

# February 2026 Phone Number 973-569-4099

PASSAIC COUNTY DIVISION OF NUTRITION SERVICES

Congregate

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<div>   <p><b>EVERY HEART TELLS A STORY. EVERY WOMAN DESERVES A CHANCE.</b></p> <p>Cardiovascular disease is the No. 1 killer of women. Together, we're changing this and rewriting the future of women's heart health.</p> <p><b>NATIONAL WEAR RED DAY IS FRIDAY, FEBRUARY 6 ARE YOU IN?</b></p>  </div>				
<u>2</u> Juice Salisbury Steak Mashed Potato Vegetable Rye Bread Fresh Fruit	<u>3</u> <b>Vegetable Soup</b> Pork Loin w/Gravy Stuffing Peas & Mushrooms Wheat Bread Cookie	<u>4</u> Juice Stuffed Shells Meatballs Green Beans Dinner Roll Fruit Cup	<u>5</u> <b>Tomato Soup</b> Turkey w/Gravy Stuffing Peas & Carrots Wheat Bread Jello	<u>6</u> Juice Egg Salad Sandwich Macaroni Salad Black Bean & Corn Salad Rye Bread (2) Pudding
<u>9</u> Juice Lasagna Italian Veggies Meatballs (3) Italian Bread Fresh Fruit	<u>10</u> <b>Mushroom Soup</b> Hawaiian Ham Steak Yams Green Beans Wheat Bread Applesauce	<u>11</u> Juice Chicken Cacctiatore Mashed Potato Broccoli Italian Bread Muffin	<u>12</u> <b>Cream of Chicken</b> Roast Beef & Cheese Sandwich Cole Slaw Macaroni Salad Wheat Bread (2)	<u>13</u> Juice Pizza Beet Salad Tossed Salad Italian Bread Cookie
<u>16</u> <b>CLOSED</b> 	<u>17</u> <b>Chicken Noodle Soup</b> Stuffed Cabbage Buttered White Rice Carrots Rye Bread Fresh Fruit	<u>18</u> Juice Potato Pierogies Red Cabbage Brussel Sprouts Dinner Roll Applesauce	<u>19</u> <b>Vegetable Soup</b> Teriyaki Meatballs (3) White Rice Brussel Sprouts White Bread Pudding	<u>20</u> Juice Tuna Salad Sandwich Macaroni Salad 3 Bean Salad Rye Bread (2) Jello
<u>23</u> Juice Breaded Chicken Tenders Roasted Potatoes Carrots Wheat Bread Fresh Fruit	<u>24</u> <b>Mushroom Soup</b> Pot Roast Mashed Potatoes Succotash Dinner Roll Cookie	<u>25</u> Juice Hot dogs (2) Veggie Beans Sauerkraut 2 Hot Dog Buns Applesauce	<u>26</u> <b>Cream of Chicken</b> Turkey & Swiss Sandwich Macaroni Salad Beet Salad Rye Bread Fruit Cup	<u>27</u> 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