



September, 2010

Bit O' Blessing Box

\$21

(plus sales tax where applicable)

- 2.5 lb. IQF Chicken Breast OR
- 4.5 lb. Perdue Whole Chicken
- 28 oz. Fully Cooked Meat Loaf
- 12 in. Supreme Pizza
- 1 lb. Lean Ground Beef
- 2 lb. Fully Cooked Mashed Potatoes
- 6.5 oz. Skillet Meal
- 1 lb. Rice
- Dessert

Bread of Life Signature Box

\$31

(plus sales tax where applicable)

Balanced nutrition and variety with enough food to help feed a family of four for about a week.

- 3 lb. (avg.) Family Tray Pack All Natural Split Chicken Breast
- 8 ct. Bean and Cheese Burritos
- 1.5 lb. Hamburger Patties (4 x 6 oz.)
- 1.5 lb. Center Cut Boneless Pork Chops (6 x 4 oz.)
- 1.5 lb. Breaded Chicken Breast Nuggets
- 1 lb. Lean Ground Beef
- 1 lb. All Beef Sausage
- 1 lb. French Cut Green Beans
- 1 lb. Garden Peas
- 1 lb. Whole Kernel Corn
- 24 oz. Natural Cut French Fries
- 1 lb. Kidney Beans
- 1 lb. Rice
- 6 oz. Corn Bread Stuffing Mix
- 5.5 oz. Pancake Mix
- 32 oz. 2% Shelf Stable Milk
- 1 Dozen Eggs
- 6 ct. Fried Apple Pie Sticks (2.75 oz. each)



Bountiful Blessing Box

\$41

(plus sales tax where applicable)

- 28 oz. Fully Cooked Pot Roast (Pot Roast in Gravy with Red Wedge Potatoes, Carrots, Sliced Celery and Pearl Onions)
- 3 lb. (avg.) Family Tray Pack All Natural Split Chicken Breast
- 28 oz. Fully Cooked Broccoli, Rice And Chicken with Cheese Dinner Entrée
- 8 ct. Bean and Cheese Burritos
- 1.5 lb. Hamburger Patties (4 x 6 oz.)
- 1.5 lb. Center Cut Boneless Pork Chops (6 x 4 oz.)
- 1.5 lb. Breaded Chicken Breast Nuggets
- 1 lb. Lean Ground Beef
- 1 lb. All Beef Sausage
- 1 lb. Crunchy Breaded Fish Wedges
- 1 lb. French Cut Green Beans
- 1 lb. Garden Peas
- 1 lb. Sliced Carrots
- 1 lb. Whole Kernel Corn
- 1 lb. Broccoli Florets
- 1 lb. Cauliflower Florets
- 24 oz. Natural Cut French Fries
- 1 lb. Pasta
- 25 oz. Pasta Sauce
- 6 oz. Corn Bread Stuffing Mix
- 5.5 oz. Pancake Mix
- 32 oz. 2% Shelf Stable Milk
- 1 Dozen Eggs
- 6 ct. Fried Apple Pie Sticks (2.75 oz. each)

Just 4 Me - After School Box

\$24

(plus sales tax where applicable)

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

SEPTEMBER SPECIAL #1 \$25*

Steak Combo Box (5 lb.)

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

SEPTEMBER SPECIAL #2 \$22*

Breaded Chicken Breast Nuggets (10 lb.)

- 10 lb. Breaded Chicken Breast Nuggets

SEPTEMBER SPECIAL #3 \$23*

Premium 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 Fruit and Veggie Recipe Sheet

*plus sales tax where applicable

Fast and Flavorful Cuisine

\$28

(plus sales tax where applicable)

Convenience meals great for seniors and people living with diabetes!

- Roasted Chicken
- Chicken Alfredo
- Chicken Chow Mein
- Chicken Teriyaki
- Sweet and Sour Chicken
- Salisbury Steak and Gravy
- Homestyle Chili
- Beef Stew
- Chicken Mexicana
- Macaroni and Beef

Order Deadline:

Sunday, September 19th

Distribution:

Saturday September 25th at 1:00 pm

(308) 234-HOPE (4673)

Order Online at www.kearneyhope.org/angelfood

Hope Evangelical Free Church

907 Ave C - Kearney, NE 68847

Orders received at the church on Tues. thru Thur. 12-5 pm, Wed 6-7:30 pm, Sun 9 am-12:30 pm or by Appt.

Orders must be prepaid using cash, debit or credit card, or Food Stamps (EBT)