

Sharon Baptist Church 938-7076
 7916 Pedigo Rd., Knoxville, TN 37938
 Email: claud@yowautoclassics.com
 Cash, check, debit cards, credit cards,
 and food stamps accepted.

angelfood

MINISTRIES

Signature Box \$30

Balanced Nutrition and Variety with enough food to assist in feeding a family of four for about one week.

- 2 lb. Chopped Beef Steaks flavored with Dijon Mustard (4 x 8 oz.)
- 1 lb. Bacon Wrapped Turkey Breast Filet Mignon (4 X 4 oz.)
- 1 lb. Boneless Center Cut Pork Chops (4 x 4 oz.)
- 2 lb. Macaroni & Beef Dinner Entrée
- 2.5 lb. IQF Split Chicken Breasts (Resealable Bag)
- 1 lb. Lean Ground Beef
- 1 12" Supreme Pizza
- 1 lb. Frozen Peas & Carrots
- 1 lb. Frozen Whole Kernel Corn
- 2 lb. Fresh Apples
- 2 lb. Heat and Serve Broccoli & Cheese Soup
- 24 oz. Natural Cut French Fries (Skin-on)
- 6.5 oz. Stroganoff Skillet Meal
- 1 lb. Rice
- Dozen Eggs
- Dessert

Senior & Convenience Meals For Seniors or People on the Go! \$28

Ten perfectly seasoned, nutritionally balanced, fully cooked meals — just heat and serve. Each meal has been developed with the dietary needs of senior citizens in mind, and contains 3 oz. of protein, a starch & two vegetables or fruit.

- Breaded Baked Fish
- Chicken Chow Mein
- Swedish Meatballs
- Fettuccini Alfredo
- Meatloaf Patty
- Turkey and Dressing
- Chicken and Noodles
- Pot Roast
- Country Herb Chicken
- Chicken Broccoli Alfredo
- Desserts: Assorted Cookies, Mixed Fruit Cup, Applesauce, Grape Juice, Apple Juice

Allergen-Free Food 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 Tenders
 - 2 lbs. Breaded Chicken Drumsticks
 - 1 lb. Breaded Cube Steak
- Battered/breaded with water, white rice, brown rice, modified tapioca starch, flax seed, sugar, dextrose, salt, spices, dehydrated garlic, spice extractives and oleoresin paprika. Breading is pre-browned in Canola oil.*

After School Box \$21

An assortment of child-friendly snacks. Great for after school or any time. Chicken items and bread sticks in resealable bags.

- 14 oz. Bread Sticks Stuffed with Mozzarella (9 x 1.61 oz.)
- 1.5 lb. Fully Cooked Chicken Rings (Approximately 8 servings)
- 1.5 lb. Fully Cooked Chicken & Cheese Nuggets (Approximately 8 servings)
- 1.5 lb. Fully Cooked Mini Corn Dogs (36 count)

6 lb. Premium Seafood Variety Box \$35

- 27 oz. Breaded Butterfly Shrimp Tail-on (oven ready)
- 10 oz. Cod Fillets
- 17 oz. Crab Cakes (oven ready)
- 16 oz. White Fish Fillets
- 16 oz. Tilapia Fillets
- 10 oz. Breaded Clam Strips (oven ready)

MARCH SPECIAL #1 \$23

- 7 lb. Assorted Meat Grill Box**
- 1.5 lb. Ribeye Steaks (2 x 12 oz.)
- 1 lb. Chopped Beef Steak Flavored with Real Mozzarella Cheese (2 x 8 oz.)
- 1 lb. Chopped Beef Steak Flavored with Real Mild Cheddar Cheese (2 x 8 oz.)
- 1.5 lb. Italian Sausage with Cheese
- 1 lb. Bacon Wrapped Turkey Breast Filet Mignon (4 x 4 oz.)

MARCH SPECIAL #2 \$22

- 4.5 lb. Assorted Meat & Chicken Combo**
- 1.5 lb. New York Strip Steaks (2 x 12 oz.)
- 1.5 lb. Bacon Wrapped Filet (4 x 6 oz.)
- 1.5 lb. Bacon Wrapped Chicken Breast (4 x 6 oz.)

MARCH SPECIAL #3 \$20

- 10 lb. Boneless/Skinless Chicken Breast Box**
- 10 lb. IQF Boneless/Skinless Chicken Breasts

MARCH SPECIAL #4 \$35

- 4 x 4 Family Meal Kits**
- 4 meal kits with all you need to feed a family of 4. 16 meals at \$2.20 per meal.*
- Turkey Kit** - 1.5 lb. Boneless Turkey Breast, 1.5 lb. Potato Medley, 1 lb. Green Beans
- Split Whole Chicken Kit** - 3 lb. (avg) Whole Split Chicken, 1.5 lb. Potato Medley, 1 lb. Green Beans
- Beef Tips & Gravy Kit** - 1.5 lb. Choice Beef Tips in Gravy, 1.5 lb. Rice Medley
- Pork Roast Kit** - 1.5 lb. Boneless Pork Roast, 1.5 lb. Potato Medley, 1 lb. Corn

MARCH SPECIAL #5 \$22

- Premium Fresh Fruit and Veggie Box**
- 1 Large Golden Ripe Pineapple
- 1 Large Vine Ripened Cantaloupe
- 1 lb. New Crop Chilean White Seedless Grapes
- 1 Large Tree-Ripened Mango
- 1 Large Haas Avocado
- 1 head Leafy Green Cabbage
- 3 lb. bag Sweet Potatoes (baking size)
- 2 lb. bag New Crop Yellow Onions
- 3 lb. bag Idaho Baking Potatoes
- 1 lb. Fresh California Carrots
- 3 Variety Colored Bell Peppers
- 2 ct. Jumbo Garlic
- AFM Fruit and Veggie Recipe Sheet

Confidentially donate food to needy family, call 938-7075, or email at www.sharonbconline.com and we will do the rest. Orders close at noon on March 15, pick up will be on March 20, 10:30 until 12.