



FEBRUARY 2026 MENU



Visit www.FrederickHealth.org/SHARE to request a call-back for ordering.
For more information, call the Frederick Health SHARE hotline at 240-566-7427.

A Value Package: \$31

- 5 lbs. Chicken Drumsticks
- 1 lb. Beef Portions
- 1 lb. Ground Chicken
- 1 lb. Swai Fish

Value package includes 8-10 pounds of fresh fruits and vegetables!



ALL SPECIALS *Limited quantity | All menu items subject to change*



\$30

B Seafood Special

- 2 lbs. Breaded Butterfly Shrimp
- 1 lb. Scallops
- 1 lb. Tuna Medallions



\$17

C Smoothie Special

- 1 lb. Frozen Spinach & 1.5 lbs. each of Frozen Strawberries, Mango, & Pineapple

- ★ DASH (Dietary Approaches to Stop Hypertension) is a flexible and balanced eating plan that supports heart health.
- ★ The following items on this menu can be prepared in DASH-friendly ways:
 - Fresh Produce
 - Chicken Drums (skin removed)
 - Swai Fish
 - Scallops
 - Tuna Medallions
 - Smoothie Special



- ★ Scan this QR Code to learn more about DASH!

Everyone can SHARE! Will you?

1. Anyone can request a call-back to order at www.FrederickHealth.org/SHARE.
2. For EBT payments or help with an order, call 240.566.7427 (SHAR).
3. Orders will be distributed from 8:30-10 AM on Saturday, February 21st at Frederick Health Village.
4. Orders are due by 12 noon on Friday, February 6th.