

Bit O' Blessing Box

- 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

\$21.00

Just 4 Me After School Box

*An assortment of child-friendly snacks.
Great for after school or any time.*

- 2 lb. Chicken Fingers/Popcorn Chicken
- 1.5 lb. Mini Corn Dogs
- 16 oz. String Cheese
- 2 (3 oz.) Hot Dogs in Bun (individually wrapped)
- 2 (4.5 oz.) Mini Cheese Burgers (2 twin packs)
- 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

\$24.00

Bread of Life Signature Box

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)

\$31.00

NEW!!!

Bountiful Blessing Box

- 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 w/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)

\$41.00

Fast & Flavorful Cuisine \$28.00

Convenience meals great for seniors and people living with diabetes!

Ten perfectly seasoned, nutritionally balanced, fully-cooked meals – just heat and serve. Each meal has been developed with dietary needs of senior citizens and people living with diabetes in mind.

Roasted Chicken with Red Wedge Potatoes, Lima Beans and a Carrot/Celery Blend

Chicken Alfredo with Fettuccini Noodles, Carrots and Broccoli

Chicken Chow Mein with Noodles, Green Beans and Cauliflower

Chicken Teriyaki with a Rice Blend, Carrots and Zucchini with Onions

Sweet and Sour Chicken with Rice, Okra with Onions and Carrots

Salisbury Steak and Gravy with Red Wedge Potatoes, a Green Pea/Carrot Blend, and Green Beans

Homestyle Chili made with Beef and Beans with a Yellow Squash/Red Pepper Blend and Green Beans

Beef Stew with Diced Potatoes, Broccoli and a Zucchini/Red Pepper Blend

Chicken Mexicana with Bell Peppers and Onions in a Chili Sauce over Rice, with Corn and Brussels Sprouts

Macaroni and Beef with Okra with Onions and Carrot

SEPTEMBER SPECIAL #1 \$25.00

Steak Combo Box (5 lbs.)

3 lb. T-Bone Steaks (4 x 12 oz.)

2 lb. New York Strip Steaks (4 x 8 oz.)

SEPTEMBER SPECIAL #2 \$22.00

Breaded Chicken Breast Nuggets (10 lb.)

10 lb. Breaded Chicken Breast Nuggets

SEPTEMBER SPECIAL #3 \$23.00

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

Last Day to Place/Pay for Orders:
Sunday, September 19th

Pick Up/Distribution Day:
Saturday, September 25th
From 7:30 am – 8:30 am

at Berkman Elementary
(NE corner of IH 35 & Hwy 620,
behind the Shell Station and First
Texas Bank)

**Food not picked up by 8:30 am
will be donated to a local food**

SEPTEMBER 2010 MENU

Item	Qty.	Price Per Box	=	Total
Bit O' Blessing Box		\$ 21.00	=	
Bread of Life Signature Box		\$ 31.00	=	
Donate a Signature Box <i>for a family in need</i>		\$ 31.00	=	
Bountiful Blessing Box		\$ 41.00	=	
Just 4 Me After School Box		\$ 24.00	=	
Fast & Flavorful Cuisine		\$ 28.00	=	
September Special #1		\$ 25.00	=	
September Special #2		\$ 22.00	=	
September Special #3		\$ 23.00	=	
TOTAL				\$

Covenant International Ministries
with Angel Food Ministries
 900 East Main – Round Rock, TX 78664

www.covenantinternationalministries.net
 512-310-9159
c.venezio@yahoo.com

Order Form Must be filled out for order to be placed.

Have you ordered before? Yes No

Name: _____ Phone: _____

Email Address: _____

Payment: Cash Check No. _____ Lone Star # _____
(payable to CIM)

Last Day to Place and Pay for your Order is **Sunday, September 19th**
 Distribution Day is **Saturday, September 25th** from 7:00 am – 8:30 am at Berkman Elementary