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| Macintosh HD:Users:matthewtkimball:Desktop:One Harvestlogo.jpg | GROCERY RELIEF!**A Family of 4 can eat for a week or more for $35!** |

# OCTOBER 2013 MENU

**Items are shipped Frozen to a One Harvest partner Near You! Choose your closest location online when ordering. Have Questions? Call Your Local One Harvest Partner at: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

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| #1 FAMILY BOX $36.004 ea USDA Choice Bacon Wrapped Sirloin (avg. 5.5 oz ea)5 ea Home Style Meat Loaf (4 oz. ea piece)5 ea Breaded Veal Patties (avg. 3.2 oz ea)1.5 RTC Breaded Parmesan Chicken Breast Fillet1.5 lb RTC Breaded Pollack Fish Sticks1 lb Premium Ground Beef1 lb Lee Breakfast Sausage32 oz French Fries1 lb Fresh Frozen Field Peas with Snaps1 lb Fresh Frozen Peas with Carrots1 lb Fresh Frozen Yellow Cut Corn1 lb. Fresh Frozen Cut Okra1 lb Fresh Frozen Sliced Carrots7 oz. Jiffy Blueberry Muffin Mix8.5 Jiffy Cornbread Muffin Mix1 Dessert Item #2 MORE THAN ENOUGH BOX $46.004 ea USDA Choice Bacon Wrapped Sirloin (avg. 5.5 oz ea)5 ea Home Style Meat Loaf (4 oz. ea piece)5 ea Breaded Veal Patties (avg. 3.2 oz ea)1.5 RTC Breaded Parmesan Chicken Breast Fillet1.5 lb Tilapia Fillets1.5 lb RTC Breaded Pollack Fish Sticks1.5 lb Breaded Pork Chops3 lb. Split Chicken Breast or 1.5 Salisbury Steak1 lb Premium Ground Beef1 lb Lee Breakfast Sausage32 oz. French Fries1 lb Fresh Frozen Field Peas with Snaps1 lb Fresh Frozen Peas with Carrots1 lb Fresh Frozen Yellow Cut Corn1 lb. Fresh Frozen Cut Okra1 lb Fresh Frozen Sliced Carrots7 oz. Jiffy Blueberry Muffin Mix8.5 Jiffy Cornbread Muffin Mix1 Dessert Item#3 Golden Cuisine Meals: 10 Meals $29.50• Chili with Beef and Beans, Sweet Potatoes, Green Beans• Spaghetti & Meatballs with Corn, Peas & Carrots• Chicken Cacciatore over Rice w/ Brussel Sprouts and Yellow Squash• Roasted Chicken w/ Red Skin Potatoes, Sugar Snap Peas & Carrots• Beef Stew with Roasted Potatoes, Green Peas and a blend of Chickpeas & Spinach• Fiesta Chicken & Rice w/ Vegetables, Corn & Cauliflower• Salisbury Steak w/ Gravy Served on Roasted Skin Potatoes w/ Peas & Carrots• Turkey Medallions, w/ Cannellini beans & Peas over Bowtie Pasta served with Yellow Squash• Creole Baked Fish over Baby Lima Beans w/ Corn served over Cauliflower and Green Beans• Spanish Omelet with Maple Oatmeal & Cinnamon Applesauce |  | #4 FRESH FROZEN VEGGIE BOX $25.50***ALL ITEMS IN THE BOX ARE FRESH FROZEN***1lb FF Strawberries 12 ct Frozen Southern Biscuits1lb FF Sliced Carrots 1lb FF Corn on the Cob1lb FF Broccoli Florets 1lb FF Green Peas and Carrots1lb FF Mixed Vegetables 1lb FF Vegetable Gumbo1lb FF Sliced Yellow Squash 1lb FF Breaded Okra1lb FF Speckled Butter Beans 1lb FF White Shoepeg Corn1lb FF Field Peas with Snaps 1lb FF Stir-Fry Mixed Vegetables1lb FF Green Peas 1 lb FF Green Beans#5 CHICKEN SPECIAL $21.0010lbs RTC Breaded Chicken Breasts Fillets (2-5lb Bags)**These are Breast Fillets Not Pieces**#6 PREMIUM GRILLING SPECIAL $39.00(4) 8oz USDA Sirloin Steaks (2lb)(4) 8oz Marinated Rib Eyes (2lb)4 lb Marinated Chicken Breasts#7 SUPER SAVER GRILLING SPECIAL $34 3 lb Hamburger Patties3 lb Boneless Choice Cut Pork Chops3 lb Italian Marinated Chicken Breast#8 KIDS BOX $29.006 pkgs of 2 Sausage & Biscuit 12 Corn Dogs4 pkgs of 2 Cheeseburger Sliders 4 pkgs of 2Chicken Sliders10 ct. Aunt Jemima Waffles 4 (7 in.) Cheese Pizza4 (6.5oz) Chicken Sandwiches w/Pepper Jack Cheese4 (6.5oz) Turkey Sandwich w/Swiss Cheese#9 BONELESS SKINLESS CHICKEN BOX $26.0010lbs Boneless Chicken Breast#10 ST LOUIS STYLE PORK RIBS BOX$24.00 10lbs Ready To Cook St. Louis Style Pork RibsTHANKSGIVING SPECIAL PRE-ORDER FOR NOVEMBER $3910-12 lb Avg Whole Turkey2 lb Frozen Cornbread Dressing Casserole2 lb Fresh Frozen Green Beans2 lb Fresh Frozen Shoe Peg Corn2 lb Fresh Frozen Sliced Carrots2 boxes 6.6 oz Herb & Butter Mashed Potatoes8 oz Jiffy Buttermilk Biscuit Mix8 oz Jiffy Corn Muffin Mix1 lb Giblet Gravy2 Ready to Serve Baked 8in Pumpkin Pies |

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