

Quality brand-name foods at a reasonable price for families of all income levels. For more information or online orders (credit/debit) visit www.AFMzhills.com.



SEPTEMBER 2010 MENU: *More menu items on reverse side*

**B1 Bread of Life
Signature Box
\$31**

Balanced Nutrition and Variety with enough food to feed a family of four for about one week.

- 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)

**B2 Bit O Blessing Box
\$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

**B3 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 with 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)

**B4 Fast and Flavorful
Cuisine**

Convenience meals great for seniors or people on the go!

\$28

Ten perfectly seasoned, nutritionally balanced, fully cooked meals — just heat and serve.

- Roasted Chicken
- Chicken Alfredo
- Chicken Chow Mein
- Chicken Teriyaki
- Sweet and Sour Chicken
- Salisbury Steak and Gravy
- Homestyle Chili
- Beef Stew
- Chicken Mexicana
- Macaroni and Beef

B5 After School Box \$24

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

- 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 Cheeseburgers (2 twin packs)
- 4 (4 oz.) Hot Pockets
- 2 (6.5 oz.) Pizzas
- 2 (1.5 oz.) White Castle Hamburgers (2 twin packs)
- 2 (2.8 oz.) Peanut Butter and Jelly Jamwich

**SPECIAL #1 \$25
Steak Combo Box (5 lb.)**

- 3 lb. T-Bone Steaks (4 x 12 oz.)
- 2 lb. New York Strip Steaks (4 x 8 oz.)

**SPECIAL #2 \$22
Breaded Chicken Nuggets**

- 10 lb. Breaded Chicken Breast Nuggets

• **EVERYONE QUALIFIES, NO MATTER WHAT YOUR INCOME!** This is not a hand out, but a hand up! No quantity limits!

• **Payment** due at time of order (cash or FOOD STAMPS (EBT); credit or debit cards add \$2 convenience fee; no checks accepted). Order at ZWC (see times below) or online at www.AFMzhills.com (credit or debit card only) any time until 11:59 on Sunday, **September 19**.

• Food boxes must be picked up on the distribution date and time. **Food un-claimed at the proper time will be donated to a needy family** (no refund).

~ Angel Food reserves the right to substitute any item due to availability, cost or quality.

Zephyrhills Wesleyan Church

38924 C Ave. ~ Zephyrhills (Corner of C Ave. & 20th St.)
813-782-7510

ZWC is located on the south side of town at C Avenue and 20th Streets Ordering: Use church office entrance on the northeast corner of the church building. Pickup is in the fellowship center on the southwest corner of the property (behind main building).

ON-SITE ORDER TIMES:

9:30-11:30 a.m. Monday-Saturday
4:30-5:30 p.m. Wednesday
Final Order Date: Sunday, Sept. 19

PICK UP DATE:

Saturday, Sept. 25, 8:30-10:30 am

**SPECIAL #3 \$23
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

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