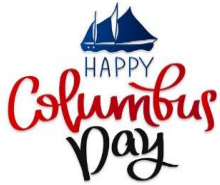


October 2026 Phone Number 973-569-4099

PASSAIC COUNTY DIVISION OF NUTRITION SERVICES

Congregate

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			<u>1</u> Juice Cheeseburger Helper Stewed Tomatoes Bread Scalloped Apples	<u>2</u> Juice Fried Chicken Mashed Potatoes Carrots Bread Chocolate Chip Cookies
<u>5</u> Juice Honey Apple Pork Loin Rice Green Beans Bread Mandarin Orange	<u>6</u> Juice Cincinnati Chili Mashed Potato Carrots Bread Oreos	<u>7</u> Juice Pork & Rice Casserole Stewed Pinto Beans Bread Spiced Peaches	<u>8</u> Juice Chicken Pot Pie Braised Red Cabbage Bread Scalloped Apples	<u>9</u> Juice Sweet and Sour Turkey Meatballs Brown Rice Corn Bread Banana
<u>12</u> CLOSED 	<u>13</u> Juice Chicken Jambalaya Corn Bread Spiced Peaches	<u>14</u> Juice Stuffed Manicotti Cauliflower Bread Pineapple Crisp	<u>15</u> Juice Ham & Beans Brown Rice Lyonnaise Carrots Bread Apple	<u>16</u> Juice Turkey Swedish Meatballs White Rice Italian Beets Bread Banana
<u>19</u> Juice Maryland Chicken Plain Egg Noodle Green Beans Bread Mandarin Orange	<u>20</u> Juice Cheese Lasagna Rollup Peas Bread Peach Cobbler Cake	<u>21</u> Juice Chicken Rice Casserole Baby Carrots Bread Apple Buckle Cake	<u>22</u> Juice Orange Sauce Turkey Meatballs Rice Vegetable Stirfry Bread Applesauce	<u>23</u> Juice Pork&Chicken Stew Brown Rice Bread Chocolate Pudding
<u>26</u> Juice Vegetable Lasagna Broccoli Bread Peach Cobbler Cake	<u>27</u> Juice Stir Fry Pork Brown Rice Bok Choy & Cabbage Bread Banana	<u>28</u> Juice Smothered Chicken Orzo Bread Chocolate Pudding Apples&Oats Crisp	<u>29</u> Juice Mac and Cheese Stewed Tomatoes Bread Scalloped Apples	<u>30</u> Juice Italian Meatballs Pasta Peas Bread Chocolate Chip Cookies

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:

Pears, Persimmons, Apples, Pumpkins, Ginger, and Tumeric

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