

March 2023 Phone Number 973-569-4099



PASSAIC COUNTY DIVISION OF NUTRITION SERVICES

congregate

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>March is National Nutrition Month</p>		<p><u>1</u> Juice Pot Roast mashed potatoes carrots dinner roll Fruit Cocktail</p>	<p><u>2</u> Split pea soup Juice Pork Loin Rice Pilaf Mixed Vegetables Rye Bread Apple Sauce</p>	<p><u>3</u> Juice Vegetable Lasagna Italian Veggies Italian Bread fresh fruit</p>
<p><u>6</u> Tomato Soup Juice Stuffed Cabbage Boiled Potatoes Italian Mixed Veg. Wheat Bread fresh fruit</p>	<p><u>7</u> Cream of Broccoli Turkey & Swiss Sandwich Macaroni Salad Beet Salad Rye Bread Diced Peaches</p>	<p><u>8</u> Juice Smothered Chicken Patty Cornbread Stuffing Collard Greens Dinner Roll Corn Muffin</p>	<p><u>9</u> Cream of Potato Meatloaf Mashed Potatoes Brussel Sprouts Dinner Roll Fruit Cocktail</p>	<p><u>10</u> Juice Eggplant Rollatini Pasta Asparagus Wheat Bread Diced Peaches</p>
<p><u>13</u> Juice Garden Burger Sweet Potato Fries Broccoli Burger Bun fresh fruit</p>	<p><u>14</u> Vegetable Soup Seafood Salad Potato Salad Beets Dinner Roll Vanilla Pudding</p>	<p><u>15</u> Juice Chicken Marsala Baked Potato Baby Carrots Wheat Bread FRESH FRUIT</p>	<p><u>16</u> Chicken Noodle Corned Beef Potatoes Cabbage Irish Soda Bread Fruit Cup</p>	<p><u>17</u> Fruit Tuna Salad Sandwich Macaroni Salad 3 Bean Salad Rye Bread Chocolate Brownie</p>
<p><u>20</u> cream of chicken Stuffed Peppers Boiled Potatoes Italian Mix Vegetables Wheat Bread Blueberry Muffin</p>	<p><u>21</u> Juice Salisbury Steak Mashed Potato vegetable Rye Bread Fresh Orange</p>	<p><u>22</u> split pea soup Italian Sub Potato Chips Coleslaw Sub Roll fresh fruit</p>	<p><u>23</u> Ramadan Begins Tomato soup Hot dogs (2) Veggie Beans Sauerkraut 2 Hot dog buns Jell-O</p>	<p><u>24</u> Juice Crusted Cod Fish Yellow Rice & Beans Green Beans Rye Bread Fruit Cocktail</p>
<p><u>27</u> Juice Hot dogs (2) Veggie Beans Sauerkraut 2 Hot dog buns fresh fruit</p>	<p><u>28</u> Minestrone soup Breaded Chicken Tenders Roasted Potatoes Carrots Wheat Bread Orange Muffin</p>	<p><u>29</u> Juice Pork Loin w/Gravy Stuffing Peas & Mushrooms Dinner Roll Vanilla Pudding</p>	<p><u>30</u> Chicken Noodle Juice Chicken Marsala Mashed Potato Italian Blend Italian Bread Short Bread Cookie</p>	<p><u>31</u> vegetable soup Juice Macaroni & Cheese Carrots Green Beans Dinner Roll Chocolate Pudding</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

Prepared by: Anwaar Gaber, Program Nutritionist
All menus are subject to change