

HEARTLAND LUTHERAN HIGH SCHOOL & ANGEL FOOD MINISTRIES

A Food Ministry with a Servant's Heart



What is Angel Food Ministries?

Once a month, you or someone you want to help, can purchase boxes of fresh meats, fresh or frozen fruits & vegetables, & staple items. (\$65-75 Value)

This is not day old or outdated food.

The food is all fresh, name-brand products shipped on refrigerated trucks for same-day distribution.

(See Over for Menu)

TO ORDER (no phone orders):

Send or bring order and payment to
Heartland Lutheran High School
3900 W Husker Hwy
Grand Island, NE 68803
www.heartlandlutheran.org

**NO Applications -- NO Qualifications
NO Limit on Quantity Purchased**

LAST DAY TO PLACE ORDERS:

Thursday, September 16 at 10 a.m.

DISTRIBUTION DAY:

Saturday, September 25

TIME CHANGE 12:00 p.m. – 1:30 p.m.

Any unclaimed food will be donated to others in need

PICK UP LOCATION:

Heartland Lutheran High School
3900 W Husker Hwy, Grand Island, NE

******SEPTEMBER ONLY – EAST building!******

Questions / More Information Call:

(308)385-3900

Food Stamps accepted in person at school

**order ONLINE at
www.heartlandlutheran.org**

September ORDER DEADLINE:

Thursday, September 16, 2010 at 10 a.m.

Return with cash, money order, or check payment

**HEARTLAND LUTHERAN HIGH SCHOOL,
Together With ANGEL FOOD MINISTRIES**

PLEASE PRINT:

Name: _____

Address: _____

City: _____ Zip: _____

Phone: _____ Cell: _____

E-Mail: _____

SIGNATURE BOX: _____ X's \$31 each = _____

CONVENIENCE BOX: _____ X's \$28 each = _____

Bountiful Blessing Box _____ X's \$41 each = _____

Bit O' Blessing Box _____ X's \$21 each = _____

After School Box _____ X's \$24 each = _____

SPECIALS: Special #1 _____ X's \$25 each = _____

Special #2 _____ X's \$22 each = _____

Special #3 _____ X's \$23 each = _____

GRAND TOTAL \$ _____

Make checks payable to Heartland Lutheran High School
Bring form or mail with payment to Heartland Lutheran High School,
3900 W Husker Hwy, Grand Island, NE 68803

**Form & payment must be received in school office
by 10 a.m. on 09/16/10**

Office hours Monday - Friday 8 a.m. – 4:00 p.m.

**PLEASE note the
distribution time change
and September pickup
location! (east building)**

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

Angel Food Ministries
Reserves the Right to
Substitute Any 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