



# FEBRUARY 2012 MENU

Revised 2/1/2012

*Bookwalter United Methodist Church  
4218 Central Avenue Pike  
Knoxville, TN 37912  
865-689-3349*

## #1 FAMILY BOX \$35.00

2.5 lb Avg Split Chicken Breast Bone In  
2.5 lb Avg Chicken Thigh (bone in)  
2.3 lb Avg Boneless Skinless Chicken Breast  
1 lb Lean Ground Beef  
1 lb Ground Chicken  
1 lb Swaggerty Pork Breakfast Sausage  
1.5 lb Waffle Fries  
1 lb Fresh Frozen Cut Broccoli  
1 lb Fresh Frozen Field Peas w/Snaps  
1 lb Fresh Frozen Green Beans  
1 lb Fresh Frozen Crinkle Cut Carrots  
7.25 oz box Macaroni and Cheese  
6.9 oz Chicken Flavored Rice Mix  
6.4 oz Lasagna Skillet Dinner  
2 lb Frozen Pouch of Concentrated Chicken Noodle Soup  
(add water)  
1.25 oz Chili Seasoning Mix  
8" Thaw & Serve Egg or Coconut Custard Pie

## #2 MORE THAN ENOUGH BOX \$46.00

2.5 lb Split Chicken Breast Bone in  
2.5 lb Chicken Thigh Bone in  
1.5 lb Assorted Pork Chops or 2.3 lb Avg BL/SL Chicken Breast  
2 lb ¼ lb Hamburger Patties  
2.0 lb Chicken Breast Pieces  
1 lb Lumberjack Sausage  
2 lb Chicken Fettuccini Alfredo  
17 oz Tyson Braised Beef w/Chili Sauce or 1 lb Ground Beef  
1 lb Ground Chicken  
1 lb Swaggerty Pork Breakfast Sausage  
3 lbs Waffle Fries (2 -1.5lb bags)  
1 lb Fresh Frozen Butter Peas  
1 lb Fresh Frozen Cut Broccoli  
1 lb Fresh Frozen Peas w/Carrots  
1 lb Fresh Frozen Crinkle Cut Carrots  
1lb Fresh Frozen Shoe Peg Corn  
6.9oz Chicken Flavored Rice Mix  
5.6 oz Stroganoff Skillet Dinner  
6.4 oz Lasagna Skillet Dinner  
2.75 oz Onion Soup Mix  
1.25 oz Chili Seasoning Mix  
8" Thaw & Serve Coconut Custard Pie

## #5 GOURMET EXPRESS MEALS

**10 MEALS FOR \$27.00 (MSG FREE)**

*Easy to prepare in a conventional oven, microwave or toaster oven. Single Portion*

- Roasted Chicken w/ red skin potatoes, sugar snap peas & carrots
- Mesquite Chicken w/ BBQ Sauce over Black Beans & Rice Blend with Carrots
- Chicken Parmesan w/ Mozzarella Cheese in marinara Sauce over Fettuccini served with turnips & zucchini
- Macaroni & Cheese w/ Broccoli and Lima Bean Blend
- Country Herb Chicken w/ Gravy, Cheesy Mashed Potatoes & Green Beans
- Three cheese Ravioli w/ parmesan, Romano & Ricotta cheese filled ravioli in Tomato cream sauce, Broccoli & Cauliflower
- Chili with Beef and Beans, Sweet Potatoes, Green Beans
- Chicken & Rice w/ Mushroom sauce & Swiss Cheese served with Broccoli & Carrots
- Buttermilk Pancakes with Pork Sausage, Seasoned Potatoes and Applesauce
- Lemon Pepper Baked Fish with Rice, Broccoli & Carrot blend, peas, zucchini & red peppers

## #7 10 LB CHICKEN TENDER SPECIAL \$22.00

10 lb of Breaded Chicken Tenders

## #8 GRILLING SPECIAL \$35.00

*New Vendor – Stampede Meats*

- 4 8 oz USDA **Choice** Bacon Wrapped Filets
- 4 8 oz USDA **Choice** Top Sirloin Steaks
- 2 lbs Boneless Skinless Chicken Breast with Lemon Pepper Marinade

**One Harvest is proud to announce our new grilling box vendor, Stampede Meats.**

**Order online at: [oneharvest.com](http://oneharvest.com) - under Delivery Options select the location you would like to pick up from .**

*\*\*Items weights are approximate. In the event of a shortage, items may be substituted.*

**Distribution Day: Saturday, February 25, 2012**

**8:00 am to 10:00 am**

Anyone can order.

No qualifications-No questions asked-Pay when you order-Pick up on above date.