

SIGNATURE BOX
\$30.00

- 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

Just 4 Me-After School Box
\$24.00

- 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)

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, with 1.5 lb. Potato Medley

SENIOR & CONVENIENCE MEALS
For Seniors or People on the Go!
\$28.00

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.

- Roasted Chicken** - with Red Skin Potatoes and Sugar Snap Peas and Carrots
- Chicken Broccoli Alfredo** - with Broccoli, Fettuccini Noodles and Alfredo Sauce with Carrots, Zucchini and Red Peppers
- Chicken Chow Mein** - served with Lo-Mein Noodles, Mixed Vegetables with Sauce, Sugar Snap Peas and Cauliflower
- Chicken Teriyaki** - with Fried Rice Blend with Teriyaki Sauce with Sugar Snap Peas and Carrots
- Sweet and Sour Chicken** - with Rice, Vegetables and Pineapple in a Sweet and Sour Sauce with Sugar Snap Peas and Carrots
- Salisbury Steak and Gravy** - with 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** - with Potatoes, Carrots, Celery and Onions with Brussels Sprouts, Corn and Red Pepper Blend
- Fiesta Chicken with Rice** - with Fiesta sauce over White Rice with Corn and Cauliflower
- Macaroni and Beef** - with Noodles, Carrots and Zucchini Blend
- Desserts:** Assorted Cookies, Mixed Fruit Cup, Applesauce, Grape Juice, Apple Juice

ALLERGEN-FREE FOOD BOX
\$23.00

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, dextrose, salt, spices, dehydrated garlic, spice extractives and oleoresin paprika. Breading is pre-browned in Canola oil.

6 lb. SEAFOOD VARIETY BOX
\$35.00

- 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

Just 4 Me-After School Fruit Box \$16.00

- 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 #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
 - AFM April 2010 Fruit and Veggie Recipe Sheet

*****Specials are now available with or without the purchase of a standard box listed above*****

Place orders in VLC Gym: Sunday, April 4 and 11 from 11:30 AM to 12:30 PM and Wednesday, April 14 at 6:00 PM

Pick up orders in VLC Gym: Saturday, April 24 from 8:30 AM to 9:30 AM