

# September 2024 Phone Number 973-569-4099

PASSAIC COUNTY DIVISION OF NUTRITION SERVICES

Congregate

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><u>2</u> <b>CLOSED</b></p> 	<p><u>3</u> Juice Hot Roast Beef Sandwich Green Beans Tatertots Sub Roll Cookies</p>	<p><u>4</u> Juice Stuffed Cabbage Buttered White Rice Carrots Rye Bread Sliced Apples</p>	<p><u>5</u> Juice Chicken Marsala Mashed Potatoes Green Beans Dinner Roll Vanilla Pudding</p>	<p><u>6</u> Juice Crusted Cod Fish Yellow Rice &amp; Beans Green Beans Rye Bread Fruit Cocktail</p>
<p><u>9</u> Juice Stuffed Peppers Boiled Potatoes Italian Mix Vegetables Wheat Bread Blueberry Muffin</p>	<p><u>10</u> Juice Turkey w/Gravy Stuffing Peas &amp; Carrots Wheat Bread Diced Pears</p>	<p><u>11</u> Juice Chicken Chow Mein White Rice Broccoli Sugar Cookies</p>	<p><u>12</u> Juice Hot dogs (2) Veggie Beans Sauerkraut 2 Hot dog buns Jell-O</p>	<p><u>13</u> Juice Tuna Salad sandwich Potato Salad 3 Bean Salad Wheat Bread Chocolate Brownie</p>
<p><u>16</u> Juice Eggplant Rollatini Pasta Asparagus Wheat Bread Diced Peaches</p>	<p><u>17</u> Juice Breaded Chicken Tenders Roasted Potatoes Carrots Wheat Bread Orange Muffin</p>	<p><u>18</u> Juice Pork Loin w/Gravy Stuffing Peas &amp; Mushrooms Dinner Roll Vanilla Pudding</p>	<p><u>19</u> Juice Meatloaf Roasted Potatoes Broccoli &amp; Cauliflower Dinner roll Fruit Cocktail</p>	<p><u>20</u> Juice Macaroni &amp; Cheese Stewed Tomatoes Green Beans Dinner Roll Chocolate Pudding</p>
<p><u>23</u> Juice Egg Salad Sandwich Macaroni Salad Black Bean &amp; Corn Salad Rye Bread Muffin</p>	<p><u>24</u> Juice Stuffed Shells Meatballs Green Beans Dinner Roll Oatmeal Cookies</p>	<p><u>25</u> Juice Seafood Salad Potato Salad Beets Dinner Roll Vanilla Pudding</p>	<p><u>26</u> <b>Closed</b></p> 	<p><u>27</u> Juice Pot Roast Mashed Potatoes Carrots Dinner Roll Fruit Cocktail</p>
<p><u>30</u> Juice Lasagna Italian Veggies Meatballs (3) Italian Bread Fresh Fruit</p>		<p><b>WHY BETTER BREAKFAST MONTH IS IMPORTANT</b></p> <p><b>A. Eating a healthy breakfast helps control your weight</b></p> <p>September's the perfect time to adopt healthy eating habits in order to avoid adding pounds during the upcoming winter months. Many studies have linked eating a nutritious breakfast to having an easier time maintaining a healthy weight. Eating delicious food to stay slim? Count us in!</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:**

Grapes, Figs, Spicy Peppers

**Prepared by:** John Chipman, Program Dietitian

All menus are subject to change