

Bit O' Blessing Box	Bread of Life Signature Box	NEW!! Bountiful Blessing Box
2.5 lb. IQF Chicken Breast OR 4.5 lb. Whole Chicken 28 oz. Fully Cooked Meat Loaf 12 in. Supreme Pizza 1 lb. Lean Ground Beef 2 lb. Cooked Mashed Potatoes 6.5 oz. Skillet Meal 1 lb. Rice Dessert	3 lb. (avg.) 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 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 (Balanced Nutritional Meals to feed a family of four for a week.)	28 oz. Fully Cooked Pot Roast & Veggies 3 lb. (avg.) Split Chicken Breast 28 oz. Fully Cooked Broccoli & Chicken 8 ct. Bean and Cheese Burritos 1.5 lb. Hamburger Patties (4 x 6 oz.) 1.5 lb. Center-cut Boneless Pork Chops 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
\$21.00 (Sales Tax) +1.73 \$22.73	\$31.00 (Sales Tax) +2.56 \$33.56	\$41.00 (Sales Tax) +3.38 \$44.38
Just 4 Me After School Box		
2 lb. Chicken Fingers 1.5 lb. Mini Corn Dogs 16 oz. String Cheese 2 (3 oz.) Hot Dogs in Bun (wrapped) 2 (4.5 oz.) Mini Cheese Burgers Pk 4 (4 oz.) Hot Pockets 2 (6.5 oz.) Pizza's 2 (1.6 oz.) White Castle Hamburger Pk 2 (2.8oz.) Peanut Butter & Jelly Jamwich		
\$24.00 (Sales Tax) +1.98 \$25.98		

Senior/Convenience Meals

Each meal has been developed with dietary needs of senior citizens and people living with diabetes in mind.

- Roasted Chicken with Potatoes, Lima Beans & Carrot/Celery Blend
- Chicken Alfredo with Fettuccini Noodles, Carrots & Broccoli
- Chicken Chow Mein with Noodles, Green Beans & Cauliflower
- Chicken Teriyaki with a Rice Blend, Carrots & Zucchini with Onions
- Sweet and Sour Chicken with Rice, Okra with Onions & Carrots
- Steak & Gravy with Potatoes, Peas & Carrots, & Green Beans
- Homestyle Chili with Squash/Pepper Blend & Green Beans
- Beef Stew with Potatoes, Broccoli & a Zucchini/Red Pepper Blend
- Chicken Mexicana with Chili Sauce & Rice, Corn & Brussels Sprouts
- Macaroni and Beef with Okra with Onions & Carrots

\$28.00
 (Sales Tax) +2.31
 \$30.31

SPECIAL #1 Steak Combo Box (5 lbs.) \$25.00

3 lb. T-Bone Steaks (4 x 12 oz.) (Sales Tax) +2.06
 2 lb. New York Strip Steaks (4 x 8 oz.) \$27.06

SPECIAL #2 Nugget Box \$22.00

10 lb. Breaded Chicken Breast Nuggets (Sales Tax) +1.82
 \$23.82

SPECIAL #3 Fresh Fruit & Veggie Box \$23.00

2 lb. Yellow Onions (Sales Tax) +1.90
 1 lb. Cello Carrots, Bag of Kiwi \$24.90
 3 lb. Idaho Potatoes, Sweet Potatoes, JonaMac Apples
 1ea. Lettuce, Cabbage, Avocado, Cantaloupe, Pineapple
 4ea. Lemons, Navel Oranges, Pears

Order: Sept. 1-3 & 6-10 from 9am-noon & 1-3pm
Pick-up Date: September 18 from 9:30-10:45am
First Christian Church, 513 Hattie Ave. Elizabethton
Also taking orders in Carter County at Valley Forge FWB Church, Brown's Chapel AME Church, and in Roan Mountain at Evergreen FWB Church.
Questions? Call 423-542-5651