

August 2026 Phone Number 973-569-4099

PASSAIC COUNTY DIVISION OF NUTRITION SERVICES

Congregate

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<u>3</u> Juice Roast Turkey Breast Sweet Potato Corn Bread Diced Pears	<u>4</u> Juice Pierogies & Saurkraut Potato Salad Green Cabbage Bread Orange	<u>5</u> Juice Baked Chicken Tenders Mac and Cheese Green Beans Bread Chocolate Pudding	<u>6</u> Juice Pork Stew White Rice Zucchini Bread Diced Peaches	<u>7</u> Juice Eggplant Rollatini Mashed Potato Carrots Bread Chocolate Chip Cookies
<u>10</u> Juice Baked Pollock Rice Pilaf California Mixed Blend Bread Vanilla Pudding	<u>11</u> Juice Chicken Cacciatore Penne Peas and Carrots Bread Orange	<u>12</u> Juice Pulled Pork Roasted Potatoes Peas&Carrots Hoogie Roll Diced Peaches	<u>13</u> Juice BBQ Chicken Thigh Mac and Cheese Stewed Tomatoes Bread Apple	<u>14</u> Juice Whitefish Yellow Rice Squash Bread Tropical Fruit Cup
<u>17</u> Juice Lemon Chicken Thigh Cilantro Lime Rice Broccoli Bread Crispy Rice Bar	<u>18</u> Juice BBQ Meatloaf Potato Wedge Asian Mixed Vegetables Bread Vanilla Pudding	<u>19</u> Juice Pork Cutlet Mashed Sweet Potato Green Beans Bread Shortbread Cookie	<u>20</u> Juice Stuffed Manicotti Spinach&Mushroom Bread Apple	<u>21</u> Juice Pancake Sausage Link Hashbrown Bread Shortbread Cookie
<u>24</u> Juice Salsbury Steak Mashed Potato Green Beans Bread Applesauce	<u>25</u> Juice Teriyaki Chicken Fried Rice Corn Bread Brownie	<u>26</u> Juice Meatloaf Boiled Potatos Carrots Bread Peach Cup	<u>27</u> Juice Swedish Meatballs (3) White Rice Brussel Sprouts Bread Fresh Fruit	<u>28</u> Juice Baked Pollock Turmeric Basmati Rice Yellow Squash & Red Onion Bread Gelatin Cup
<u>31</u> Juice Hotdog Baked Beans Sauerkraut Hotdog Bun Fruit Cup				

Portion Sizes:

- * Meat or Alternative - 3 oz. Cooked
- * Vegetables and Fruits - 1/2 cup serving each
- * 1/2 pt. Milk
- * All menus provide 1/3 of the Daily Recommended Allowance

Fruit and Vegetable of the Month:

Peaches, Eggplant, Okra, and Celery

Prepared by: John Chipman, Program Dietitian

All menus are subject to change