

# JANUARY 2026 MENU



Visit [www.FrederickHealth.org/SHARE](http://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 Drums  
1 lb. White Fish (Perch or similar)  
1 lb. Italian Meatballs  
1 dz. Eggs & 1 lb. Red Kidney Beans

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



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



**\$19**

**B**

### Gametime Wings

7.5 lbs. of Party Wings



**\$17**

**C**

### Breakfast Special

2 lbs. Pancake Mix  
2 lbs. Sausage Patties  
2 lbs. Hash Brown Patties



**\$18**

**D**

### Cornish Hens

4-pack Cornish Hens (1.4-lbs.  
average)



DASH (Dietary Approaches to Stop Hypertension) is a flexible & balanced eating plan that supports heart health. The following items on this menu can be prepared in DASH-friendly ways: *Fresh Produce, Chicken Drums, White Fish, Eggs, Red Kidney Beans, & Cornish Hens*. Scan the 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](http://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, January 24th at Frederick Health Village.
4. Orders are due by 12 noon on Friday, January 9th.

[CatholicCharitiesDC.org/Program/SHARE-Food-Network](http://CatholicCharitiesDC.org/Program/SHARE-Food-Network) | 301-864-3115 or 800-21-SHARE