

# DECEMBER 2023 Phone Number 973-569-4099

PASSAIC COUNTY DIVISION OF NUTRITION SERVICES

Congregate

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				<p><b>1</b></p> <p><b>Broccoli Soup</b></p> <p>Juice</p> <p>Macaroni &amp; Cheese</p> <p>Stewed Tomatoes</p> <p>Green Beans</p> <p>Dinner Roll</p> <p>Chocolate Pudding</p>
<p><b>4</b></p> <p>Juice</p> <p>Meatball Hero</p> <p>Buttered Noodles</p> <p>Italian Blend</p> <p>Hoagie</p> <p>Diced Pears</p>	<p><b>5</b></p> <p><b>Manhattan Clam.</b></p> <p>Juice</p> <p>Chicken Marsala</p> <p>Mashed Potato</p> <p>Green Beans</p> <p>Wheat Bread</p> <p>Corn Muffin</p>	<p><b>6</b></p> <p>Juice</p> <p>Pot Roast</p> <p>Mashed Potatoes</p> <p>Carrots</p> <p>Dinner Roll</p> <p>Fruit Cocktail</p>	<p><b>7</b></p> <p><b>Split Pea Soup</b></p> <p>Pork Loin</p> <p>Rice Pilaf</p> <p>Mixed Vegetables</p> <p>Rye Bread</p> <p>Apple Sauce</p>	<p><b>8</b></p> <p>Juice</p> <p>Pizza</p> <p>Garden Salad</p> <p>Cookies</p>
<p><b>11</b></p> <p><b>Tomato Soup</b></p> <p>Juice</p> <p>Stuffed Cabbage</p> <p>Boiled Potatoes</p> <p>Italian Mixed Veg.</p> <p>Wheat Bread</p> <p>Pudding</p>	<p><b>12</b></p> <p><b>Cream of Broccoli</b></p> <p>Turkey &amp; Swiss Sandwich</p> <p>Macaroni Salad</p> <p>Beet Salad</p> <p>Rye Bread</p> <p>Diced Peaches</p>	<p><b>13</b></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><b>14</b></p> <p><b>Cream of Potato</b></p> <p>Meatloaf</p> <p>Mashed Potatoes</p> <p>Brussel Sprouts</p> <p>Dinner Roll</p> <p>Fruit Cocktail</p>	<p><b>15</b></p> <p>Juice</p> <p>Hot dogs (2)</p> <p>Veggie Beans</p> <p>Sauerkraut</p> <p>2 Hot dog buns</p> <p>Fruit Cup</p>
<p><b>18</b></p> <p>Juice</p> <p>Turkey Burger</p> <p>Sweet Potato Fries</p> <p>Broccoli</p> <p>Burger Bun</p> <p>Brownie</p>	<p><b>19</b></p> <p><b>Vegetable Soup</b></p> <p>Seafood Salad</p> <p>Potato Salad</p> <p>Beets</p> <p>Dinner Roll</p> <p>Vanilla Pudding</p>	<p><b>20</b></p> <p>Juice</p> <p>Chicken Marsala</p> <p>Baked Potato</p> <p>Baby Carrots</p> <p>Wheat Bread</p> <p>Fruit Cup</p>	<p><b>21</b></p> <p><b>Chicken Noodle</b></p> <p>Sausage, Peppers &amp; Onions</p> <p>Potato Coins</p> <p>Broccoli</p> <p>Hoagie roll</p> <p>Fruit Cup</p>	<p><b>22</b></p> <p style="color: red;"><b>CLOSED</b></p> 
<p style="color: red;"><b>25</b></p> <p style="color: red;"><b>CLOSED</b></p> 	<p><b>26</b></p> <p>Juice</p> <p>Tacos</p> <p>Black Beans</p> <p>Spanish Rice</p> <p>Cookies</p>	<p><b>27</b></p> <p><b>Split Pea Soup</b></p> <p>Hot Roast Beef Sandwich</p> <p>Green Beans</p> <p>French Fries</p> <p>Sub Roll</p> <p>Cookies</p>	<p><b>28</b></p> <p><b>Tomato soup</b></p> <p>Brautwurst</p> <p>Red Cabbage</p> <p>Potato Pancake</p> <p>Roll</p> <p>Applesauce</p>	<p><b>29</b></p> <p style="color: red;"><b>SITES CLOSED</b></p> <p style="color: red;"><b>HOLIDAY</b></p> <p style="color: red;"><b>HAPPY NEW YEAR</b></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:  
Beets, Turnips, Kumquats, Rutabagam, and Turnips

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