



<p>Regular Box \$29.00</p> <p>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</p> 	<p>Senior/Convenience Meals Box <i>(Diabetic Friendly)</i> \$28 Now with more food!</p> <p>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 White Chicken Cacciatore with Rice, Carrots and Yellow Squash with Onions Breaded Chicken Parmigiana with Spaghetti, Corn/Red Pepper Blend and Zucchini</p> <p>White Chicken and Gravy over 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 White 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</p>												
	<p>Just 4 Me After School Box \$24.00</p> <table border="0"> <tr> <td>2 lb. Chicken Fingers</td> <td>1 (6 ct.) Cereal Bars</td> </tr> <tr> <td>1.5 lb. Mini Corn Dogs</td> <td>2 each (1.58 oz.) White Castle Hamburgers (2 packages with twin sandwiches)</td> </tr> <tr> <td>1 (3.88 oz.) The BBQ "Sammich"</td> <td>3 (2.2 oz.) PBJ on Graham Wafer</td> </tr> <tr> <td>2 each (2.6 oz.) Chicken Sandwiches (2 packages with twin sandwiches)</td> <td>2 (2.8 oz.) Peanut Butter and Jelly Jamwich</td> </tr> <tr> <td>4 (4 oz.) Hot Pockets</td> <td></td> </tr> <tr> <td>1 (12 ct.) Pizza Bites</td> <td></td> </tr> </table>	2 lb. Chicken Fingers	1 (6 ct.) Cereal Bars	1.5 lb. Mini Corn Dogs	2 each (1.58 oz.) White Castle Hamburgers (2 packages with twin sandwiches)	1 (3.88 oz.) The BBQ "Sammich"	3 (2.2 oz.) PBJ on Graham Wafer	2 each (2.6 oz.) Chicken Sandwiches (2 packages with twin sandwiches)	2 (2.8 oz.) Peanut Butter and Jelly Jamwich	4 (4 oz.) Hot Pockets		1 (12 ct.) Pizza Bites	
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August Special — A \$24.00

- 6 lb. Assorted Grill Box**
- 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 — D \$24.00

- 4 (2 lb.) 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. White Chicken Noodle Casserole
- 

August Special — E \$21.00

- 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
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August Special — B \$23.00

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

August Special — F \$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. Beef Roast or 2 lb. Mac & Beef Entrée
 - 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

August Special — C \$22.00

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

AFM August 2010 Fruit and Veggie Recipe Sheet

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

In-Person Food Signup and Payment Dates

Fri. evening, **August 13** from 5:00-7:00 p.m.
Sat. morning, **August 14** 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 8/17

Distribution Day

Saturday, August 21

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