

August 2024 Phone Number 973-569-4099

PASSAIC COUNTY DIVISION OF NUTRITION SERVICES

Congregate

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 Happiness Happens Month The goal is to share happiness			<u>1</u> Juice Eggplant Rollatini Pasta Asparagus Wheat Bread Diced Peaches	<u>2</u> Juice Tuna Salad Sandwich Macaroni Salad 3 Bean Salad Rye Bread Chocolate Brownie
<u>5</u> Juice Salisbury Steak Mashed Potato Vegetable Rye Bread Fresh Orange	<u>6</u> Juice Hawaiian Ham Steak Yams Green Beans Wheat Bread Applesauce	<u>7</u> Juice Chicken Parm Pasta Italian Mixed Vegetables Dinner Roll Diced Peaches	<u>8</u> Juice Roast Beef & Cheese Sandwich Cole Slaw Carrots & Broccoli Salad Wheat Bread (2) Jell-O	<u>9</u> Juice Potato Crusted Fish Roasted Potatoes Spinach Bun Vanilla Pudding
<u>12</u> Juice Meatball Hero Buttered Noodles Italian Blend Hoagie Diced Pears	<u>13</u> Juice Tuna Salad Sandwich Macaroni Salad 3 Bean Salad Rye Bread Chocolate Brownie	<u>14</u> Juice Pot Roast Mashed Potatoes Carrots Dinner Roll Fruit Cocktail	<u>15</u> Juice Pork Loin Rice Pilaf Mixed Vegetables Rye Bread Apple Sauce	<u>16</u> Juice Vegetable Lasagna Italian Veggies Meatballs (3) Italian Bread Fresh Fruit
<u>19</u> Juice Stuffed Cabbage Boiled Potatoes Italian Mixed Veg. Wheat Bread fresh fruit	<u>20</u> Juice Turkey & Swiss Sandwich Macaroni Salad Beet Salad Rye Bread Diced Peaches	<u>21</u> Juice Smothered Chicken Patty Cornbread Stuffing Collard Greens Dinner Roll Corn Muffin	<u>22</u> Juice Meatloaf Mashed Potatoes Brussel Sprouts Dinner Roll Fruit Cocktail	<u>23</u> Juice Hot dogs (2) Veggie Beans Sauerkraut 2 Hotdog Buns Fresh Fruit
<u>26</u> Juice Cheeseburger Fries Coleslaw Burger Bun Fresh Fruit	<u>27</u>  Juice Seafood Salad Potato Salad Beets Dinner Roll Vanilla Pudding	<u>28</u> Juice Chicken Marsala Baked Potato Baby Carrots Wheat Bread Fresh Fruit	<u>29</u>  Juice Sausage, Peppers & Onions Potato Coins Broccoli Hoagie roll Fruit Cup	<u>30</u> Juice Turkey w/Gravy Stuffing Peas & Carrots Wheat Bread Diced Pears

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