

**Signature Box**

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

- 2 lbs. Chopped Beef Steaks flavored with Dijon Mustard (4 x 8 oz.)
- 1 lb. Bacon Wrapped Turkey Breast Filet Mignon (4 X 4 oz.)
- 1 lb. Boneless Center Cut Pork Chops (4 x 4 oz.)
- 2 lb. Macaroni & Beef Dinner Entrée
- 2.5 lb. IQF Split Chicken Breasts (Re-sealable Bag)
- 1 lb. Lean Ground Beef
- 1 12" Supreme Pizza
- 1 lb. Frozen Peas & Carrots
- 1 lb. Frozen Whole Kernel Corn
- 2 lb. Fresh Apples
- 2 lb. Heat and Serve Broccoli & Cheese Soup
- 24 oz. Natural Cut French Fries (Skin-on)
- 6.5 oz. Stroganoff Skillet Meal
- 1 lb. Rice
- 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.*

- 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

**\$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 Chunks
- 1 lb. Breaded Formed Tenders
- 2 lbs. Breaded Chicken Drumsticks
- 1 lb. Breaded Cube Steak

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**

- 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)

**\$35.00**

**After School Box**

- 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)

**\$21.00**

\*\*\*Specials may be purchased with or without the purchase of a Standard Box above\*\*\*

**MARCH SPECIAL #1**

- 6 lb. Assorted Meat Grill Box \$23.00**
- 1.5 lb. Ribeye Steaks (2 x 12 oz.)
  - 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.)

**MARCH SPECIAL #2**

- 4.5 lb. Assorted Meat & Chicken Combo \$22.00**
- 1.5 lb. New York Strip Steaks (2 x 12 oz.)
  - 1.5 lb. Bacon Wrapped Filet (4 x 6 oz.)
  - 1.5 lb. Bacon Wrapped Chicken Breast (4 x 6 oz.)

**MARCH SPECIAL #3**

- 10 lb. Boneless/Skinless Chicken Breast Box \$20.00**
- 10 lb. IQF Boneless/Skinless Chicken Breasts

**MARCH SPECIAL #4**

- 4 x 4 Family Meal Kits \$35.00**
- 4 meal kits with all you need to feed a family of 4. 16 meals at 2.20 per meal.*
- 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

**MARCH SPECIAL #5**

- Premium Fresh Fruit and Veggie Box \$22.00**
- 1 Large Golden Ripe Pineapple
  - 1 Large Vine Ripened Cantaloupe
  - 1 lb. New Crop Chilean White Seedless Grapes
  - 1 Large Tree-Ripened Mango
  - 1 Large Haas Avocado
  - 1 head Leafy Green Cabbage
  - 3 lb. bag Sweet Potatoes (baking size)
  - 2 lb. bag New Crop Yellow Onions
  - 3 lb. bag Idaho Baking Potatoes
  - 1 lb. Fresh California Carrots
  - 3 Variety Colored Bell Peppers
  - 2 ct. Jumbo Garlic
  - AFM March 2010 Fruit and Veggie Recipe Sheet

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Distribution Day: **Contact Your Local Host Site\***

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