

February 2024 Phone Number 973-569-4099

PASSAIC COUNTY DIVISION OF NUTRITION SERVICES

Congregate

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>NATIONAL WEAR RED DAY® February 2, 2024</p> <p>Rock your Red today for women's heart health.</p> <p><small>American Heart Association.</small></p>  			<p><u>1</u> Chicken Noodle Soup Chicken Marsala Mashed Potato Italian Blend Italian Bread Short Bread Cookie</p>	<p><u>2</u>  Macaroni & Cheese Stewed Tomatoes Green Beans Dinner Roll Chocolate Pudding</p>
<p><u>5</u> Juice Salisbury Steak Mashed Potato Vegetable Rye Bread Fresh Orange</p>	<p><u>6</u> Tomato Soup Baked Chicken Thigh Buttered Rice Peas & Carrots Rye Bread Jell-O</p>	<p><u>7</u> Juice Stuffed Shells Meatballs Green Beans Dinner Roll Oatmeal Cookies</p>	<p><u>8</u> Potato Soup Meatloaf Roasted Potatoes Broccoli & Cauliflower Dinner Roll Fresh Fruit</p>	<p><u>9</u> Juice Egg Salad Sandwich Macaroni Salad Black Bean & Corn Salad Rye Bread Muffin</p>
<p><u>12</u> Split Pea Soup Fried Chicken Mashed Potatoes Broccoli Wheat Bread Chocolate Chip Cookie</p>	<p><u>13</u> Juice Stuffed Cabbage Buttered White Rice Carrots Rye Bread Brownie</p>	<p><u>14</u>  Juice Pizza Garden Salad Cookies</p>	<p><u>15</u> Juice Pot Roast Mashed Potatoes Carrots Dinner Roll Fruit Cocktail</p>	<p><u>16</u> Vegetable Soup Tuna Salad Sandwich Macaroni Salad 3 Bean Salad Rye Bread Fresh Fruit</p>
<p><u>19</u> CLOSED</p> 	<p><u>20</u> Clam Chowder Hawaiian Ham Steak Yams Green Beans Wheat Bread Fresh Fruit</p>	<p><u>21</u> Juice Chicken Parm Pasta Italian Mixed Vegetables Dinner Roll Diced Peaches</p>	<p><u>22</u> Chicken Noodle Soup Roast Beef Sandwich Coleslaw Broccoli & Carrot Salad 2 Wheat Slices Fresh Fruit</p>	<p><u>23</u> Juice Potato Crusted Fish Roasted Potatoes Spinach Dinner roll Fruit Cocktail</p>
<p><u>26</u> Potato Soup Meatball Hero Buttered noodles Italian Blend Hoagie Diced pears</p>	<p><u>27</u> Juice Chicken Chow Mein White Rice Broccoli Cookies</p>	<p><u>28</u>  Tomato Soup Hot dogs (2) Veggie Beans Sauerkraut 2 Hot Dog Buns Fruit Cup</p>	<p><u>29</u> Juice Italian Sub Potato Chips Coleslaw Sub Roll Fresh Fruit</p>	<p><i>Today is going to be a great day</i></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:
Oranges, Star Fruit, Calabaza Squash,
Chayote Squash, and Bitter Melon

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