

April 2025 Phone Number 973-569-4099

PASSAIC COUNTY DIVISION OF NUTRITION SERVICES

Congregate

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p>1</p> <p>Juice</p> <p>Stuffed Shells</p> <p>Meatballs</p> <p>Green Beans</p> <p>Dinner Roll</p> <p>Oatmeal Cookies</p>	<p>2</p> <p>Juice</p> <p>Hot Roast Beef Sandwich</p> <p>Green Beans</p> <p>French Fries</p> <p>Sub Roll</p> <p>Chocolate Pudding</p>	<p>3</p> <p>Juice</p> <p>Meatloaf</p> <p>Roasted Potatoes</p> <p>Broccoli & Cauliflower</p> <p>Dinner roll</p> <p>Fruit Cocktail</p>	<p>4</p> <p>Juice</p> <p>Potato Crusted Fish</p> <p>Roasted Potatoes</p> <p>Spinach</p> <p>Bun</p> <p>Vanilla Pudding</p>
<p>7</p> <p>Juice</p> <p>Hot dogs (2)</p> <p>Veggie Beans</p> <p>Sauerkraut</p> <p>2 Hot dog buns</p> <p>Jell-O</p>	 <p>8</p> <p>Juice</p> <p>Stuffed Cabbage</p> <p>Buttered White Rice</p> <p>Carrots</p> <p>Rye Bread</p> <p>Sliced Apples</p>	<p>9</p> <p>Juice</p> <p>Sausage, Peppers & Onions</p> <p>Potato Coins</p> <p>Broccoli</p> <p>Hoagie roll</p> <p>Fruit Cup</p>	 <p>10</p> <p>Juice</p> <p>Turkey w/Gravy</p> <p>Stuffing</p> <p>Peas & Carrots</p> <p>Wheat Bread</p> <p>Diced Pears</p>	<p>11</p> <p>Juice</p> <p>Tuna Salad Sandwich</p> <p>Macaroni Salad</p> <p>3 Bean Salad</p> <p>Rye Bread</p> <p>Rainbow Sprinkle Cookie</p>
 <p>14</p> <p>Juice</p> <p>Smothered Chicken</p> <p>Patty</p> <p>Cornbread Stuffing</p> <p>Collard Greens</p> <p>Dinner Roll</p> <p>Corn Muffin</p>	<p>15</p> <p>Juice</p> <p>Italian Sub</p> <p>Coleslaw</p> <p>Potato chips</p> <p>Sub Roll</p> <p>Chocolate Chip Cookie</p>	 <p>16</p> <p>Juice</p> <p>Hawaiian Ham Steak</p> <p>Yams</p> <p>Green Beans</p> <p>Wheat Bread</p> <p>Applesauce</p>	<p>17</p> <p>Juice</p> <p>Chicken Parm</p> <p>Pasta</p> <p>Italian Mixed Vegetables</p> <p>Dinner Roll</p> <p>Diced Peaches</p>	<p style="color: red; font-weight: bold;">CLOSED</p> 
<p>21</p> <p>Juice</p> <p>Breaded Chicken Tenders</p> <p>Roasted Potatoes</p> <p>Carrots</p> <p>Wheat Bread</p> <p>Cinnamon Muffin</p>	 <p>22</p> <p>Juice</p> <p>Cheeseburger</p> <p>Sweet Potato Fries</p> <p>Coleslaw</p> <p>Hamburger Roll</p> <p>Vanilla Pudding</p>	<p>23</p> <p>Juice</p> <p>Pot Roast</p> <p>Mashed Potatoes</p> <p>Carrots</p> <p>Dinner Roll</p> <p>Fruit Cocktail</p>	 <p>24</p> <p>Juice</p> <p>Baked Chicken Thigh</p> <p>Buttered Rice</p> <p>Peas & Carrots</p> <p>Rye Bread</p> <p>Jell-O</p>	<p>25</p> <p>Juice</p> <p>Lasagna</p> <p>Italian Veggies</p> <p>Meatballs (3)</p> <p>Italian Bread</p> <p>Fresh Fruit</p>
<p>28</p> <p>Juice</p> <p>Pork Loin</p> <p>Rice Pilaf</p> <p>Mixed Vegetables</p> <p>Rye Bread</p> <p>Apple Sauce</p>	<p>29</p> <p>Juice</p> <p>Chicken Marsala</p> <p>Mashed Potato</p> <p>Green Beans</p> <p>Wheat Bread</p> <p>Fig Newton</p>	<p>30</p> <p>Juice</p> <p>Egg Salad Sandwich</p> <p>Macaroni Salad</p> <p>Black Bean & Corn Salad</p> <p>Rye Bread</p> <p>Shortbread Cookie</p>	 <p style="color: blue; font-weight: bold;">April Showers</p> <p style="color: pink; font-weight: bold;">Bring May Flowers</p>	

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 Veggies of the Month: Green Onions, Leeks, and Asian Pear

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