

### Signature Box

Balanced nutrition and variety with enough food to assist in feeding a family of four for a week.

- 1.5 lb. New York Strip Steaks (4 x 6 oz.)
- 1.5 lb. Pork Chops (4 x 6 oz.)
- 28 oz. Salisbury Steak & Gravy Dinner Entrée
- 1 lb. Lean Ground Beef
- 1.5 lb. Fully Cooked Breaded Chicken Breast Chunks
- 1 lb. Smoked Turkey & Pork Sausage
- 1 lb. Frozen Carrots
- 1 lb. Corn
- 1 lb. French Cut Green Beans
- 1 lb. Rice
- 1 lb. Pasta
- 25 oz. Marinara Pasta Sauce
- 3 lb. Fresh Baking Potatoes
- 32 oz. 2% Shelf Stable Milk
- Dozen Eggs
- Dessert

**\$30.00**

### Convenience Meals

#### Great for Seniors and Diabetics!

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

- Roasted Chicken** - Roasted Chicken Breast Pieces in sauce with Red Skin Potatoes and Sugar Snap Peas and Carrots
- Chicken Broccoli Alfredo** - Chicken Breast Pieces with Broccoli, Fettuccini Noodles and Alfredo Sauce with Carrots, Zucchini and Red Peppers
- Chicken Chow Mein** - Chicken Breast Pieces over Lo-Mein Noodles, Mixed Vegetables with Sauce, Sugar Snap Peas and Cauliflower
- Chicken Teriyaki** - Chicken Breast Pieces over Fried Rice Blend with Teriyaki Sauce with Sugar Snap Peas and Carrots
- Sweet and Sour Chicken** - Chicken Breast Pieces over Rice with Vegetables and Pineapple in a Sweet and Sour Sauce with Sugar Snap Peas and Carrots
- Salisbury Steak and Gravy** - Salisbury Steak Patty with Red Skin Potatoes and Gravy with Peas and Carrots and Cauliflower
- Chili with Beef and Beans** - Beef, Beans, and Tomato-based Chili with Corn and Red Peppers and Peas
- Beef Stew** - Hearty Beef Chunks with Potatoes, Carrots, Celery and Onions with Brussels Sprouts, Corn and Red Pepper Blend
- Fiesta Chicken with Rice** - Chicken Breast with Fiesta sauce over White Rice with Corn and Cauliflower
- Macaroni and Beef** - Macaroni and Beef with Noodles, Carrots and Zucchini Blend
- Assorted Sugar-Free Desserts**

**\$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 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. Premium Seafood Variety Box

- 2 lb. Alaskan Snow Crab Legs
- 1 lb. Large EZ Peel Shrimp
- 1 lb. (8 ct.) Stuffed Crab in Natural Shell
- 2 lb. Oven-Ready Popcorn Shrimp

**\$35.00**

### Just 4 Me – After School Box

**\$24.00**

An assortment of child-friendly snacks. Great for after school or any time.

- 1 lb. String Cheese (16 1 oz. servings)
- 1.5 lb. Chicken Fingers
- 4 White Castle Chicken Sandwiches (2 pkg. w/2 x 2.6 oz. sandwiches)
- 1.5 lb. Mini Corn Dogs (Approximately 36 count)
- 9 oz. Hot Pockets (2 x 4.5 oz.)
- 6 oz. Pizza Bites (12 count)
- 4 White Castle Hamburgers (2 packages with 2 x 2.6 oz. sandwiches)
- 2 Peanut Butter and Jelly Jamwich Sandwiches (no crust - 2 oz. each)

### Just 4 Me – After School Fruit Box

**\$16.00**

An assortment healthy fruit snacks especially for kids.

- 3 Red Delicious Apples
- 3 Navel Oranges
- 1 6 pack Apple Sauce
- 1 2.5 oz. bag Sweet Potato Chips
- 1 2.5 oz. bag Apple Chips
- 1 6 oz. bag Banana Chips
- 3 Granny Smith Apples
- 3 D'Anjou Pears
- 1 3 pack Apple Juice

### APRIL SPECIAL #1

#### 6 lb. Assorted Meat Grill Box

**\$23.00**

- 1.5 lb. T-Bone Steaks (2 x 12 oz.)
- 2 lb. Pork Chops (4 x 8 oz.)
- 1.5 lb. Hamburger Steaks with Cheese
- 1 lb. Bratwurst with Cheese

### APRIL SPECIAL #2

#### 5 lb. Assorted Meat & Chicken Combo

**\$22.00**

- 2 lb. Ribeye Steaks (4 x 8 oz.)
- 1.5 lb. Kansas City Strip Steaks (2 x 12 oz.)
- 1.5 lb. Boneless Flavored Chicken Breast (Mesquite & Lemon Herb 2 x 6 oz. ea.)

### APRIL SPECIAL #3

#### 10 lb. IQF Unbreaded Poultry Box

**\$21.00**

- 3 lb. IQF Split Cornish Hens
- 2 lb. IQF Chicken Tenders
- 2.5 lb. IQF Thighs
- 2.5 lb. IQF Split Breasts

### APRIL SPECIAL #4

#### 4 x 4 Family Meal Kits

**\$35.00**

4 meal kits with all you need to feed a family of 4 with 4 complete meals.

- 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 halves), 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

### APRIL SPECIAL #5

#### 7 lb. Premium Box

**\$32.00**

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

### APRIL SPECIAL #6

#### Premium Fresh Fruit and Veggie Box

**\$22.00**

- 1 Large Golden Ripe Pineapple
- 1 3 lb. Bag Valencia Oranges
- 2 Rio Red Grapefruit
- 4 Washington State D'Anjou Pears
- 4 California Lemons
- 4 Honey Tangerines
- 1 2 lb. Bag Red Delicious Apples
- 1 Head Green Cabbage
- 1 1 lb. Bag California Mini Carrots
- 1 3 lb. Bag Red Potatoes (A-size)
- 1 2 lb. Bag New Crop Yellow Onions
- 1 AFM April 2010 Fruit and Veggie Recipe Sheet

**Payment is due when order is placed.**  
**Distribution Day: Saturday, April 17, 2010**  
**10:00 a.m. – 11:00 a.m.**  
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