

August 2025 Phone Number 973-569-4099

PASSAIC COUNTY DIVISION OF NUTRITION SERVICES

Congregate

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|---|--|--|---|
|  <p>Happiness Happens Month The goal is to share happiness</p>  | | | | |
| | | | | <p><u>1</u> Juice Chicken Salad Sandwich Potato Salad Black Bean & Corn Salad Rye Bread (2) Fig Newtons</p> |
| <p><u>4</u> Juice Sausage, Peppers, onions Potato Coins Broccoli Hoagie Roll Fruit Cup</p> | <p><u>5</u> Juice Hawaiian Ham Steak Yams Green Beans Wheat Bread Pudding</p> | <p><u>6</u> Juice Chicken Parm Pasta Italian Mixed Vegetables Dinner Roll Jello</p> | <p><u>7</u> Juice Roast Beef & Cheese Sandwich Cole Slaw Carrots & Broccoli Salad Wheat Bread (2) Cookie</p> | <p><u>8</u> Juice Potato Crusted Fish Potatoes Spinach Bun Fresh Fruit</p> |
| <p><u>11</u> Juice Meatball Hero Buttered Noodles Italian Blend Hoagie Fruit Cocktail</p> | <p><u>12</u> Juice Burrito Black Beans Spanish Rice Corn Fiesta Wheat Bread Donut</p> | <p><u>13</u> Juice Pot Roast Mashed Potatoes Carrots Dinner Roll Graham Cracker</p> | <p><u>14</u> Juice Brautwurst Red Cabbage Potato Pancake Hoagie Applesauce</p> | <p><u>15</u> Juice Vegetable Lasagna Italian Veggies Meatballs (3) Italian Bread Cookie</p> |
| <p><u>18</u> Juice Stuffed Shells Meatballs Green Beans Dinner Roll Pudding</p> | <p><u>19</u> Juice Hot dogs (2) Veggie Beans Sauerkraut 2 Hotdog Buns Fruit Cup</p> | <p><u>20</u> Juice Meatloaf Mashed Potatoes Brussel Sprouts Dinner Roll Jello</p> | <p><u>21</u> Juice Teriyaki Meatballs (3) White Rice Brussel Sprouts Dinner Roll Fresh Fruit</p> | <p><u>22</u> Juice Tuna Salad Sandwich Macaroni Salad 3 Bean Salad Rye Bread (2) Cookie</p> |
| <p><u>25</u> Juice Cheeseburger Steak Fries Green Beans Burger Bun Fruit Cup</p> | <p><u>26</u> Juice Pork Loin Rice Pilaf Mixed Vegetables Rye Bread Muffin</p> | <p><u>27</u> Juice Smothered Chicken Patty Cornbread Stuffing Collard Greens Dinner Roll Fresh Fruit</p> | <p><u>28</u> Juice Turkey w/Gravy Stuffing Peas & Carrots Wheat Bread Cookie</p> | <p><u>29</u> Juice Cheese Ravoli Meatballs (3) Broccoli Wheat Bread Pudding</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:

Peaches, Eggplant, Okra, and Celery

Prepared by: John Chipman, Program Dietitian

All menus are subject to change