

# SEPTEMBER 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 Drumsticks  
1 lb. Ground Chicken  
1 lb. Pollock Fillets  
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), Pollock Fillets, Black Beans, Crab Claws, Tuna Medallions, & Smoothie Special. Scan the QR Code to learn more about DASH!



**\$27**

**B**

### Seafood Special

1 lb. Jonah Crab Claws; 2 lbs. Shrimp  
Breaded/Butterfly Shrimp; 1 lb. Tuna  
Medallions



**\$16**

**C**

### Chicken & Waffle Special

2 lbs. Chicken Patties  
20 Waffles



**\$15**

**D**

### Smoothie Special

1 lb. Each of Frozen Strawberries,  
Blueberries, Pineapple, & Spinach

## Everyone can SHARE! Will you?

1. Anyone can request a call-back to order at [www.FrederickHealth.org/SHARE](http://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, September 19th at Frederick Health Village.
4. Orders are due by 12 noon on Friday, September 4th.