



JULY 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 Quarters
1 lb. Swai Fish
1 lb. Ground Beef
1 lb. Beef Portions

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



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



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 Quarters (skin removed), Swai, Beef Portions (trimmed of any excess fat), Scallops, Perch, Tuna, Shrimp, & Smoothie Special. Scan the QR Code to learn more about DASH!



\$24

B School's Out Special

Cheese Pizza, 1 pkg. Waffles, 2 lbs.
Chicken Tenders, 1 jar PB & S-berry
Preserves, 12 oz. Sliced Cheese



\$33

C Seafood Special

1 lb. of each of Bay Scallops, Surimi,
Ocean Perch, Tuna Medallions, &
Shrimp



\$25

D Smoothie Special

1.5 lbs. each of Strawberries,
Blueberries, Pineapple, & Spinach (All
Frozen)

Everyone can SHARE! Will you?

1. Anyone can request a call-back to order at www.FrederickHealth.org/SHARE.
2. For questions, call 240.566.7427 (SHAR).
3. Orders will be distributed from 8:30-10 AM on Saturday, July 25th at Frederick Health Village.
4. Orders are due by 12 noon on Friday, July 10th.

CatholicCharitiesDC.org/Program/SHARE-Food-Network | 301-864-3115 or 800-21-SHARE