



SEPTEMBER 2010

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

Just 4 Me - After School Box
\$24

- 2 lb. Chicken Fingers/Popcorn Chicken
- 1.5 lb. Mini Corn Dogs
- 16 oz. String Cheese
- 2 (3 oz.) Hot Dogs in Bun (ind. wrapped)
- 2 (4.5 oz.) Mini Cheese Burgers (2 twin pk.)
- 4 (4 oz.) Hot Pockets
- 2 (6.5 oz.) Pizza's
- 2 (1.58 oz.) White Castle Hamburgers (2 twin packs)
- 2 (2.8 oz.) Peanut Butter and Jelly Jamwich

SEPTEMBER 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.)

SEPTEMBER SPECIAL #2 \$22

- Breaded Chicken Breast Nuggets (10 lb.)**
10 lb. Breaded Chicken Breast Nuggets

SEPTEMBER 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
AFM Fruit and Veggie Recipe Sheet

Bread of Life
Signature Box
\$31

Balanced nutrition and variety with enough food to help feed a family of four for about a 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)



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)

Fast and Flavorful Cuisine
\$28

Convenience meals great for seniors and people living with diabetes!

- 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

NO APPLICATIONS • NO QUALIFICATIONS • NO LIMITS ON QUANTITY PURCHASED

ORDER AT: Southern Hills Baptist Church- 5590 S. Lewis Ave., Tulsa, OK 74105
More info: shbctulsa.org or 918-743-8897

ORDER DATES & TIMES: Must order in person only with CASH, MONEY ORDER or FOOD STAMPS ONLY.
(No phone or mail orders or Personal Checks- Payment in full required when you order.)

SATURDAY, AUGUST 21 9:00 am-10:30 am
SUNDAY, SEPTEMBER 5, 12 11:45 am-12:15 pm

ABSOLUTE LAST DAY TO ORDER IN PERSON:
MONDAY, SEPTEMBER 13 11:00 am- 1:00 pm

Online Order Option (Credit/debit cards only) order at
www.shbctulsa.org

PICK UP DAY: SATURDAY, SEPTEMBER 18 8:00 am- 9:30 am
BRING YOUR RECEIPT. This is the **ONLY** time you may pick up your food. **DO NOT** be late! Any food left unclaimed after 10:00 am will be donated to others in need. **NO REFUNDS.**

Thank you, Friend! Thank you for your participating in Angel Food Ministries. Whether you're trying to save money on your grocery bill or trying to feed your family in a time of financial crisis or need, We at SHBC are delighted to be a help. It is our privilege to serve you in the name of Jesus Christ. Beginning with the Gift of Eternal Life, He is the source of every blessing. May He bless you and yours!
Pastor Hess,
Southern Hills Baptist Church

*Angel Food Ministries Reserves the Right to Substitute Any of the Above Items Due to Availability, Cost and Quality. We Accept Food Stamps (EBT). Angel Food Ministries is an equal opportunity provider and employer. Complaints of discrimination should be sent to USDA, Director, Office of Civil Rights, Washington, DC 20250-9410