

SIGNATURE BOX

Balanced nutrition and variety of food to feed a family

- 1.5 lb. Choice Beef Roast
- 2 lb. Baby Back Ribs
- 2.5 lb. IQF Split Chicken Breast
- 2 lb. Mac & Beef Dinner Entrée
- 1.5 lb. Fully Cooked All White Meat Breaded Chicken Breast Patties
- 1 lb. Lean Ground Beef
- 1 lb. Bratwurst with Cheese
- 1 lb. Frozen Sliced Carrots
- 1 lb. Frozen Whole Kernel Corn
- 8 ct. Frozen Heat & Serve Buttermilk Pancakes
- 10 ct. Whole Wheat Dinner Rolls
- 3 lb. or 4 ct. Large Russet Baking Potatoes
- 32 oz. 2% Shelf Stable Milk
- Dozen Eggs
- Dessert

\$30.00

SENIOR & CONVENIENCE MEALS

For Seniors or People on the Go!

Ten perfectly seasoned, nutritionally balanced, fully cooked meals—just heat and serve. Each meal has been developed with the dietary needs of senior citizens in mind, and contains 3 oz. of protein, a starch & two vegetables or fruit.

- Chicken Cacciatore** with rice, cauliflower & lima bean/corn blend
- Fettuccini Alfredo** with Brussels sprouts & zucchini
- Salisbury Steak & Gravy** with cauliflower, peas & carrots
- Breaded Fish Sticks** with wild rice, corn & peas
- Chicken & Noodles** with corn, Brussels sprouts
- Spaghetti & Meatballs** with corn, peas & carrots
- Chicken Teriyaki** with rice blend, sugar snap peas & carrots
- Meat Lasagna** with green beans & cauliflower
- Chili with Beef & Beans** with corn/red peppers & peas
- Cheese Manicotti** with green beans, peas & carrots
- Desserts:** Assorted Cookies, Strawberry Frozen Yogurt Cup, Pineapple Fruit Cup, Peach Fruit Cup, Orange Juice, Fruit Punch

\$28.00

5 LB. ALLERGEN-FREE FOOD BOX

Processed to eliminate the eight top serious allergens: Peanuts, Soybeans, Milk, Eggs, Fish, Crustacea, Tree Nuts and Gluten (wheat, rye and barley). Great for children and adults!

- 1 lb. Breaded Chicken Breast Fillets
- 1 lb. Breaded Chicken Breast Nuggets
- 1 lb. Breaded Cubed Steak
- 1 lb. Breaded Chicken Wings
- 1 lb. Breaded Chicken Tenders

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.

\$23.00

6 LB. SEAFOOD PACK

Six pounds of the finest quality seafood assortment available.

- 2 lbs. Jumbo Lightly Breaded Shrimp – Bakeable (42-50 shrimp)
- 1 lb. Oven Baked Stuffed Flounder with Crab Stuffing - 4 stuffed Flounders (4 oz. each)
- 2 lbs. Tilapia Raw Fillets (2 - 1 lb. bags per box each bag contains 3-4 fillets which weigh 3-5 oz. each)
- 1.1 lb. (17 oz.) Oven Ready Crab Cakes 5 crab cakes (3-4 oz. each.)

\$35.00

***Specials may be purchased individually ***

JANUARY SPECIAL #1

7 lb. Assorted Meat Grill Box

\$23.00

- 2 lb. Ribeye Steaks (4 x 8 oz.)
- 2 lb. Pork Roast
- 1.5 lb. Lean Hamburger Steak Patties (4 x 6 oz.)
- 1.5 lb. Italian Sausage with Cheese

JANUARY SPECIAL #2

5 lb. Assorted Meat & Chicken Combo

\$22.00

- 2 lb. Sirloin Steak Strips (4 x 8 oz.)
- 1.5 lb. Bacon Wrapped Beef Fillets (4 x 6 oz.)
- 1.5 lb. Bacon Wrapped Chicken Fillets (4 x 6 oz.)

JANUARY SPECIAL #3

10 lb. Battered Boneless Wing Box

\$18.00

- 10 lbs. Boneless Battered White Meat Chicken Breast Chunks/Boneless Wings

JANUARY SPECIAL #4

7 lb Meat Box

\$32.00

- 3 lb. T-Bone Steaks (4 x 12 oz.)
- 2 lb. Boneless Pork Chops (4 x 8 oz.)
- 2 lb. Gourmet Flavored Chicken Breasts
 - 1 lb. Italian Flavor (2 x 8 oz.)
 - 1 lb. Honey Mustard Flavor (2 x 8 oz.)

JANUARY SPECIAL #5

Fresh Fruit and Veggie Box

\$22.00

- 1 Large Golden-Ripe Pineapple
- 1 3 lb. Combo Pack (Washington State Red Delicious Apples, Granny Smith Apples and Tree-Ripened California Oranges)
- 2 Large Tree-Ripened Ruby Red Grapefruit
- 1 Large Premium Haas Avocado
- 1 lb. California Carrots (Cello Bag)
- 3 lbs. North Carolina Sweet Potatoes
- 2 lbs. New Crop Red A-Size Potatoes
- 2 lbs. Large-Medium Yellow Onions
- 1 head Large Green Cabbage
- 1 (8 oz.) Package New Crop Georgia Shelled Pecan Halves
- 1 Package Wiley's Sweet Potato and Yam Seasoning
- AFM January 2010 Fruit & Veggie Recipe Sheet

In Person Ordering: December 19, 7:30-8:30 am at La Rua Entrance, January 5-6 4-7 pm in the Atrium
Online Ordering: December 14-January 14th at Noon.
Food Stamp Orders: Call (850)777-9191
Distribution: January 23, 2009 7:30-8:30 am La Rua Entrance