

# March 2024 Phone Number 973-569-4099



PASSAIC COUNTY DIVISION OF NUTRITION SERVICES

Congregate

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<p><b>Make Half Your Plate Fruits and Vegetables</b> Fruits and veggies add color, flavor and texture plus vitamins, minerals and dietary fiber to your plate. Make 2 cups of fruit and 2 ½ cups of vegetables your daily goal. Experiment with different types, including fresh, frozen and canned.</p>		<p><u>1</u> Juice Macaroni &amp; Cheese Stewed Tomatoes Green Beans Dinner Roll Chocolate Pudding</p>
<p><u>4</u> <b>Tomato Soup</b> Stuffed Cabbage Boiled Potatoes Italian Mixed Veg. Wheat Bread Fresh Fruit</p>	<p><u>5</u> <b>Cream of Broccoli</b> Turkey &amp; Swiss Sandwich Macaroni Salad Beet Salad Rye Bread Diced Peaches</p>	<p><u>6</u> Juice Smothered Chicken Patty Cornbread Stuffing Collard Greens Dinner Roll Corn Muffin</p>	<p><u>7</u> <b>Cream of Potato</b> Meatloaf Mashed Potatoes Brussel Sprouts Dinner Roll Fruit Cocktail</p>	<p><u>8</u> Juice Eggplant Rollatini Pasta Asparagus Wheat Bread Diced Peaches</p>
<p><u>11</u> Juice Cheese Burger Tatertots Broccoli Burger Bun Fresh Fruit</p>	<p><u>12</u> <b>Vegetable Soup</b> Seafood Salad Potato Salad Beets Dinner Roll Vanilla Pudding</p>	<p><u>13</u> Juice Pot Roast Mashed Potato Baby Carrots Wheat Bread Fresh Fruit</p>	<p><u>14</u> <b>Chicken Noodle</b> <b>Corned Beef</b> Potatoes Cabbage Irish Soda Bread Fruit Cup</p>	<p><u>15</u> Juice Tuna Salad Sandwich Macaroni Salad 3 Bean Salad Rye Bread Chocolate Brownie</p>
<p><u>18</u> <b>Cream of Potato</b> Stuffed Peppers Boiled Potatoes Italian Mix Vegetables Wheat Bread Blueberry Muffin</p>	<p><u>19</u> Juice Salisbury Steak Mashed Potato Vegetable Rye Bread Fresh Orange</p>	<p><u>20</u> <b>Split Pea Soup</b> Italian Sub Potato Chips Coleslaw Sub Roll fresh fruit</p>	<p><u>21</u> <b>Tomato Soup</b> Hot dogs (2) Veggie Beans Sauerkraut 2 Hot dog buns Jell-O</p>	<p><u>22</u> Juice Crusted Cod Fish Yellow Rice &amp; Beans Green Beans Rye Bread Fruit Cocktail</p>
<p><u>25</u> Juice Brautwurst Red Cabbage Potato Pancake Roll Applesauce</p>	<p><u>26</u> <b>Minestrone soup</b> Breaded Chicken Tenders Roasted Potatoes Carrots Wheat Bread Orange Muffin</p>	<p><u>27</u> Juice Pork Loin w/Gravy Stuffing Peas &amp; Mushrooms Dinner Roll Vanilla Pudding</p>	<p><u>28</u> Juice Chicken Marsala Mashed Potato Italian Blend Italian Bread Short Bread Cookie</p>	<p><u>29</u> <b>Closed</b> <b>Holiday</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:  
Asparagus, Kiwi, Guava, and Grapefruit.

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