



## Signature Box

**\$30**

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

- 1.5 lb. New York Strip Steaks (4 x 6 oz.)
- 1.5 lb. Boneless Pork Roast
- 1.5 lb. Lean Ground Beef
- 1 lb. Chicken Breast Fajita
- 2 lb. Chicken Stir-Fry Skillet Meal (All-White Chicken, Lo Mein Noodles, Vegetables & Gourmet Teriyaki Sauce)
- 12 oz. Deli Sliced Ham
- 5 oz. Chunk Light Tuna in Water
- 25 oz. Pasta Sauce
- 1 lb. Pasta
- 1 lb. Frozen Sliced Carrots
- 12 ct. White Corn Tortillas
- 4 ct. Fresh Large Baking Potatoes
- 1 Fresh Fajita Veggie Kit (Tray Pack - 1 each — Red Bell Pepper, Green Bell Pepper, Jumbo Yellow Onion)
- 1 ct. Fresh Cello-Wrapped Celery
- 32 oz. 2% Shelf Stable Milk
- Dozen Eggs
- Dessert

## Senior & Convenience Meals

*For Seniors or People on the Go!*

**\$28**

*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
- Grilled Chicken Strips & Penne Pasta
- Beef & Bowtie Pasta with Herbed Tomato Sauce
- Flame-Broiled Salisbury Steak with Brown Gravy
- Cheesy Chicken and Broccoli Casserole
- Classic Chicken Tetrazzini
- Country Fried Steak with Cream Gravy
- Spaghetti with Meatballs
- Chicken Parmesan
- Flame-Broiled Beef Patty with Onion Gravy
- 10 2-pack, individually-wrapped cookies

## Allergen-Free Food Box

**\$25**

*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. Coated Chicken Tenders
- 1 lb. Coated Breast Filet
- 1 lb. Coated Chicken Nuggets
- 1 lb. Coated Chicken Wings
- 1 lb. Coated Cubed Steak (Chicken Fried Steak)

Battered/breaded with water, white rice, brown rice, modified tapioca starch, flax seed, sugar, dextrose, salt, spices, dehydrated garlic, spice extractives and oleoresin paprika. Breading is pre-browned in Canola oil.

**\*One or more specials available only with the purchase of one of the Standard Boxes Above**

**JULY SPECIAL #1** **\$23**  
**7 lb. Assorted Meat Grill Box**  
 2 lb. Ribeye Steaks (4 x 8 oz.)  
 2 lb. Country Style Pork Ribs (4 x 8 oz.)  
 2 lb. Lean Hamburger Steaks (4 x 8 oz.)  
 1 lb. Bratwurst with Cheese

**JULY SPECIAL #2** **\$22**  
**5 lb. Steak Combo**  
 2.5 lb. Sirloin Strip Steaks (4 x 10 oz.)  
 2.5 lb. Bacon-Wrapped Beef Fillet (5 x 8 oz.)

**JULY SPECIAL #3** **\$20**  
**4.5 lb. Gourmet Flavored Chicken Breast Fillets**  
*The Best Tasting Chicken You'll Ever Eat!!*  
 1.5 lb. Italian (4 x 6 oz.)  
 1.5 lb. Lemon Pepper (4 x 6 oz.)  
 1.5 lb. Honey Mustard (4 x 6 oz.)

**JULY SPECIAL #4** **\$21**  
**3.75 lb. T-Bone Special**  
 3.75 lb. T-Bone Steaks (5 x 12 oz.)

**JULY SPECIAL #5** **\$22**  
**Premium Fresh Fruit and Veggie Box**  
 1 Vine-Ripened Personal Red Seedless Watermelon  
 1 lb. Premium California Red Seedless Grapes  
 1.5 lb. Premium California Tree-Ripened Plums  
 1 each Premium Vine-Ripened Cantaloupe  
 3 lb. Premium Washington State Granny Smith Apples  
 3 Premium Large Fancy Limes  
 4 ears Premium Super Sweet White Corn  
 1 Premium California Iceberg Lettuce  
 3 lb. Premium Idaho Baking Potatoes  
 1 lb. Premium California Carrots  
 2 lb. Premium Large-Medium Yellow Onions  
 5 ct. Premium Fresh Jumbo Garlic  
 AFM July 2009 Fruit and Veggie Recipe Sheet

**JULY SPECIAL #6** **\$22**  
**"Latin Flavors" Premium Fresh Fruit and Veggie Box**  
 3 lb. California Premium Valencia Oranges  
 1 California Premium Vine-Ripened Cantaloupe  
 1 Premium Tree-Ripened Mango  
 6 Premium Large Limes  
 4 ears Premium Super Sweet Yellow Corn  
 2 lb. Premium Large-Medium White Onions  
 1 head Premium California Iceberg Lettuce  
 1 lb. Premium California Carrots  
 1 lb. Premium Fresh Tomatillas  
 1 lb. Premium Fresh Jalapeño Peppers  
 1 lb. Premium Western-Grown Russet Baking Potatoes  
 1 Premium Yellow Corn Tortillas (30 ct.)  
 1 Premium Pinto Beans (12 oz. bag)  
 July Latin Flavors Recipe Sheet

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**Orders Due: July 12, 2009 -- Distribution Day: Saturday, July 25th, 7-10AM**