

July 2026 Phone Number 973-569-4099

PASSAIC COUNTY DIVISION OF NUTRITION SERVICES

Congregate

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<p><u>1</u></p> <p>Juice Meatloaf Mashed Potato Carrots Bread Peach Cup</p>	<p><u>2</u></p> <p>Juice Cheeseburger Tatertots Broccoli Burger Bun Vanilla Pudding</p>	<p><u>3</u></p> <p style="color: red;">Closed</p> 
<p><u>6</u></p> <p>Juice Hot Turkey Sandwich Mashed Potato Corn Bread (2) Pear Cup</p>	<p><u>7</u></p> <p>Juice Kielbasa Parslied Potatos Green Cabbage Bread Fresh Orange</p>	<p><u>8</u></p> <p>Juice Chili Beef and Bean Polenta Green Beans Bread Chocolate Pudding</p>	<p><u>9</u></p> <p>Juice Pork Stew Sweet Potato Zucchini Bread Banana</p>	<p><u>10</u></p> <p>Juice Stuffed Shells Broccoli Bread Rice Bar</p>
<p><u>13</u></p> <p>Juice Eggplant Gratin Meatballs (3) California Blend Bread Vanilla Pudding</p>	<p><u>14</u></p> <p>Juice Turkey Enchilada Casserole Pineapple Coleslaw Cornbread Bread Peach Cup</p>	<p><u>15</u></p> <p>Juice Chicken Cacciatore Penne Greenbeans Bread Blushing Pineapple</p>	<p><u>16</u></p> <p>Juice Oven-Fried Chicken Mashed Potatoes Peas Bread Fresh Fruit</p>	<p><u>17</u></p> <p>Juice Tortellini Primavera Yellow Squash Bread Apple Sauce</p>
<p><u>20</u></p> <p>Juice Mexican Lasagna Black Beans Broccoli Bread Mini Chocolate Cookies</p>	<p><u>21</u></p> <p>Juice Ginger Soy Chicken Fried Rice Asian Mixed Vegetable Bread Vanilla Pudding</p>	<p><u>22</u></p> <p>Juice Breaded Pork Cutlet Whipped Sweet Potato Green Beans Bread Applesauce</p>	<p><u>23</u></p> <p>Juice Chicken Stew Rice Spinach Bread Gelatin Cup</p>	<p><u>24</u></p> <p>Juice Baked Pollock Roasted Potatoes Brussel Sprouts Bread Muffin</p>
<p><u>27</u></p> <p>Juice Fried Chicken Mashed Potatoes Broccoli Bread Fresh Orange</p>	<p><u>28</u></p> <p>Juice Mac and Cheese Stewed Tomatoes Bread Fudge Brownie</p>	<p><u>29</u></p> <p>Juice Lemon Mustard Chicken Potato Wedges Spinach Bread Vanilla Pudding</p>	<p><u>30</u></p> <p>Juice Baked Meat Ziti Carrots Bread Diced Peaches</p>	<p><u>31</u></p> <p>Juice Italian Sub Chips Sub Roll Gelatin Cup</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 Vegetable of the Month:
Papaya Mango, Nectarine, Garlic

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