

# June 2024 Phone Number 973-569-4099

PASSAIC COUNTY DIVISION OF NUTRITION SERVICES

Congregate

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				Using your hands for portining
<b>3</b> Juice Brautwurst Red Cabbage Potato Pancake Roll Applesauce	<b>4</b> Juice Stuffed Cabbage Buttered White Rice Carrots Rye Bread Sliced Apples	<b>5</b> Juice Italian Sub Potato Chips Coleslaw Sub Roll Fresh Fruit	<b>6</b> Juice Macaroni & Cheese Stewed Tomatoes Green Beans Dinner Roll Chocolate Pudding	<b>7</b> Juice Tuna Salad Sandwich Macaroni Salad 3 Bean Salad Rye Bread Chocolate Brownie
<b>10</b> Juice Salisbury Steak Mashed Potato Vegetable Rye Bread Fresh Orange	<b>11</b> Juice Hawaiian Ham Steak Yams Green Beans Wheat Bread Applesauce	<b>12</b> Juice Chicken Parm Pasta Italian Mixed Vegetables Dinner Roll Diced Peaches	<b>13</b> Juice Roast Beef & Cheese Sandwich Cole Slaw Carrots & Broccoli Salad Wheat Bread (2)	<b>14</b> Juice Potato Crusted Fish Roasted Potatoes Spinach Bun Vanilla Pudding
<b>17</b> Juice Meatball Hero Buttered Noodles Italian Blend Hoagie Diced Pears	<b>18</b> Juice Chicken Marsala Mashed Potato Green Beans Wheat Bread Corn Muffin	<b>19</b> Juice Pot Roast Mashed Potatoes Carrots Dinner Roll Fruit Cocktail	<b>20</b> Juice Egg Salad Sandwich Macaroni Salad Black Bean & Corn Salad Rye Bread Muffin	<b>21</b> Closed Holiday JUNETEENTH
<b>24</b> Juice Breaded Chicken Tenders Roasted Potatoes Carrots Wheat Bread Fresh Fruit	<b>25</b> Juice Hot dogs (2) Veggie Beans Sauerkraut 2 Hot dog buns Fresh Fruit	<b>26</b> Juice Smothered Chicken Patty Cornbread Stuffing Collard Greens Dinner Roll Corn Muffin	<b>27</b> Juice Eggplant Rollatini Pasta Asparagus Wheat Bread Diced Peaches	<b>28</b> Juice Turkey & Swiss Sandwich Macaroni Salad Beet Salad Rye Bread Diced Peaches

**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:  
Cherries and Broccoli

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