x 6 oz)
- 1 lb. **Bonus item**—Lean Ground Beef
- 1 lb. Frozen Broccoli Florets
- 1 lb. Frozen Carrots
- 1 lb. Frozen Corn
- 1 lb. Frozen Cauliflower Florets
- 1 lb. Pasta
- 26 oz. Pasta Sauce
- 32 oz. 2% Shelf Stable Milk
- Dozen Eggs

**New Low Price! \$28.95**



### CONVENIENCE MEALS

**Great for Seniors and Diabetics!**  
*Very 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.*

**Fish Fillet**, Lightly Breaded & Baked, with a Rice Blend, Carrots and a Broccoli/Red Pepper Blend

**Sweet and Sour Pork** with Rice, a Green Pea/Carrot Blend and Cauliflower

**Red Beans and Rice** with Smoked Pork Sausage, Carrots and Brussels Sprouts

**Chicken Cacciatore** with Rice, Carrots and Yellow Squash with Onions

**Chicken Parmesan** with Spaghetti, Corn/Red Pepper Blend and Zucchini

**Chicken and Noodles**, Corn and Broccoli

**Salisbury Steak & Gravy** with Red Wedge Potatoes, a Green Pea/Carrot Blend and Brussels Sprouts

**Meatball Stroganoff** over Noodles, Carrots and Broccoli

**Country Herb Chicken** with Mashed Potatoes, Green Peas and a Lima Bean Red Pepper Blend

**Macaroni and Cheese**, Black Bean, Corn and Red Pepper Blend and Cauliflower

**\$28.00**

### Just 4 Me - After School Box

An assortment of child-friendly snacks. Great for after school or any time.

- 2 lb. Chicken Fingers
- 1.5 lb. Mini Corn Dogs
- 1 (3.88 oz.) The BBQ "Sammich"
- 2 each (2.6 oz.) Chicken Sandwiches (2 packages with twin sandwiches)
- 4 (4 oz.) Hot Pockets
- 1 (12 ct.) Pizza Bites
- 1 (6 ct.) Cereal Bars
- 2 each (1.58 oz.) White Castle Hamburgers (2 packages with twin sandwiches)
- 3 (2.2 oz.) PBJ on Graham Wafer
- 2 (2.8 oz) Peanut Butter and Jelly Jamwich

**\$24.00**

### AUGUST SPECIAL #1    **\$24.00**

- Assorted Grill Box (6 lb)**
- 1 lb. Sirloin Strip Steaks (2 x 8 oz.)
  - 2 lb. Lean Hamburger Steaks (4 x 8 oz)
  - 1.5 lb Mild Italian Sausage
  - 1.5 lb Bacon-Wrapped Chicken Breast Fillet (4 x 6 oz)

### AUGUST SPECIAL #2    **\$23.00**

- Steak and Chicken Box (4 lb)**
- 2 lb. Ribeye Steaks (4 x 8 oz)
  - 2 lb. Jumbo Chicken Breast (4 x 8 oz)

### AUGUST SPECIAL #3    **\$22.00**

- 12 ct Gourmet Flavored Chicken Breast Box (4.5 lb)**
- 4 Italian Chicken Breast (6 oz ea)
  - 4 Teriyaki Chicken Breast (6oz ea)
  - 4 Lemon Herb Chicken Breast (6 oz ea)

### **NEW!!! ALL NEW ITEM!!! NEW!!!**

- AUGUST SPECIAL #4    **\$24.00****
- Oven Ready Entrees by Angelfood**  
*4 (2lb) Fully cooked Meals - Just Heat and Serve*
- 2 lb Seafood Lasagna
  - 2 lb. Lasagna with Meat Sauce
  - 2 lb. Country Fried Steak with Gravy
  - 2 lb. Chicken Noodle Casserole

### **NEW LOWER PRICE!!!!**

- AUGUST SPECIAL #5    **\$21.00****
- Premium Fresh Fruit and Veggie Box**
- 1 Cantaloupe
  - 4 Peaches
  - 4 Navel Oranges
  - 1 Mango
  - 1 Cello Head Lettuce
  - 1 lb. Cello Carrots
  - 2 lb. Yellow Onions
  - 3 lb. Idaho Potato
  - 20 oz bag Fresh Green Beans
  - 1 Head Cabbage
  - AFM Fruit and Veggie Recipe Sheet



### **AUGUST SPECIAL #6    **\$21.00****

- Bit O'Blessing Box**
- 16 oz Stuffed Sandwiches (Assorted Flavors—4 x 4 oz)
  - 12 oz. Steaks (2 x 6 oz) or 1.5 lb Roast or 2 lb Mac & Beef Entree
  - 1.5 lb Country Fried Steak Patties
  - 1 lb. Ground Beef
  - 1 lb. Crunchy Fish Bites
  - 1 lb. Frozen Fruit or Green Beans
  - 1 lb. Rice

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