

October 2010

A FOOD-RELIEF PROGRAM FOR EVERYONE!



Nutritious, high quality, affordable food. Menu changes monthly. No limit or required Number of boxes to buy.

**B2 - Bit O' Blessing Box**

**\$21** (plus sales tax where applicable)

- 2 lb. Fully Cooked Entrée (Lasagna with Meat Sauce, Country Fried Steak with Gravy or Chicken Noodle Casserole)
- 1.5 lb. Breaded Chicken Nuggets
- 12 in. Supreme Pizza
- 1 lb. Hot Dogs
- 1 lb. Lean Ground Beef
- 1 lb. Broccoli Florets
- 1 lb. Corn
- 1 lb. Rice
- Dessert

**B1 - Bread of Life Signature Box**

**\$31**

(plus sales tax where applicable)

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

- 4 lb. IQF Chicken Drums & Thighs Combo
- 1.5 lb. Hamburger Patties (4 x 6 oz.)
- 1.75 lb. Fully-Cooked Breaded Party Wings
- 20 oz. Steak Fajitas
- 1 lb. Battered Fish Bites
- 1 lb. Lean Ground Beef
- 7 oz. Beef Link Sausage
- 1 lb. Fajita Blend Veggies
- 1 lb. Peas & Carrots
- 1 lb. Corn
- 20 oz. Shoe String Fries
- 1 lb. 16 Bean Soup Mix
- 1 lb. Rice
- 7.25 oz. Mac & Cheese
- 7.5 oz. Corn Muffin Mix
- 32 oz. 2% Shelf-Stable Milk
- 1 Dozen Eggs
- Dessert



**B3 - Bountiful Blessing Box**

**\$41**

(plus sales tax where applicable)

- 4 lb. IQF Chicken Drums & Thighs Combo
- 2 lb. Chicken Stir Fry Skillet Meal
- 1.5 lb. Hamburger Patties (4 x 6 oz.)
- 1.75 lb. Fully-Cooked Breaded Party Wings
- 1 lb. NY Beef Wieners
- 20 oz. Steak Fajitas
- 1 lb. Battered Fish Bites
- 1 lb. Lean Ground Beef
- 28 oz. Fettuccini Chicken Alfredo with Broccoli
- 7 oz. Beef Link Sausage
- 1 lb. Fajita Blend Veggies
- 1 lb. Green Beans
- 1 lb. Peas & Carrots
- 1 lb. Corn
- 20 oz. Shoe String Fries
- 1 lb. 16 Bean Soup Mix
- 1 lb. Rice
- 7.25 oz. Mac & Cheese
- 7.5 oz. Corn Muffin Mix
- 2 lb. Fresh Apples
- 8 oz. Breakfast Cereal
- 32 oz. 2% Shelf-Stable Milk
- 1 Dozen Eggs
- Dessert

**B4 - Fast and Flavorful Cuisine**

**\$28**

(plus sales tax where applicable)

Convenience meals great for seniors and people living with diabetes!

- Boneless Pork Patty w/Hickory BBQ Sauce ♦
- Country Herb White Chicken ♦ Fish Fillet ♦
- Macaroni and Cheese ♦ Meat Lasagna ♦
- Breaded Chicken Parmigiana ♦ Spaghetti and Meatballs ♦ Sweet 'n Sour Pulled Pork ♦
- Chicken and Penne with Creamy Tomato Basil Sauce ♦ Pot Roast with Vegetables

**S1 - OCTOBER SPECIAL #1 \$25\***

**Steak Combo Box (5 lb.)**

- 2 lb. Ribeye Steaks (4 x 8 oz.)
- 3 lb. Sirloin Strip Steaks (6 x 8 oz.)

**S2 - OCTOBER SPECIAL #2 \$35\***

**Seafood Variety Box (6 lbs.)**

- 16 oz. Buffalo Butterfly Shrimp (Oven Ready)
- 20 oz. (10) Stuffed Crab in Natural Shell (Oven Ready)
- 16 oz. Battered Fish (Oven Ready)
- 16 oz. Tilapia
- 11 oz. 2 Stuffed Salmon Portions
- 17 oz. (4) Crab Cakes (Oven Ready)

**S3 - OCTOBER SPECIAL #3 \$23\***

**Premium Fresh Fruit and Veggie Box**

- 3 lb. Red Potatoes
- 3 lb. Sweet Potatoes
- 2 lb. Yellow Onions
- 3 lb. Tangerines
- 1 lb. Cello Carrots
- 1 Head Green Cabbage
- 1 Head Cello Lettuce
- 1 Golden Ripe Pineapple
- 1 6-Pack Apple Sauce Cups
- 2 Green Peppers
- 4 Navel Oranges
- 4 Pears
- 1 AFM Fruit and Veggie Recipe Sheet

\*plus sales tax where applicable

**B5-Just 4 Me-After School Box**

**\$24**

(plus sales tax where applicable)

- 1 lb. Breaded Chicken Rings
- 1 lb. Mini Corn Dogs
- 1 (14 oz.) Stuffed Breadsticks
- 2 (2.8 oz.) Peanut Butter & Jelly Jamwich
- 1 (16 oz.) Stuffed Sandwiches (Pk of 4)
- 3 (5 oz.) Pigs in a Blanket
- 2 (3.7 oz.) Charbroiled Beef & Cheese Sandwiches (Twin Packs)
- 1 (4.75 oz.) Pancakes & Sausage
- 2 (2.2 oz.) PBJ On Graham Wafers

**Back by Popular Demand! B6 - Allergen Free Food Box**

**\$25**

(plus sales tax where applicable)

- 1 lb. Breaded Chicken Breast Nuggets
- 1 lb. Breaded Chicken Tenderloins
- 1 lb. Breaded Breast Fillet Patties
- 1 lb. Breaded Boneless Chicken Wings
- 1 lb. Breaded Cubed Steak

**S4 - SPECIAL #4**

**Christmas Box**

**For December Delivery**

**\$36**

(plus sales tax where applicable)

- 7.5 lb. (avg.) All Natural Perdue Roasting Hen
- 3 lb. Boneless Netted Ham Roast
- 12 oz. Corn Bread Stuffing Mix (2 packages x 6 oz. = 12 servings)
- 1 lb. Frozen Cranberries
- 12 ct. Mini Corn Cobettes
- 2 lb. Green Beans
- 2 lb. Diced Sweet Potatoes
- 12 ct. Whole Wheat Dinner Rolls
- 1.7 oz. Brown Gravy Mix (2 packages x .87 oz. = 2 cups gravy)
- Dessert
- Recipes and Cooking Instructions

**S5 - SPECIAL #5**

**Thanksgiving Box**

**For November Delivery**

**\$36**

(plus sales tax where applicable)

- 7.5 lb. (avg.) All Natural Perdue Roasting Hen
- 3 lb. Boneless Netted Ham Roast
- 12 oz. Corn Bread Stuffing Mix (2 packages x 6 oz. = 12 servings)
- 1 lb. Frozen Cranberries
- 12 ct. Mini Corn Cobettes
- 2 lb. Green Beans
- 2 lb. Diced Sweet Potatoes
- 12 ct. Whole Wheat Dinner Rolls
- 1.7 oz. Brown Gravy Mix (2 packages x .87 oz. = 2 cups gravy)
- Dessert
- Recipes and Cooking Instructions

Host Sites: Faith Assembly of God 223-0080  
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