



Golden Share Foods



SHARE September 2010 Menu ~ Food Distribution is 09/25/10*

#1 Basic—\$27 Includes:

- 3 lbs. Chicken Breasts B/S Zip Lock bag
- 1 lbs. Beef Stir Fry Meat
- 2 lbs. Ground Beef 80/20 (individual chubs)
- 1.5 lbs Pork Chops (4/6 oz chops)
- 1 bag Fresh Potatoes
- 1 bag Fresh Onions
- 1 lbs. Fresh Carrots
- 1 ea. Fresh Celery Stalk
- 2 ea. Fresh Bell Peppers
- 1 bag Fresh Apples
- 5 ea. Fresh Oranges
- 2 ea. Fresh Grapefruits

#2 Veggie—\$17 Includes:

- 1 doz. Farm Fresh Eggs *
- 8 oz. Shredded Cheddar
- 1 ea. Fresh Broccoli Bunch
- 1 ea. Fresh Cauliflower
- 1 ea. Fresh Lettuce Cello Wrapped
- 1 lbs. Fresh Baby Peeled Carrots
- 2 ea. Fresh Zucchini Squash
- 1 bag Fresh Apples
- 1 ea. Fresh Large Mango
- 2 ea. Fresh Lemons
- 4 ea. Fresh Kiwi Fruit
- 4 ea. Fresh Pears
- *eggs may be substituted due to availability

#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
- 1 box Cereal- Rice Biscuits (rice chex)
- 1 pkg. Simplot Hash browns (20 ea patties)
- 1 lbs. Carolina Pride Ham Steak
- 1/2 doz. Blueberry Bagels
- 1 box Pancake Mix

*eggs may be substituted due to availability

#4 Lunch Box—\$25 Includes:

- 12 oz. "Heart Smart" Sliced Turkey
- 12 oz. "Heart Smart" Sliced Ham
- 12 oz. "Heart Smart" Sliced Chicken
- 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:

- 4.5 lbs. USDA Select Grade "T-Bone" Steaks (6/12 oz)

#6 Mega Meat \$35 - Includes:

- 3 lbs. Chicken Breasts B/S- Zip Lock Bag
- 2 lbs. London Broil
- 2 lbs. Country Pork Ribs
- 3 lbs. Chicken Thigh Meat B/S
- 3 lbs. Hamburger Patties 84/16 lean
- 2 lbs. Ground Beef 80/20 lean

#7 Organic Produce - \$20

- Fresh Assortment of Fruits & Vegetables
- 100% USDA Certified Organic Produce

#8 Pantry Package- \$20

- (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" 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) 1 lbs. Spaghetti Pasta
- (1) "Orville Redenbacher's" Butter Popcorn
- plus 1 bonus item

Choice Items Available by Purchasing a package above only.

- Cookie Dough 3 lbs. - \$5- Chocolate Mint Chip
- Cookie Dough 3 lbs. - \$5- Lemon Cooler
- 1.75 lbs. Popcorn Chicken by "Brakebush" - \$7- Re-Sealable Bag
- 1.75 lbs. "Fiery" Chicken Strips by "Brakebush" - \$7- Re-Sealable Bag
- Seafood Fantastic—\$20: (1) 2 lbs White Shrimp- 41/50 size, (1) 1 lbs. Salmon Filets, (1) 1 lbs. Cod Filets

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

Online & Phone Deadline for September Distribution is Friday, Sept 17th

***SHARE Warehouse "Will- Call" food pick up is 09/24/10**

619-590-1692



1-866-570-5099