

October 2025 Phone Number 973-569-4099

PASSAIC COUNTY DIVISION OF NUTRITION SERVICES

Congregate

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
				<u>1</u> Juice Breaded Chicken Tenders Roasted Potatoes Carrots Wheat Bread Cookies		<u>2</u> Tomato Soup Roast Beef & Cheese Sandwich Cole Slaw Carrots & Broccoli Salad Wheat Bread (2) Jell-O		<u>3</u> Juice Potato Crusted Fish Roasted Potatoes Spinach Bun Vanilla Pudding	
<u>6</u> Juice Stuffed Cabbage Boiled Potatoes Italian Mixed Veg. Wheat Bread Fresh Fruit		<u>7</u> Chicken Noodle Soup Meatball Hero Buttered Noodles Italian Blend Hoagie Diced Pears		<u>8</u> Juice Smothered Chicken Patty Cornbread Stuffing Collard Greens Dinner Roll Corn Muffin		<u>9</u> Vegetable Soup Burrito Black Beans Spanish Rice Corn Fiesta Wheat Bread Donut		<u>10</u> Juice Lasagna Italian Veggies Meatballs (3) Italian Bread Pudding	
<u>13</u> CLOSED 		<u>14</u> Cream of Chicken Meatloaf Mashed Potatoes Brussel Sprouts Dinner Roll Fruit Cocktail		<u>15</u> Juice Pot Roast Baked Potato Carrots Dinner Roll Cookie		<u>16</u> Mushroom Soup Hot dogs (2) Veggie Beans Sauerkraut 2 Hot dog buns Fresh Fruit		<u>17</u> Juice Seafood Salad Potato Salad Beets Dinner Roll Vanilla Pudding	
<u>20</u> Juice Macaroni & Cheese Stewed Tomatoes Green Beans Dinner Roll Chocolate Pudding		<u>21</u> Vegetable Soup Teriyaki Meatballs (3) White Rice Brussel Sprouts Dinner Roll Fresh Fruit		<u>22</u> Juice Chicken Parm Pasta Italian Mixed Vegetables Dinner Roll Diced Peaches		<u>23</u> Chicken Noodle Sausage, Peppers &Onions Potato Coins Broccoli Hoagie roll Fruit Cup		<u>24</u> Juice Pizza Beet Salad Tossed Salad Cookies	
<u>27</u> Juice Stuffed Peppers Boiled Potatoes Italian Mix Vegetables Wheat Bread Muffin		<u>28</u> Tomato Soup Pulled Pork Baked Beans Broccoli Hoogie Roll Pudding		<u>29</u> Juice Cheeseburger Tatertots Cole Slaw Burger Bun Fresh Fruit		<u>30</u> Cream of Mushroom Italian Sub Chickpeas Potato Chips Coleslaw Sub Roll Fresh Fruit		<u>31</u> Juice Potato Pierogies Red Cabbage Brussel Sprouts Dinner Roll Cookie	

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:

Pears, Persimmons, Apples, Pumpkins, Ginger, and Tumeric

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