

September 2025 Phone Number 973-569-4099

PASSAIC COUNTY DIVISION OF NUTRITION SERVICES

Congregate

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<u>1</u> CLOSED 	<u>2</u> Juice Roast Beef & Cheese Sandwich Cole Slaw Beets Wheat Bread (2) Cookie	<u>3</u> Juice Stuffed Cabbage Buttered White Rice Carrots Rye Bread Sliced Apples	<u>4</u> Juice Chicken Marsala Mashed Potatoes Green Beans Dinner Roll Vanilla Pudding	<u>5</u> Juice Crusted Cod Fish Yellow Rice & Beans Broccoli Rye Bread Fruit Cocktail
<u>8</u> Juice Stuffed Peppers Boiled Potatoes Italian Mix Vegetables Wheat Bread Muffin	<u>9</u> Juice Hot Dogs (2) Veggie Beans Sauerkraut 2 Hot dog buns Jell-O	<u>10</u> Juice Pot Roast Mashed Potatoes Carrots Dinner Roll Fruit Cocktail	<u>11</u> Juice Breaded Chicken Tenders Roasted Potatoes Veggie Wheat Bread Donut	<u>12</u> Juice Tuna Salad Sandwicheh Potato Salad 3 Bean Salad Wheat Bread (2) Fruit Cup
<u>15</u> Juice Eggplant Rollatini Pasta Mixed Vegetables Wheat Bread Pudding	<u>16</u> Juice Italian Sub Chickpeas Coleslaw Potato chips Sub Roll Chocolate Chip Cookie	<u>17</u> Juice Pork Loin w/Gravy Stuffing Peas & Mushrooms Dinner Roll Fresh Fruit	<u>18</u> Closed 	<u>19</u> Juice Seafood Salad Potato Salad Beets Dinner Roll Diced Peaches
<u>22</u> Juice Potato Pierogies Red Cabbage Brussel Sprouts Dinner Roll Shortbread Cookie	<u>23</u> Juice Stuffed Shells Meatballs Green Beans Dinner Roll Diced Pears	<u>24</u> Juice Turkey w/Gravy Stuffing Peas & Carrots Wheat Bread Cookie	<u>25</u> Juice Macaroni & Cheese Stewed Tomatoes Green Beans Dinner Roll Chocolate Pudding	<u>26</u> Juice Egg Salad Sandwich Macaroni Salad Black Bean & Corn Salad Rye Bread (2) Muffin
<u>29</u> Juice Chicken Cacctiatore Mashed Potato Broccoli Italian Bread Danish	<u>30</u> Juice Cheeseburger Tatertots Coleslaw Hamburger Roll Vanilla Pudding	WHY BETTER BREAKFAST MONTH IS IMPORTANT A. Eating a healthy breakfast helps control your weight 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 maintaing a healthy weight. Eating delicious food to stay slim? Count us in!		

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