

SEPTEMBER 2010 MENU

Bread of Life Signature Box - \$31

- 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)

Convenience Meals - \$28

- Roasted Chicken** with Red Wedge Potatoes, Lima Beans and a Carrot/Celery Blend
- Chicken Alfredo** with Fettuccini Noodles, Carrots and Broccoli
- Chicken Chow Mein** with Noodles, Green Beans and Cauliflower
- Chicken Teriyaki** with a Rice Blend, Carrots and Zucchini with Onions
- Sweet and Sour Chicken** with Rice, Okra with Onions and Carrots
- Salisbury Steak and Gravy** with Red Wedge Potatoes, a Green Pea/Carrot Blend, and Green Beans
- Homestyle Chili** made with Beef and Beans with a Yellow Squash/Red Pepper Blend and Green Beans
- Beef Stew** with Diced Potatoes, Broccoli and a Zucchini/Red Pepper Blend
- Chicken Mexicana** with Bell Peppers and Onions in a Chili Sauce over Rice, with Corn and Brussels Sprouts
- Macaroni and Beef** with Okra with Onions and Carrot

NEW

Bountiful Blessing Box - \$41

- 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 w/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)

Bit O' Blessing - \$21

- 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

Just 4 Me - After School Box \$24

Assorted child-friendly snacks.

- 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.) Pizza's
- 2 (1.58 oz.) White Castle Hamburgers (2 twin packs)
- 2 (2.8 oz.) Peanut Butter and Jelly Jamwich

September 2010 SPECIALS

SEPTEMBER SPECIAL #1 \$25.00

- Steak Combo Box** (5 lbs.)
- 3 lb. T-Bone Steaks (4 x 12 oz.)
- 2 lb. New York Strip Steaks (4 x 8 oz.)

SEPTEMBER SPECIAL #2 \$22.00

- Breaded Chicken Breast Nuggets** (10 lb.)
- 10 lb. Breaded Chicken Breast Nuggets

SEPTEMBER SPECIAL #3 \$23.00

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

Order Online until September 14 with credit/debit card at
www.cbclawton.org/angelfood

Order and Pay on these dates at:
 Central Baptist Church, 901 SW B Avenue

(Cash, money orders, Food Stamps or credit/debit card)

September 10: 10:00 am - 4:00 pm

September 11: 10:00 am - 1:00 pm

Distribution Day: September 18, 2010, 8:00 - 9:30 am

For more information, call 353-6750 or visit

www.cbclawton.org/angelfood