

**SIGNATURE BOX -- \$30**

*Feed a family of four for a week!*

- 2 lbs. Chopped Beef Steaks flavored with Dijon Mustard (4 x 8 oz.)
- 1 lb. Bacon Wrapped Turkey Breast Filet Mignon (4 X 4 oz.)
- (4) 4oz Boneless Center Cut Pork Chops
- 2 lb. Macaroni & Beef Dinner Entrée
- 2.5 lb. IQF Split Chicken Breasts (Re-sealable Bag)
- 1 lb. Lean Ground Beef
- 1 12" Supreme Pizza
- 1 lb. Frozen Peas & Carrots
- 1 lb. Frozen Whole Kernel Corn
- 2 lb. Fresh Apples
- 2 lb. Heat and Serve Broccoli & Cheese Soup
- 24 oz. Natural Cut French Fries (Skin-on)
- 6.5 oz. Stroganoff Skillet Meal
- 1 lb. Rice
- Dozen Eggs
- 1 Dessert

**CONVENIENCE BOX --\$28**

*For Seniors or People on the Go!*

- Breaded Baked Fish** over wild rice with green beans, corn and peas
- Chicken Chow Mein** over lo mein noodles, mixed vegetables & sauce, sugar snap peas, &cauliflower
- Swedish Meatballs** over pasta in sauce, broccoli, carrot blend
- Fettuccini Alfredo** with carrots and broccoli, zucchini and Brussels sprouts
- Meatloaf Patty** with mashed potatoes and gravy, peas and carrots and cauliflower
- Turkey & Dressing** w/ gravy, green bean blend & corn
- Chicken and Noodles** with carrots and peas, corn and Brussels sprouts
- Pot Roast** with mashed potatoes, corn & green beans
- Country Herb Chicken** with mashed potatoes and sauce, broccoli and green bean blend
- Chicken Broccoli Alfredo** with carrots and zucchini blend
- Desserts:** Assorted Cookies, Mixed Fruit Cup, Applesauce, Grape Juice, Apple Juice

**ALLERGEN-FREE BOX -- \$23**

*Processed to eliminate the eight top serious allergens: Peanuts, Soybeans, Milk, Eggs, Fish, Crustacea, Tree Nuts and Gluten (wheat, rye and barley).*

- 1 lb. Breaded Chicken Breast Chunks
  - 1 lb. Breaded Formed Tenders
  - 2 lb. Breaded Chicken Drumsticks
  - 1 lb. Breaded Cube Steak
- Battered/Breaded w/ water, white rice, brown rice, modified tapioca starch, flax seed, sugar, salt, spices, dehydrated garlic, spice extractives & oleoresin paprika. Breading is pre-browned in Canola oil.

**6 LB. SEAFOOD PACK -- \$35**

- 27 oz. Breaded Butterfly Shrimp
- 10 oz. Cod Fillets
- 17 oz. Crab Cakes (oven ready)
- 16 oz. White Fish Fillets
- 16 oz. Tilapia Fillets
- 10 oz. Breaded Clam Strips (oven ready)

**After School Box -- \$21**

- 9 ct. Bread Sticks Stuffed with Mozzarella in
- 1.5 lb. Fully Cooked Chicken Rings
- 1.5 lb. Fully Cooked Chicken & Cheese Nuggets
- 36 ct. Fully Cooked Mini Corn Dogs

**MARCH SPECIAL #1 -- Meat Grill Box -- \$23**

- (2) 12 oz. Ribeye Steaks
- (2) 8oz. Chopped Beef Steak Flavored w/ Real Mozzarella Cheese
- (2) 8oz. Chopped Beef Steak Flavored w/ Real Mild Cheddar Cheese
- 1.5 lb. Italian Sausage with Cheese
- (4) 4 oz. Bacon Wrapped Turkey Breast Filet Mignon

**SPECIAL #2 -- Meat & Chicken Combo -- \$22**

- (2) 12 oz. New York Strip Steaks
- (4) 6oz. Bacon Wrapped Filet
- (4) 6oz. Bacon Wrapped Chicken Breast

**SPECIAL #3 -- Chicken Breast Box-- \$20**

- 10 lb. IQF Boneless/Skinless Chicken Breasts

**FOOD PICK-UP March 20,**  
**10-11 AM**  
*(Doors remain closed until distribution time)*

**SPECIAL #4 -- Meal Kits -- \$35 (4 meal kits with all you need to feed a family of 4)**

- 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, 1.5 lb. Potato Medley, 1 lb. Corn

**SPECIAL #5 -- Premium Fresh Fruit & Veggie Box -- \$22**

- 1 Large Golden Ripe Pineapple
- 1 Large Vine Ripened Cantaloupe
- 1 lb. New Crop Chilean White Seedless Grapes
- 1 Large Tree-Ripened Mango
- 1 Large Haas Avocado
- 1 head Leafy Green Cabbage
- 3 lb. bag Sweet Potatoes (baking size)
- 2 lb. bag New Crop Yellow Onions
- 3 lb. bag Idaho Baking Potatoes
- 1 lb. Fresh California Carrots
- 3 Variety Colored Bell Peppers
- 2 ct. Jumbo Garlic
- AFM March 2010 Fruit and Veggie Recipe Sheet

PAYMENT: We accept Credit/Debit cards (online only), Cash, Check, Money Order, payable to: **ST. JOHN'S LUTHERAN CHURCH**  
 Orders with Payment can be mailed.

Online credit/debit card purchases: [www.pumpkinhook.org](http://www.pumpkinhook.org)

\*\* Food Stamp orders must be made in person

***It is your responsibility to be sure your order is picked up. Food not picked up during the designated time will be donated.***

**ALL ORDERS AND PAYMENT DUE BY MONDAY, MARCH 15<sup>TH</sup> AT 11AM**

MARCH ORDER FORM			
Quantity	Items	Total	Name _____
	SIGNATURE BOX x \$30 =	\$	Address _____  Phone # _____
	CONVENIENCE BOX x \$28 =	\$	
	ALLERGEN FREE BOX x \$23=	\$	
	SEAFOOD PACK x \$35 =	\$	
	AFTER SCHOOL BOX x \$21=	\$	
	Special 1 x \$23 =	\$	
	Special 2x \$22 =	\$	
	Special 3 x \$20 =	\$	
	Special 4 x \$35 =	\$	
	Special 5 x \$22=	\$	
	<b>TOTAL</b>	<b>\$</b>	↑ Person picking up order (if different from above) ↑