

## July 2010 Menu

### \$30 Signature Box

- 4.5 lb. (avg.) Perdue Whole Chicken
- 28 oz. Fully Cooked Sliced Meatloaf with Home-style Tomato Sauce
- 2 lb. Lasagna with Meat Sauce
- 1 lb. Lean Ground Beef
- 1.5 lb. Hamburger Patties with Cheese in center (4 x 6 oz.)
- 12 in. Supreme Pizza
- 1 lb. All Meat Hot Dogs
- 2 lb. Frozen Vegetables (Green Beans, Mashed Potatoes, Corn or Peas with Carrots)
- 1 lb. Baby Carrots
- 15 oz. Baked Beans
- 6.5 oz. Skillet Meal Helper
- 1 head Cabbage
- 11 oz. (min. wt.) Breakfast Cereal
- 32 oz. 2% Shelf Stable Milk
- Dozen Eggs & Dessert

Angel Food Ministries Reserves the Right to Substitute Any of the Above Items Due to Availability, Cost and Quality.

## July Specials

### #1 ~ 4.5 lb. Steak Grill Box - \$23

- 2.5 lb. Rib-Eye Steaks (4 x 10 oz.)
- 2 lb. Sirloin Strip Steaks (4 x 8 oz.)

### #2 ~ 6.5 lb. Assorted Grill Box - \$22

- 1.5 lb. New York Strip Steaks (2 x 12 oz.)
- 2 lb. Chopped Beef Steaks (4 x 8 oz.)
- 2 lb. Boneless Pork Steaks (4 x 8 oz.)
- 1 lb. Chicken Sausage

### #3 ~ IQF Chicken Breast Box - \$21

- 10 lbs. IQF Chicken Breasts

### #4 ~ Fresh Fruit and Veggie Box - \$21

- 3 lb. Idaho potatoes, 1 lettuce, 1 lb. plums, 16 oz. salad dressing,
- 5 oz. salad croutons, 4 ears yellow corn, 2 lb. yellow onions,
- 1 cantaloupe, 1 honey dew melon, 1 lb. carrots, 4 lemons,
- 1 pineapple, recipe sheet

### #5 ~ Bit O'Blessing Box - \$21

- 3 lb. Split Cornish Hens
- 2.5 lb. IQF Split Chicken Breasts
- 1 lb. Smoked Sausage
- 1.5 lb. Country Fried Steak
- 1 lb. Broccoli Florets
- 1.3 lb. Frozen Fruit Medley Dessert

## Fast and Flavorful Cuisine - \$28

*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.*

- Fish Sticks** with a Rice/Bean Blend, Broccoli and Carrots
- Boneless Pork Patty** with BBQ Sauce, Sweet Potatoes and Peas with Carrots
- Red Beans and Rice** with Smoked Sausage (made with Pork), Carrots and Brussels Sprouts
- Meat Lasagna** with Carrots and Green Beans
- Chicken Parmesan** with Spaghetti, Corn/Red Pepper Blend and Zucchini
- Roasted Chicken** with Red Wedge Potatoes, Lima Beans and a Carrot/Celery Blend
- Country Fried Steak** with Gravy and Red Wedge Potatoes, Corn and Green Beans
- Salisbury Steak & Gravy** with Red Wedge Potatoes, a Green Pea/Carrot Blend and Brussels Sprouts
- Swedish Meatballs** with Noodles, Yellow Squash with Onions and Brussels Sprouts
- Country Herb Chicken** with Mashed Potatoes, Green Peas and a Lima Bean/Red Pepper Blend

### Just 4 Me – After School Box     \$24.00

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

- 1.5 lb. Fish Sticks
- 1.5 lb. Mini Corn Dogs
- 1 lb. Popcorn Chicken
- 2     6.5 oz. Pepperoni Pizza
- 2     2.8 oz. Peanut Butter and Jelly Jamwiches
- 14 oz. Stuffed Breadsticks
- 7.2 oz. Mini Moon Pies (6 ct.)
- 2     3.7 oz. Twin Charbroil Hamburgers with Cheese
- 2     2.2 oz. PBJ on Graham Wafer

### Just 4 Me – After School Fruit/Veggie Box

**\$16.00**

*An assortment healthy fruit snacks especially for kids.*

- 3 Red Delicious Apples                      3 Granny Smith Apples
- (6 ct.) Caramel Apple Dip                  3 Pears
- 3 Navel Oranges                              (6 ct.) Raisins
- (8 oz.) Trail Mix                              (1 lb.) Mini Carrots
- 4 Chewy Granola Bars

## 5 lb. 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). Great for children and adults!*

- 1 lb. Breaded Chicken Breast Chunks
- 1 lb. Breaded Formed Chicken Tenders
- 1 lb. Breaded Cubed Steak
- 2 lb. Breaded Chicken Drumsticks

*Battered with water, white rice, brown rice, modified tapioca starch, flax seed, sugar, salt, spices, dehydrated garlic, spice extractives/Breaded and oleoresin paprika. Breeding is pre-browned in Canola oil.*

## July 2010 Order Schedule at the First Church of God

601 E. Lexington Rd., Eaton, OH 45320

**Sunday Mornings:** July 11th

After the Morning Celebration Services  
(8:00 am & 10:30 am)

**Weekday Mornings**

July 7, 9, 14, 16 from  
9:00am - 12:00 noon

**All order must be in by July 16th.**

**Payment Must Accompany Your Order.  
No checks are accepted for this service. Cash,  
food stamps, money orders or cashier's checks  
only at the time of order.**

**Distribution:**

Saturday, July 24 from 9:00-11:00am  
at the First Church of God  
(Bring your receipt and a box, basket or cooler to  
receive your food.)

## Angel Food Ministries

The First Church of God is your local site for this exciting nationally known program.

Angel Food is a nonprofit, nondenominational organization dedicated to providing grocery relief to communities all across the country.

Groceries are ordered each month by any interested individual with no income guidelines or applications. Each unit costs \$30 and contains both fresh and frozen top quality food items with an average retail value of \$60. **No checks are accepted for this service. Cash, money orders, food stamps or cashier's checks only at the time of order.**

Each box of food will assist in feeding a family of four for about one week, or a single senior citizen for almost a month!

Special values are also available each month.

Order dates are set each month. Anyone may order any number of food units during these order times. On the distribution day (always a Saturday), you simply bring your receipt and a box, basket or cooler to receive your food.

Take advantage of this special way of providing high value food for your family.

**For more information:**  
**[www.angelfoodministries.com](http://www.angelfoodministries.com)**

**You're welcome to join us at  
the First Church of God for  
these other opportunities:**

### Service Schedule...

**Sunday Celebration Services:** 8 & 10:30a  
**Sunday School:** 9:30a

### Weekly Ministries...

**All Church Dinner** every Wednesday from 5:30-6:30p. The cost is \$2 per person; \$10 max per family. This is offered from September through April.

**Disciple Land** every Wednesday from 6:30-7:30p for ages 2 through grade 6 during the school year.

**Kids Choirs** meet on Wednesdays from 6:00-6:30p for those 4 through 6th grade during the school year.

**Youth C.I.A.:** Wednesday nights from 6:00-7:30p for all Jr. & Sr. High Youth from Sept. - May.

**Adult Small Groups:** Our small groups exist to reach and serve our community, following Christ's example of building relationships through Bible Study and prayer. Contact the church office for a list of small groups.

### Ministry Team...

**Senior Pastor** ~ J. David Reames  
(dreames@eatonfirstcog.com)

**Pastor of Worship Arts** ~ Nathan Stewart  
(nstewart@eatonfirstcog.com)

**Pastor of Youth** ~ Jeremy Halstead  
(jhalstead@eatonfirstcog.com)

**Children's Ministry Director** ~ Laurie Stewart  
(lstewart@eatonfirstcog.com)

**Church Secretary** ~ Karen Bryant  
(kbryant@eatonfirstcog.com)

angelfood  
MINISTRIES

*"A Food Ministry With A  
Servant's Heart"*

**July  
2010**

**Host Site**  
**First Church of God**  
**601 E. Lexington Rd.**  
**Eaton, Ohio 45320**  
**937.456.4681**

**[www.eatonfirstcog.com](http://www.eatonfirstcog.com)**

**High Quality Food at a Low Cost**  
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