



AUGUST 2022 MENU



Visit the Frederick Health SHARE page at www.LiveWellFrederick.com/SHARE
Place orders online by Friday, August 12th.

A Value Package \$26

- 2 lbs. Canadian Bacon
- 1 lb. Beef Sirloin Tips
- 1 lb. Ground Chicken
- 1 lb. Pulled Dark Meat Chicken

PLUS
8-10 pounds of
fresh fruits and
vegetables!



ALL SPECIALS *Limited Quantity | All Menu Items Subject to Change*

B **\$17**

Burger Box
8 – 1/3 lb. Premium
Grass-Fed Burgers

C **\$37**

Premium Mixed Beef Box
Mix of Grass-Fed, Antibiotic-Free Beef
2 lb. Ground Beef
2 – 5 oz. Filet Mignon
2 – 2 oz. Top Sirloin
1 – 24 oz. Chuck Roast

D **\$22**

Produce Box
Mix of Fresh Produce Available

Everyone can SHARE! Will you?

- 1 Anyone can order online at www.LiveWellFrederick.com/SHARE.
- 2 For EBT payments or assistance with ordering, call **240.566.7427 (SHAR)**.
- 3 Orders will be distributed from 8:30-10 AM on Saturday, August 27th at Frederick Health Village.
- 4 All orders are due by Friday, August 12th.

