

Regular Box \$30.00	Senior/Convenience Meals Box \$28	Allergen-Free Box \$23.00	Seafood Box \$35.00
2 lb. Top Sirloin Steaks (4 x 8 oz.) 1.5 lb. Boneless Pork Roast 2 lb. IQF Boneless/Skinless Chicken Breast 2 lb. Lasagna with Meat Sauce 1.5 lb. Fully Cooked Boneless Chicken Drumsticks (Brand New Item! ) 1 lb. Lean Ground Beef 1 lb. Frozen Baby Limas 1 lb. Frozen Green Beans 1 lb. Broccoli Florets 1 lb. Rice 1 lb. Pasta 25 oz. Pasta Sauce 1 lb. Fresh Carrots 4 ct. Large Russet Baking Potatoes 32 oz. 2% Shelf Stable Milk Dozen Eggs Dessert	<b>Chicken Parmesan</b> with Brussels sprouts & zucchini <b>Charbroiled Beef Patty</b> with mashed potatoes, carrots & corn blend <b>Macaroni &amp; Beef</b> with noodles, carrots & zucchini blend <b>Lemon Pepper Fish</b> with rice, peas & zucchini blend <b>Mesquite Chicken</b> with rice, carrots & green beans <b>Spaghetti &amp; Meatballs</b> with corn, peas & carrots <b>Boneless Pork Patty</b> with roasted sweet potatoes, sugar snap peas & broccoli/cauliflower <b>Cheese Manicotti</b> with green beans, peas & carrots <b>Chicken &amp; Rice</b> with Mushroom Sauce, green beans, corn blend <b>Macaroni &amp; Cheese</b> with broccoli & lima beans <b>Desserts:</b> Assorted Cookies, Strawberry Frozen Yogurt Cup, Pineapple Fruit Cup, Peach Fruit Cup, Orange Juice, Fruit Punch	Processed to eliminate the eight top serious allergens: <i>Peanuts, Soybeans, Milk, Eggs, Fish, Crustacea, Tree Nuts and Gluten (wheat, rye and barley)</i>  Great for children and adults!  1 lb. Breaded Chicken Fillet Patties 1 lb. Breaded Chicken Tenders 1 lb. Breaded Chicken Nuggets 1 lb. Breaded Steak Fingers 1 lb. Breaded Chicken Wings  <i>Battered/Breaded with water, white rice, brown rice, modified tapioca starch, flax seed, sugar, salt, spices, dehydrated garlic, spice extractives and oleoresin paprika. Breading is pre-browned in Canola oil.</i>	6 lbs. of the finest quality seafood assortment available.  2 lbs. Alaskan Snow Crab Legs 1 lb. Large EZ Peel Shrimp 2 lbs. Oven Ready Popcorn Shrimp 1 lb. Stuffed Crab in Natural Shell (8 ct.)    

<b>February Special — A</b> <b>\$23.00</b>	<b>February Special — B</b> <b>\$22.00</b>	<b>February Special — E</b> <b>\$22.00</b>
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<b>6.5 lb. Assorted Meat Grill Box</b> 1.5 lb. T-Bone Steaks (2 x 12 oz.) 2 lb. Boneless Pork Chops (4 x 8 oz.) 1.5 lb. Lean Hamburger Patties (4 x 6 oz.) 1.5 lb. Mild Italian Sausage Links with Cheese	<b>5 lb. Meat &amp; Chicken Combo</b> 1.5 lb. Kansas City Strips (2 x 12 oz.) 1.5 lb. Prime Rib Steak (2 x 12 oz.) 2 lb. Gourmet Flavored Boneless Chicken Breast Mesquite (4 x 4 oz.) & Lemon Herb (4 x 4 oz.)	<b>Fresh Fruit and Veggie Box</b> 3 lbs. Tree-Ripened Oranges 2 lbs. Premium Red Delicious Apples 1 lb. New Crop Chilean Plums 4 Washington State Anjou Pears 4 Washington State Fuji Apples 4 Tree Ripened Tangerines 2 Tree Ripened Red Grapefruit 6 pack 1 oz. Boxes Premium Sun Dried Raisins 3 lbs. Premium Red A-Size Potatoes 2 lbs. Premium Yellow Onions 1 head Premium Leafy Green Cabbage 1 lb. Premium Whole-Peeled Baby Carrots 1 lb. Dried Pinto Beans
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<b>February Special — C</b> <b>\$18.00</b>	<b>February Special — D</b> <b>\$21.00</b>
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<b>Stuffed Chicken Variety Pack</b> 1.5 lb. Chicken Cordon Bleu (4 x 6 oz.) 1.5 lb. Broccoli & Cheese (4 x 6 oz.) 1.5 lb. Chicken Kiev (4 x 6 oz.)	<b>Super Value Fajita Kit (5+ lbs.)</b> 2 lb. Steak Fajita Strip Packs (2 x 1 lb.) 2 lb. Chicken Breast Fajita Strip Packs (2 x 1 lb.) 1 lb. Onions & Bell Peppers 20 ct. 8" Flour Tortillas	AFM February 2010 Fruit & Veggie Recipe Sheet
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<b><u>In-Person Food Signup and Payment Dates</u></b>  Fri. evening, <b>February 12</b> from 5:00-7:00 p.m. Sat. morning, <b>February 13</b> from 10:00 a.m.-Noon  Trinity United Methodist Church 415 Bridge St., New Cumberland, PA  <b>CASH, CASHIER'S CHECK, MONEY ORDER, OR EBT CARD ONLY</b> <b>Sorry, no personal checks, debit or credit cards accepted.</b>	<b><u>Online Ordering</u></b> www.wsfm.us  Credit & Debit Cards Accepted <u>Online Only</u>  <i>Online orders processed until 11:59 pm 2/15</i>	<b><u>Distribution Day</u></b>  Saturday, February 20 09:30 a.m.-11:00 a.m.  Red Land Baptist Church 661 Big Spring Road, New Cumberland, PA **** Please bring a Medium Sized Box or Laundry Basket for Each Regular Unit Purchased ****
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**We Accept Food Stamps (EBT).**

Angel Food Ministries is an equal opportunity provider and employer. Complaints of discrimination should be sent to USDA, Director, Office of Civil Rights, Washington, DC 20250-9410

**\*\*Distribution Day "Forgotten Boxes" policy:** If it is near closing time and your order has not been picked up West Shore Food Ministries will attempt to reach you. However, **food not picked up by 12:30 p.m. on distribution day will be given to charity.** Since we pay for the food in advance **we will not be able to refund your money.** As a non-profit and all-volunteer organization we do not have freezer space to store large amounts of food.

Angel Food Ministries Reserves the Right to Substitute Any of the Above Items Due to Availability, Cost and Quality