

OCTOBER 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. Ground Chicken
1 dz. Eggs
1 lb. Black Beans

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 Drumsticks (skin removed), Eggs, Black Beans, Salmon, & Fresh Fruit. Scan the QR Code to learn more about DASH!



\$19

B

After School Snack

2 lbs. Breaded Chicken Patties; 4
Personal Pizzas; Jar of Peanut Butter;
Jar of Strawberry Preserves



\$29

C

Salmon Special

2.5 - 3 lbs. Salmon Fillets



\$24

D

Fresh Fruit Box

5 Granny Smith Apples; 5 Bartlett
Pears; 1 lb. Red Seedless Grapes; 1/2
pt. Raspberries; 2 Red Grapefruits

Everyone can SHARE! Will you?

1. Anyone can request a call-back to order at www.FrederickHealth.org/SHARE (Credit card & EBT payments accepted).
2. For additional help with an order, call 240.566.7427 (SHAR).
3. Orders will be distributed from 8:30-10 AM on Saturday, October 17th at Frederick Health Village.
4. Orders are due by 12 noon on Friday, October 2nd.