

### REGULAR BOX

Balanced nutrition and variety with enough food to feed a family of four for a week.

- 1.5 lb. Ribeye Steak (4 x 6 oz.)
- 4 lb. Leg Quarters
- 1.5 lb. Beef Patties (4 x 6 oz.)
- 18 oz. Cheese Filled Manicotti
- 2 lb. Pork Rib Strips
- 1 lb. Chicken Breast Fajita Strips
- 1 lb. Ground Turkey
- 1 lb. Broccoli
- 1 lb. Peas
- 6 ct. Oatmeal Variety Box  
2 each-Regular, Maple Brown Sugar and Apple Cinnamon
- 32 oz. 2% Shelf Stable Milk
- 8 oz. Blueberry Muffin Mix
- 12 ct. White Corn Tortillas
- 1 lb. Pinto Beans
- 7 oz. Chicken Flavored Rice & Vermicelli  
Dozen Eggs  
Dessert

**\$30.00**

### SENIOR/CONVENIENCE BOX

***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.

**New Orleans Style Chicken** over Savory Rice with Okra & Tomatoes and Diced Sweet Potatoes

**Grilled Chicken Strips & Penne Pasta** with Creamy Tomato Basil Sauce, Capri Blend Vegetables and Green Beans with Onions and Red Peppers

**Beef & Bowtie Pasta** with Herbed Tomato Sauce, Capri Blend Vegetables and Corn

**Flame-Broiled Salisbury Steak** with Brown Gravy, Sour Cream & Chive Potatoes and Mixed Vegetables

**Cheesy Chicken and Broccoli Casserole** with Rice, Green Beans and Squash Medley

**Classic Chicken Tetrazzini** with Diced Carrots and Green Peas

**Country Fried Steak** with Cream Gravy, Red Skin Whipped Potatoes and Mixed Vegetables

**Spaghetti with Meatballs**, Green Beans and Cinnamon Applesauce

**Chicken Parmesan** with Whipped Potatoes and Capri Blend Vegetables

**Flame-Broiled Beef Patty** with Onion Gravy, Sour Cream & Chive Potatoes and Capri Blend Vegetables

**10 Desserts included with Senior/Convenience Meals**

**\$28.00**

\*\*\*One or More Specials Available Only with the Purchase of Either of the Boxes Above\*\*\*

### JANUARY SPECIAL #1

#### **6 lb. Assorted Combo Box**

- 1.5 lb. Bone-In New York Strips (2 x 12 oz.)
- 1 lb. Sirloin Strips (2 x 8 oz.)
- 1.5 lb. Boneless Pork Chops -Thick Cut (4 x 6 oz.)
- 2 lb. Hamburger Steak (4 x 8 oz.)

**\$22.00**

### JANUARY SPECIAL #2

#### **4.5 lb. Bacon-Wrapped Meat Combo**

- 1.5 lb. Bacon-Wrapped Beef Filet (4 x 6 oz.)
- 1.5 lb. Bacon-Wrapped Pork Filet (4 x 6 oz.)
- 1.5 lb. Bacon-Wrapped Chicken Filet (4 x 6 oz.)

**\$21.00**

### JANUARY SPECIAL #3

#### **3.75 lb. T-Bone Special**

- 3.75 lb. T-Bone Steaks (5 x 12 oz.)

**\$21.00**

### JANUARY SPECIAL #4

#### **10 lb. Chicken Combo Box**

- 4.5 lb. (avg.) Whole Perdue Chicken
- 2 lb. Wings
- 2 lb. Chicken Nuggets
- 2 lb. Breaded Chicken Tenders

**\$20.00**

### JANUARY SPECIAL #5

#### **Fresh Fruit and Veggie Box**

**\$21.00**

- 4 lb. New Crop Idaho Baking Potatoes
- 3 lb. New Crop North Carolina Sweet Potatoes
- 2 lb. Western Grown Medium Yellow Onions
- 4 lb. Tree Ripened Navel Oranges
- ½ lb. New Crop Georgia Grown Pecan Halves
- 2 ea. Tree Ripened Florida Red Grapefruit
- 1 head New Crop Florida Green Cabbage
- 1 lb. Western Grown Carrots (cello packed)
- 4 ea. Tree Ripened Florida Tangerines
- 4 ea. Washington State Bosc Pears

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

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