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## Food Boxes

### DominionFoodWorks

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1809 Memorial Blvd.  
 Murfreesboro, TN 37129  
 (At the Nourish Hub)  
 615-220-5858

**Online Orders**  
[www.dominionfoodworks.org](http://www.dominionfoodworks.org)  
**Pick | Pay | Pickup**

***Pick from each category for a total of 12 choices for \$35***

**Meats (choose 2)   Frozen Veggies (choose 2)   Grains (choose 3)**

\*Chicken Breasts  
 \*Ground Beef  
 Bacon  
 Pork Chops  
 Cod

Peas  
 \*Corn  
 Cauliflower  
 \*Broccoli  
 Green Beans

\*Oatmeal  
 Grits  
 \*Penne Pasta  
 Orzo  
 \*Brown Rice

**Fresh Produce (choose 3)**

\*Apples  
 Oranges  
 Sweet Potatoes  
 \*Potatoes  
 \*Carrots

**Other (choose 2)**

\*Black Beans  
 Cheese Sticks  
 \*Corn Meal  
 Quinoa  
 Pancake Mix

\*Standard Box Items

**\*\*30 lbs of food for \$35**

**\*\*50 Dishes for a Family of 4**

**Monthly Pickup | Recipes Included**

Affordable, nutritious food to help you stretch your food dollars. See website for order deadline and details.

\*\*Based on Standard Box. Weight/Servings may vary based on items selected.

