

<p>Regular Box \$30.00</p> <p>1.5 lb. Sirloin Steaks (4 x 6 oz.) 2 lb. Mac & Beef Dinner Entrée 2 lb. IQF Chicken Breast (Boneless Skinless) 1 lb. Lean Ground Beef 1 lb. Chicken Breast Fajita Strips 1 lb. Breaded Crunchy Fish Bites (32 ct.) 1.5 lb. Smoked Chicken Sausage 2 lb. Heat & Serve Green Beans 1 lb. Fajita Blend (Onions, Red & Green Pepper Strips) 1 lb. Rice 25 oz. Pasta Sauce 1 lb. Pasta 3 lb. Idaho Potatoes 32 oz. 2% Shelf Stable Milk Dozen Eggs Dessert</p>	<p>Senior/Convenience Meals Box <i>(Now Diabetic Friendly)</i> \$28</p> <p>Roasted Chicken - Roasted White Chicken Breast Meat Pieces in Sauce with Red Skin Potatoes and Sugar Snap Peas and Carrots Chicken Broccoli Alfredo - White Chicken Breast Pieces with Broccoli, Fettuccini noodles and Alfredo Sauce with Carrots, Zucchini and Red Peppers Chicken Chow Mein - White Chicken Pieces over Lo-Mein Noodles, Mixed Vegetables with Sauce with Sugar Snap Peas and Cauliflower Chicken Teriyaki - Chicken Breast Pieces over Fried Rice Blend with Teriyaki Sauce with Sugar Snap Peas and Carrots Sweet and Sour Chicken - Chicken Breast Pieces over Rice with Vegetables and Pineapple in a Sweet and Sour Sauce with Sugar Snap Peas and Carrots Salisbury Steak and Gravy - Salisbury Steak Patty with Red Skin Potatoes and Gravy with Peas and Carrots and Cauliflower Chili with Beef and Bean - Beef, Beans and Tomato Based Chili with Corn and Red Peppers and Peas Beef Stew - Hearty Beef Chunks with Potatoes, Carrots, Celery and Onions with Brussels Sprouts, Corn and Red Pepper Blend Fiesta Chicken with Rice - White Meat Chicken with Fiesta Sauce over White Rice with Corn and Cauliflower Macaroni and Beef - Macaroni and Beef with Noodles, Carrots and Zucchini Blend Assorted Sugar Free Desserts</p>	<p>5 Lb. Allergen-Free Box \$23.00</p> <p>Processed to eliminate the eight top serious allergens: Peanuts, Soybeans, Milk, Eggs, Fish, Crustacea, Tree Nuts and Gluten(wheat, rye and barley)</p> <p>1 lb. Breaded Chicken Breast Fillets 1 lb. Breaded Chicken Breast Nuggets 1 lb. Breaded Cubed Steak 1 lb. Breaded Wings 1 lb. Breaded Chicken Tenders</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>Just 4 Me After School Box \$24.00</p> <p>4 each Stuffed Sandwiches (variety of flavors) 1.5 lb. Mini Corn Dogs 2 each Twin Mini Chicken Sandwiches 2 lb. Chicken Tenders 1 lb. String Cheese (1 oz. sticks) 2 each Peanut Butter and Jelly Jamwich (2.8 oz. each) 1 each Nacho's Lunch Snack with Chips, Cheese and Salsa (3.7 oz.) 1 each Turkey & American Cheese Lunch Snack with Turkey, American and Crackers (2.15 oz.) 1 each Ham & American Cheese Lunch Snack with Ham, American and Crackers (2.15 oz.)</p>	<p>6 Lb. Premium Seafood Box \$35.00</p> <p><i>6.4 lbs. of the finest quality seafood assortment available.</i></p> <p>2 lb. Alaskan Snow Crab Legs 1 lb. Large EZ Peel Shrimp 1 lb. (8 ct) Stuffed Crab in Natural Shell 2 lbs. Oven Ready Popcorn Shrimp</p> <p>Just 4 Me After School Fruit Box \$16.00</p> <p>3 Red Delicious Apples 3 Granny Smith Apples 3 Navel Oranges (1) 1lb. Mini Carrots (2) 2 oz. Pack Celery Sticks (1) 3-pack Fruit Juice (1) 6-pack Apple Sauce (1) 6 oz. Bag Banana Chips (1) Either 2.5 oz. Bag Apple Chips or Sweet Potato Chips (2) 1.75 oz Ranch Dressing Cups</p>
---	--	--	---

June Special — A **\$23.00**

5.5 lb. Assorted Meat Grill Box

- 2 lb. Rib-Eye Steaks (4 x 8 oz.)
- 2 lb. Bone-In Pork Chops (4 x 8 oz.)
- 1.5 lb. Bacon Wrapped Turkey Mignon (4 x 6 oz.)

June Special — B **\$17.00**

6 lb. Chicken & Rib Box

- 3 lb. Split Whole Chicken (3 lb. average wt.)
- 3 lb. Baby Back Ribs

June Special — C **\$19.00**

6 lb. Flavored Hamburger Grill Box

- 2 lbs. Dijon Mustard (4 x 8 oz.)
- 2 lbs. Mozzarella Cheese (4 x 8 oz.)
- 2 lbs. Cheddar Cheese (4 x 8 oz.)

June Special — D **\$22.00**

Fresh Fruit and Veggie Box

- 4 each Yellow Corn
- 2 each Yellow Squash
- 2 each Zucchini Squash
- 1 head Fresh Green Cabbage
- 1 stalk Celery
- 1 Golden Ripe Pineapple
- 1 Mango
- 6 each Lemons
- 1 Large Hass Avocado
- 1 Large Cantaloupe
- 3 lb. bag Red Potatoes (A Size)
- 2 lb. bag Yellow Onions

AFM June 2010 Fruit and Veggie Recipe Sheet

June Special — E **\$21.00**

Bit O' Blessing Box

- 2 lb. Hamburger Steaks (4 x 8 oz.)
- 2 lb. Mac & Beef Dinner Entrée
- 1 lb. Chicken Breast Fajita Strips
- 1.5 lb. Smoked Sausage
- 2 lb. Fully Cooked Green Beans
- 1 lb. Fajita Blend (Onions, Red & Green Pepper Strips)
- 1 lb. Rice
- 1 lb. Frozen Broccoli
- 21 oz. Frozen Fruit



www.wsfm.us **WEST SHORE FOOD MINISTRIES** 717-418-2591 admin@wsfm.us

In-Person Food Signup and Payment Dates

Fri. evening, **June 11** from 5:00-7:00 p.m.
Sat. morning, **June 12** from 10:00 a.m.-Noon



Trinity United Methodist Church 415 Bridge St., New Cumberland, PA

***** Now Accepting Debit/Credit cards at Trinity UMC sign-ups only.** Debit/Credit order is processed via on-site online ordering. **Please note:** Angel Food Ministries charges a \$2 convenience charge to cover the cost of the electronic transaction.

CASH, CASHIER'S CHECK, MONEY ORDER, OR EBT CARD accepted at all sign-up locations.
Sorry, no personal checks. Debit/Credit cards accepted at Trinity UMC Only.

Online Ordering

www.wsfm.us

Only Credit & Debit Cards Accepted

Online orders processed until 11:59 pm 6/15

Distribution Day

Saturday, June 19

10:30 a.m.-12:00 p.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 ****

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