

Once a month, you (or someone you want to help) can be blessed with fresh meats, fresh or frozen fruits & vegetables, and staple items at an extremely low price! And this is not "day-old" or "outdated" food. It's all fresh, top quality, name brand products, shipped from the manufacturers to the Angel Food Ministries HQ in Monroe, GA, and then to our area on refrigerated trucks. Best of all, there are...

No Applications *No Qualifications * No Limits On The Quantity Purchased

FOR \$30.00 YOU GET:

Pick up your order on:
**Saturday, March. 27th,
from 9:00 to 10:30 am.**

This is the **ONLY TIME** you may pick up your food. **(10:31 is too late!!)**

Any food left unclaimed after this time WILL BE DONATED to others in need.

March 2010 Menu

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| ☺ 2 lb. Chopped Beef Steaks w/ Dijon Mustard | ☺ 1 lb. Frozen Whole Kernel Corn |
| ☺ 1 lb. Bacon Wrapped Turkey Breast Filet Mignon | ☺ 2 lb. Fresh Apples |
| ☺ 1 lb. Boneless Center Cut Pork Chops | ☺ 2 lb. Heat and Serve Broccoli & Cheese Soup |
| ☺ 2 lb. Macaroni & Beef Dinner Entrée | ☺ 24 oz. Natural Cut French Fries (Skin-on) |
| ☺ 2.5 lb. IQF Split Chicken Breasts | ☺ 6.5 oz. Stroganoff Skillet Meal |
| ☺ 1 lb. Lean Ground Beef | ☺ 1 lb. Rice |
| ☺ 1 12" Supreme Pizza | ☺ One Dozen Eggs |
| ☺ 1 lb. Frozen Peas & Carrots | ☺ One Dessert Item |

- #1: 6 lb. Assorted Meat Grill Box** (1.5 lb. Ribeye Steaks (2 x 12 oz.)..... **For Only \$23.00**
1 lb. Chopped Beef Steak Flavored with Real Mozzarella Cheese (2 x 8 oz.)
1 lb. Chopped Beef Steak Flavored with Real Mild Cheddar Cheese (2 x 8 oz.) 1.5 lb. Italian Sausage with Cheese
1 lb. Bacon Wrapped Turkey Breast Filet Mignon (4 x 4 oz.)
- #2: 4.5 lb. Assorted Meat & Chicken Combo** (1.5 lb New York Strip Steaks (2 x 12 oz.)..... **For Only \$22.00**
1.5 lb. Bacon Wrapped Filet (4 x 6 oz.) 1.5 lb. Bacon Wrapped Chicken Breast (4 x 6 oz.)
- #3: 10 lb. Boneless/Skinless Chicken Breast Box**..... **For Only \$20.00**
- #4: 4 x 4 Family Meal Kit** 4 meal kits with all you need to feed a family of 4. 16 meals at 2.20 per meal..... **For Only \$35.00**
Turkey Kit - 1.5 lb. Boneless Turkey Breast, 1.5 lb. Potato Medley (Potatoes, Carrots, Onions and Celery), 1 lb. Green Beans
Split Whole Chicken Kit - 3 lb. (avg) Whole Split Chicken (2 individually wrapped), 1.5 lb. Potato Medley, 1 lb. Green Beans
Beef Tips & Gravy Kit - 1.5 lb. Choice Beef Tips in Gravy, 1.5 lb. Rice Medley (Rice with Red & Green Peppers)
Pork Roast Kit - 1.5 lb. Boneless Pork Roast, 1.5 lb. Potato Medley, 1 lb. Corn
- #5: Fresh Fruit and Veggie Box** (1Cantaloupe 1 Pineapple, 1 lb. White Grapes, 1 Mango, 1 Avocado..... **For Only \$22.00**
1 head Cabbage, 3 lb. Sweet Potatoes, 2 lb. Yellow Onions, 3 lb. Baking Potatoes, 1lb. Carrots, 3 Variety Colored Bell Peppers
2 Jumbo Garlic, AFM March 2010 Fruit and Veggie Recipe Sheet

Angel Food Ministries reserves the right to substitute for any of the above items due to availability, cost, or quality issues.

Order on these dates:

SAT Feb. 27th, 9:00-10:30 a.m.

SAT March. 13th, 10:00-12:00 a.m.

WE ACCEPT: Cash,
Money Orders, Food Stamps,
Debit @ \$2.00, No Personal Checks!

At: 603 E. Hale Lake Road, Warrensburg (660) 747-8949

(DD Hwy across from the University of Central Missouri soccer fields)

Payment in full is required at the time you place your order! **Order online** anytime, visit

www.angelfoodministries.com or **www.wburgnaz.com**. Call Julie Wohletz at (816) 850-4963 for more info. Or appointment to Order!

For other host site locations, or for information about becoming a host site, contact AFM Headquarters at:
Angel Food Ministries
1620 South Broad Street
Monroe, Georgia 30655
Phone 1 (888) 819-3745,
or visit
www.angelfoodministries.com

SENIORS! FOR \$28.00 YOU GET.

March 2010 Menu

For Seniors or People on the Go!

- ☺ Breaded Baked Fish over wild rice with green beans, corn and peas
- ☺ Chicken Chow Mein over lo mein noodles, mixed vegetables and sauce, sugar snap peas and cauliflower
- ☺ Swedish Meatballs over pasta in sauce, broccoli, carrot blend
- ☺ Fettuccini Alfredo with carrots and broccoli, zucchini and Brussels sprouts
- ☺ Meatloaf Patty with mashed potatoes and gravy, peas and carrots and cauliflower
- ☺ Turkey and Dressing with gravy, green bean blend and corn
- ☺ Chicken and Noodles with carrots and peas, corn and Brussels sprouts
- ☺ Pot Roast with mashed potatoes, corn and green beans
- ☺ Country Herb Chicken with mashed potatoes and sauce, broccoli and green bean blend
- ☺ Chicken Broccoli Alfredo with carrots and zucchini blend

Desserts: Assorted Cookies, Mixed Fruit Cup, Applesauce, Grape Juice, Apple Juice

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All New!! only \$35.00

FISH & SHRIMP SEAFOOD BOX

The Long-Awaited Seafood Box is Here!

- ☺ 27 oz. Breaded Butterfly Shrimp (oven ready)
- ☺ 10 oz. Cod Fillets
- ☺ 17 oz. Crab Cakes (oven ready)
- ☺ 16 oz. White Fish Fillets
- ☺ 16 oz. Tilapia Fillets
- ☺ 10 oz. Breaded Clam Strips (oven ready)

All New!! only \$23.00

ALLERGEN-FREE BOX

Processed to eliminate the eight top serious allergens: peanuts, soybeans, milk, eggs, fish, crustacean, tree nuts and gluten (wheat, rye and barley). Great for children and adults!

- ☺ 1 lb Breaded Chicken Breast Chunks
- ☺ 1 lb. Breaded Formed Tenders
- ☺ 2 lbs. Breaded Chicken Drumsticks
- ☺ 1 lb. Breaded Cube Steak

(Breaded items are battered 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.)

After School Box \$21.00

- 14 oz. Bread Sticks Stuffed with Mozzarella in Resealable Bag (9 x 1.61 oz.)
- 1.5 lb. Fully Cooked Chicken Rings in Resealable Bag (Approx. 8 servings)
- 1.5 lb. Fully Cooked Chicken & Cheese Nuggets in Resealable Bag (Approximately 8 servings)
- 1.5 lb. Fully Cooked Mini Corn Dogs (36 count)

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