



## SHARE July 2010 Menu ~ Food Distribution is 07/31/10\*

### **#1 Basic—\$27 Includes:**

- 3 lbs. Chicken Breasts B/S Zip Lock bag
- 1 lbs. Ground Beef 80/20 lean
- 1 lbs. Beef Kabob Meat (1 X 1 cubes)
- 1 lbs. Chicken Kabob (1 X 1 cubes)
- 1 lbs. Catfish Filets
- 1 lbs. Ground Turkey
- 1 bag Fresh Potatoes
- 1 bag Fresh Onions
- 1 pkg. Fresh Button Mushrooms
- 1 pkg. Fresh Grape Tomatoes
- 1 ea. Fresh Cantaloupe
- 1 ea. Fresh Lettuce

### **#2 Veggie—\$17 Includes:**

- 1 doz. Farm Fresh Eggs
- 8 oz. Shredded Cheddar
- 1 bag Fresh Potatoes
- 1 ea. Fresh Broccoli Bunch
- 1 ea. Fresh Celery Stalk
- 1 lbs. Fresh Baby Peeled Carrots
- 2 ea. Fresh Large Tomatoes
- 1 ea. Fresh Honey Dew Melon
- 1 ea. Fresh Cantaloupe
- 1 bag Fresh Red Seedless Grapes
- 5 ea. Fresh Plums
- Plus 1-2 additional items

### **#3 Breakfast— \$22 Includes:**

- 1 doz. Farm Fresh Eggs
- 1 pkg. Shredded Cheddar Cheese
- 1 lbs. Hickory Smoked Bacon
- 1.5 lbs. "Tarantino's" Breakfast Sausage
- (4) 7 oz. Breakfast Burritos-
- 1 pkg. Simplot Hash browns (20 ea patties)
- 1 lbs. Carolina Pride Ham Steak
- 4 ea. Breakfast Burritos - Sausage, Egg and Cheese

### **#4 Lunch Box—\$25 Includes:**

- 12 oz. "Heart Smart" Sliced Turkey
- 12 oz. "Heart Smart" Sliced Ham
- 1 lbs. "Farmland" Cotto Salami
- 1 lbs. "Farmland" Bologna
- 1 lbs. Sliced Cheddar Cheese
- (6) 6 oz. Peach Yogurt
- (6) String Cheese
- (6) 8 oz. Apple Juice Boxes
- 1 ea. Fresh Lettuce
- 1 lbs. Baby Carrots
- 2 ea. Fresh Tomatoes

### **#5 Steak Box—\$22 Includes:**

- 4 lbs. USDA Choice Grade "Flat Iron" Steaks (8 Individually Quick Frozen/ 8 oz. Steaks)

### **#6 Mega Meat \$35 - Includes:**

- 3 lbs. All Natural Turkey Burgers; Hormone, Antibiotic & Gluten Free
- 3 lbs. "Baby Back" Pork Ribs
- 2 lbs. Beef Brisket
- 3 lbs. Chicken Breasts B/S Re-Sealable Bag
- 2 lbs. Ground Beef 80/20 lean
- 1 lbs. Turkey Sausage Rope

**14 lbs of Quality Grilling Meats for Summer!**

### **#7 Organic Produce- \$20**

- Fresh Assortment of fruits & vegetables

### **#8 Premium Entrees- \$20**

- Lasagna with Meat Sauce
- Grilled Chicken Breast w/ Tomato Basil Sauce & Penne Pasta
- Beef Strips w/ Linguini, Broccoli and sauce
- Linguini w/ Sausage, Green & Red Peppers and tomato sauce
- Chicken Teriyaki w/ Rice and vegetables
- Turkey Medallions w/ Gravy, Vegetables & Potatoes
- Baked Ziti w/ Meat Sauce and Mozzarella

### **Choice Items Available by Purchasing a package above only.**

- **Cookie Dough 3 lbs.-** \$5- Snicker Doodle
- **Cookie Dough 3 lbs.-** \$5- Chocolate Chunk
- **1.75 lbs. Popcorn Chicken by "Brakebush"—**\$7- Re-Sealable Bag
- **1.75 lbs. "Fiery" Chicken Strips by "Brakebush"—**\$7- Re-Sealable Bag
- **Fully Cooked Beef Prime Ribeye Roast- 5 lbs (avg)-** \$20
- **Pantry Pack—\$20- Includes:** (1)7.25 oz. "Kraft" Mac & Cheese, (1)15 oz. "S&W" Organic Tomato Sauce, (1)14.5 oz. "S&W" Stewed Tomatoes, (1) "Golden Grill" Hash Brown Mix, (1) 14oz. "Swanson's" Chicken Broth, (1) 10.75 oz. "Campbell's" Chicken Soup, (1) 15 oz. "Cattle Drive" Chili, (1) 15 oz. "Sun Vista" Pinto Beans, (1) 16 oz. "Cattle Drive" Baked Beans, (1) 15.25 oz. "Green Giant" Whole Kernel Corn, (1) 14.5 oz. "Green Giant" Cut Green Beans, (1) 4 oz. Sliced Mushrooms, (1) 11 oz. Mandarin Oranges, (1) 15 oz. "S&W" Fruit Cocktail, (1) 26 oz. "Diamond Crystal" Iodized Salt, (1) "Orville Redenbacher's" Butter Popcorn, plus 1 bonus item.
- **Seafood Fantastic—\$20:** (1) 1 lbs White Shrimp- Peeled tail off 41/50 size, (1) 1 lbs. Salmon Filets, (1) 1 lbs. Catfish Filets, (1) 1 lbs. Tilapia Filets, (1) 8 oz. Breaded Shrimp Basket

Please note: Menu items are subject to substitution due to availability, we apologize for any inconvenience.

**Online & Phone Deadline for July Distribution is Friday, July 23rd**

**\*SHARE Warehouse "Will- Call" food pick up is 07/30/10**

Happy 4th of July!



**1-866-570-5099**