

<p><b>Regular Box</b> <b>\$30.00</b></p> <p>2 lbs. Chopped Beef Steaks flavored with Dijon Mustard (4 x 8 oz.) 1 lb. Bacon Wrapped Turkey Breast Filet Mignon (4 X 4 oz.) 1 lb. Boneless Center Cut Pork Chops (4 x 4 oz.) 2 lb. Macaroni &amp; Beef Dinner Entrée 2.5 lb. IQF Split Chicken Breasts (Re-sealable Bag) 1 lb. Lean Ground Beef 1 12" Supreme Pizza 1 lb. Frozen Peas &amp; Carrots 1 lb. Frozen Whole Kernel Corn 2 lb. Fresh Apples 2 lb. Heat and Serve Broccoli &amp; Cheese Soup 24 oz. Natural Cut French Fries (Skin-on) 6.5 oz. Stroganoff Skillet Meal 1 lb. Rice Dozen Eggs Dessert</p>	<p><b>Senior/Convenience Meals Box</b> <b>\$28</b></p> <p><b>Breaded Baked Fish</b> over wild rice with green beans, corn and peas <b>Chicken Chow Mein</b> over lo mein noodles, mixed vegetables and sauce, sugar snap peas and cauliflower <b>Swedish Meatballs</b> over pasta in sauce, broccoli, carrot blend <b>Fettuccini Alfredo</b> with carrots and broccoli, zucchini and Brussels sprouts <b>Meatloaf Patty</b> with mashed potatoes and gravy, peas and carrots and cauliflower <b>Turkey and Dressing</b> with gravy, green bean blend and corn <b>Chicken and Noodles</b> with carrots and peas, corn and Brussels sprouts <b>Pot Roast</b> with mashed potatoes, corn and green beans <b>Country Herb Chicken</b> with mashed potatoes and sauce, broccoli and green bean blend <b>Chicken Broccoli Alfredo</b> with carrots and zucchini blend  <b>Desserts:</b> Assorted Cookies, Mixed Fruit Cup, Applesauce, Grape Juice, Apple Juice</p>	<p><b>Allergen-Free Box</b> <b>\$23.00</b></p> <p>Processed to eliminate the eight top serious allergens: <i>Peanuts, Soybeans, Milk, Eggs, Fish, Crustacea, Tree Nuts and Gluten (wheat, rye and barley)</i></p> <p>Great for children and adults!</p> <p>1 lb. Breaded Chicken Breast Chunks 1 lb. Breaded Formed Tenders 2 lbs. Breaded Chicken Drumsticks 1 lb. Breaded Cube Steak</p> <p><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></p>	<p><b>Seafood Box</b> <b>\$35.00</b></p> <p>6 lbs. of the finest quality seafood assortment available.</p> <p>27 oz. Breaded Butterfly Shrimp (oven ready) 10 oz. Cod Fillets 17 oz. Crab Cakes (oven ready) 16 oz. White Fish Fillets 16 oz. Tilapia Fillets 10 oz. Breaded Clam Strips (oven ready)</p>
			<p><b>After School Box</b> <b>\$21.00</b></p> <p>14 oz. Bread Sticks Stuffed with Mozzarella in Resealable Bag (9 x 1.61 oz.) 1.5 lb. Fully Cooked Chicken Rings in Resealable Bag (Approx. 8 servings) 1.5 lb. Fully Cooked Chicken &amp; Cheese Nuggets in Resealable Bag (Approximately 8 servings) 1.5 lb. Fully Cooked Mini Corn Dogs (36 count)</p>

<p><b>March Special — A</b>      <b>\$23.00</b></p> <p><b>6 lb. Assorted Meat Grill Box</b></p> <p>1.5 lb. Ribeye Steaks (2 x 12 oz.) 1 lb. Chopped Beef Steak Flavored with Real Mozzarella Cheese (2 x 8 oz.) 1 lb. Chopped Beef Steak Flavored with Real Mild Cheddar Cheese (2 x 8 oz.) 1.5 lb. Italian Sausage with Cheese 1 lb. Bacon Wrapped Turkey Breast Filet Mignon (4 x 4 oz.)</p>	<p><b>March Special — C</b>      <b>\$20.00</b></p> <p><b>10 lb. Boneless/Skinless Chicken Breasts</b></p> <p>10 lb. IQF Boneless/Skinless Chicken Breasts</p>	<p><b>March Special — E</b>      <b>\$22.00</b></p> <p><b>Fresh Fruit and Veggie Box</b></p> <p>1 Large Golden Ripe Pineapple 1 Large Vine Ripened Cantaloupe 1 lb. New Crop Chilean White Seedless Grapes 1 Large Tree-Ripened Mango 1 Large Haas Avocado 1 head Leafy Green Cabbage 3 lb. bag Sweet Potatoes (baking size) 2 lb. bag New Crop Yellow Onions 3 lb. bag Idaho Baking Potatoes 1 lb. Fresh California Carrots 3 Variety Colored Bell Peppers 2 ct. Jumbo Garlic</p> <p>AFM March 2010 Fruit &amp; Veggie Recipe Sheet</p>
<p><b>March Special — B</b>      <b>\$22.00</b></p> <p><b>4.5 lb. Assort. Meat &amp; Chicken Combo</b></p> <p>1.5 lb. New York Strip Steaks (2 x 12 oz.) 1.5 lb. Bacon Wrapped Filet (4 x 6 oz.) 1.5 lb. Bacon Wrapped Chicken Breast (4 x 6 oz.)</p>	<p><b>March Special — D</b>      <b>\$35.00</b></p> <p><b>4x4 Family Kit Meals</b></p> <p>4 meal kits . Each kit feeds a family of 4.</p> <p><b>Turkey Kit</b> - 1.5 lb. Boneless Turkey Breast, 1.5 lb. Potato Medley (Potatoes, Carrots, Onions and Celery), 1 lb. Green Beans <b>Split Whole Chicken Kit</b> - 3 lb. (avg) Whole Split Chicken (2 individually wrapped halves), 1.5 lb. Potato Medley, 1 lb. Green Beans <b>Beef Tips &amp; Gravy Kit</b> - 1.5 lb. Choice Beef Tips in Gravy, 1.5 lb. Rice Medley (Rice with Red &amp; Green Peppers) <b>Pork Roast Kit</b> - 1.5 lb. Boneless Pork Roast, 1.5 lb. Potato Medley, 1 lb. Corn</p>	

<p><b>www.wsfm.us</b></p>	<p><b>WEST SHORE FOOD MINISTRIES</b></p>	<p><b>717-418-2591 admin@wsfm.us</b></p>
<p><b><u>In-Person Food Signup and Payment Dates</u></b></p> <p>Fri. evening, <b>March 12</b> from 5:00-7:00 p.m. Sat. morning, <b>March 13</b> from 10:00 a.m.-Noon</p> <p>Trinity United Methodist Church 415 Bridge St., New Cumberland, PA</p> <p><b>CASH, CASHIER'S CHECK, MONEY ORDER, OR EBT CARD ONLY</b> <b>Sorry, no personal checks, debit or credit cards accepted.</b></p>	<p><b><u>Online Ordering</u></b> www.wsfm.us</p> <p>Credit &amp; Debit Cards Accepted <b><u>Online Only</u></b></p> <p><i>Online orders processed until 11:59 pm 3/15</i></p>	<p><b><u>Distribution Day</u></b></p> <p>Saturday, March 20 09:30 a.m.-11:00 a.m.</p> <p>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 ****</p>

**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