

# February 2026 Phone Number 973-569-4099

PASSAIC COUNTY DIVISION OF NUTRITION SERVICES

Congregate

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



**EVERY HEART TELLS A STORY.  
EVERY WOMAN DESERVES A CHANCE.**

Cardiovascular disease is the No. 1 killer of women. Together, we're changing this and rewriting the future of women's heart health.

**NATIONAL WEAR RED DAY IS FRIDAY, FEBRUARY 6  
ARE YOU IN?**



<b>2</b> Juice Salisbury Steak Mashed Potato Vegetable Rye Bread Fresh Fruit	<b>3</b> Vegetable Soup Pork Loin w/Gravy Stuffing Peas & Mushrooms Wheat Bread Cookie	<b>4</b> Juice Stuffed Shells Meatballs Green Beans Dinner Roll Fruit Cup	<b>5</b> Tomato Soup Turkey w/Gravy Stuffing Peas & Carrots Wheat Bread Jello	<b>6</b> Juice Egg Salad Sandwich Macaroni Salad Black Bean & Corn Salad Rye Bread (2) Pudding
<b>9</b> Juice Lasagna Italian Veggies Meatballs (3) Italian Bread Fresh Fruit	<b>10</b> Mushroom Soup Hawaiian Ham Steak Yams Green Beans Wheat Bread Applesauce	<b>11</b> Juice Chicken Cacciatore Mashed Potato Broccoli Italian Bread Muffin	<b>12</b> Cream of Chicken Roast Beef & Cheese Sandwich Cole Slaw Macaroni Salad Wheat Bread (2)	<b>13</b> Juice Pizza Beet Salad Tossed Salad Italian Bread Cookie
<b>16</b> <b>CLOSED</b> 	<b>17</b> Chicken Noodle Soup Stuffed Cabbage Buttered White Rice Carrots Rye Bread Fresh Fruit	<b>18</b> Juice Potato Pierogies Red Cabbage Brussel Sprouts Dinner Roll Applesauce	<b>19</b> Vegetable Soup Teriyaki Meatballs (3) White Rice Brussel Sprouts White Bread Pudding	<b>20</b> Juice Tuna Salad Sandwich Macaroni Salad 3 Bean Salad Rye Bread (2) Jello
<b>23</b> Juice Breaded Chicken Tenders Roasted Potatoes Carrots Wheat Bread Fresh Fruit	<b>24</b> Mushroom Soup Pot Roast Mashed Potatoes Succotash Dinner Roll Cookie	<b>25</b> Juice Hot dogs (2) Veggie Beans Sauerkraut 2 Hot Dog Buns Applesauce	<b>26</b> Cream of Chicken Turkey & Swiss Sandwich Macaroni Salad Beet Salad Rye Bread Fruit Cup	<b>27</b> Juice Macaroni & Cheese Stewed Tomatoes Green Beans Dinner Roll Muffin

**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:**

Oranges, Star Fruit, Calabaza Squash, Chayote Squash, and Bitter Melon

**Prepared by:** John Chipman, Program Dietitian  
All menus are subject to change