



<p>Bread of Life Signature Box \$31.00</p> <p>3 lb. (avg.) Family Tray Pack All Natural Split Chicken Breast</p> <p>8 ct. Bean and Cheese Burritos</p> <p>1.5 lb. Hamburger Patties (4 x 6 oz.)</p> <p>1.5 lb. Center Cut Boneless Pork Chops (6 x 4 oz.)</p> <p>1.5 lb. Breaded Chicken Breast Nuggets</p> <p>1 lb. Lean Ground Beef</p> <p>1 lb. All Beef Sausage</p> <p>1 lb. French Cut Green Beans</p> <p>1 lb. Garden Peas</p> <p>1 lb. Whole Kernel Corn</p> <p>24 oz. Natural Cut French Fries</p> <p>1 lb. Kidney Beans</p> <p>1 lb. Rice</p> <p>6 oz. Corn Bread Stuffing Mix</p> <p>5.5 oz. Pancake Mix</p> <p>32 oz. 2% Shelf Stable Milk</p> <p>1 Dozen Eggs</p> <p>6 ct. Fried Apple Pie Sticks (2.75 oz. each)</p>	<p>Bountiful Blessings Box \$41.00</p> <p>28 oz. Fully Cooked Pot Roast (Pot Roast in Gravy with Red Wedge Potatoes, Carrots, Sliced Celery and Pearl Onions)</p> <p>3 lb. (avg.) Family Tray Pack All Natural Split Chicken Breast</p> <p>28 oz. Fully Cooked Broccoli, Rice and Chicken w/Cheese Dinner Entrée</p> <p>8 ct. Bean and Cheese Burritos</p> <p>1.5 lb. Hamburger Patties (4 x 6 oz.)</p> <p>1.5 lb. Center Cut Boneless Pork Chops (6 x 4 oz.)</p> <p>1.5 lb. Breaded Chicken Breast Nuggets</p> <p>1 lb. Lean Ground Beef</p> <p>1 lb. All Beef Sausage</p> <p>1 lb. Crunchy Breaded Fish Wedges</p> <p>1 lb. French Cut Green Beans</p> <p>1 lb. Garden Peas</p> <p>1 lb. Sliced Carrots</p> <p>1 lb. Whole Kernel Corn</p> <p>1 lb. Broccoli Florets</p> <p>1 lb. Cauliflower Florets</p> <p>24 oz. Natural Cut French Fries</p> <p>1 lb. Pasta</p> <p>25 oz. Pasta Sauce</p> <p>6 oz. Corn Bread Stuffing Mix</p> <p>5.5 oz. Pancake Mix</p> <p>32 oz. 2% Shelf Stable Milk</p> <p>1 Dozen Eggs</p> <p>6 ct. Fried Apple Pie Sticks (2.75 oz. each)</p>	<p>Fast & Flavorful Cuisine \$28.00</p> <p>Roasted Chicken with Red Wedge Potatoes, Lima Beans and a Carrot/Celery Blend</p> <p>Chicken Alfredo with Fettuccini Noodles, Carrots and Broccoli</p> <p>Chicken Chow Mein with Noodles, Green Beans and Cauliflower</p> <p>Chicken Teriyaki with a Rice Blend, Carrots and Zucchini with Onions</p> <p>Sweet and Sour Chicken with Rice, Okra with Onions and Carrots</p> <p>Salisbury Steak and Gravy with Red Wedge Potatoes, a Green Pea/Carrot Blend, and Green Beans</p> <p>Home-style Chili made with Beef and Beans with a Yellow Squash/Red Pepper Blend and Green Beans</p> <p>Beef Stew with Diced Potatoes, Broccoli and a Zucchini/Red Pepper Blend</p> <p>Chicken Mexicana with Bell Peppers and Onions in a Chili Sauce over Rice, with Corn and Brussels Sprouts</p> <p>Macaroni and Beef with Okra with Onions and Carrot</p>	<p>Bit O' Blessings Box \$21.00</p> <p>2.5 lb. IQF Chicken Breast OR 4.5 lb. Perdue Whole Chicken</p> <p>28 oz. Fully Cooked Meat Loaf</p> <p>12 in. Supreme Pizza</p> <p>1 lb. Lean Ground Beef</p> <p>2 lb. Fully Cooked Mashed Potatoes</p> <p>6.5 oz. Skillet Meal</p> <p>1 lb. Rice Dessert</p>
			

Just 4 Me After School Box
\$24.00

- 2 lb. Chicken Fingers/Popcorn Chicken
- 1.5 lb. Mini Corn Dogs
- 16 oz. String Cheese
- 2 (3 oz.) Hot Dogs in Bun (individually wrapped)
- 2 (4.5 oz.) Mini Cheese Burgers (2 twin packs)
- 4 (4 oz.) Hot Pockets
- 2 (6.5 oz.) Pizzas
- 2 (1.58 oz.) White Castle Hamburgers (2 twin packs)
- 2 (2.8 oz.) Peanut Butter and Jelly Jamwich

September Special — A **\$25.00**

5 lb. Steak Combo Box

- 3 lb. T-Bone Steaks (4 x 12 oz.)
- 2 lb. New York Strip Steaks (4 x 8 oz.)

September Special — B **\$22.00**

Breaded Chicken Breast Nuggets

10 lb. Breaded Chicken Breast Nuggets

September Special — C **\$23.00**

Fresh Fruit and Veggie Box

- 3 lb. Idaho Potatoes
- 3 lb. Sweet Potatoes
- 3 lb. JonaMac Apples
- 2 lb. Yellow Onions
- 1 lb. Cello Carrots
- 1 Head Cello Lettuce
- 1 Head Green Cabbage
- 1 Avocado
- 1 Large Cantaloupe
- 1 Golden Ripe Pineapple
- 1 lb. Bag Kiwi
- 4 Lemons
- 4 Navel Oranges
- 4 Pears

AFM September 2010 Fruit and Veggie Recipe Sheet

In-Person Food Signup and Payment Dates

Fri. evening, **September 10** from 5:00-7:00 p.m.
Sat. morning, **September 11** 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 9/14

Distribution Day

Saturday, September 18
10:30 a.m.-12:00 p.m.

Red Land Baptist Church 661 Big Spring Road, New Cumberland, PA

**** **All Items Now Pre-Boxed!** *You no longer need to bring your own box or cooler.* ****

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