

September 2026 Phone Number 973-569-4099

PASSAIC COUNTY DIVISION OF NUTRITION SERVICES

Congregate

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<u>1</u> Juice Kielbasa Parslied Potatos Green Cabbage Bread Fresh Orange	<u>2</u> Juice Chili Beef and Bean Polenta Green Beans Bread Chocolate Pudding	<u>3</u> Juice Stuffed Shells Meatballs (3) Italian Vegetable Dinner Roll Banana	<u>4</u> Juice Cheeseburger Coleslaw Broccoli Burger Bun Rice Bar
<u>7</u> CLOSED  HAPPY LABOR DAY	<u>8</u> Juice Beef Stew Rice Peas Bread Peach Cup	<u>9</u> Juice Chicken Cacciatore Penne Greenbeans Bread Blushing Pineapple	<u>10</u> Juice Oven-Fried Chicken Mashed Potatoes Corn Bread Fresh Fruit	<u>11</u> Juice Tuna Salad Sandwich Macaroni Salad Black Bean & Corn Salad Rye Bread (2) Applesauce
<u>14</u> Juice Italian Sub Chickpeas Chips Sub Roll Gelatin Cup	<u>15</u> Juice Ginger Soy Chicken Fried Rice Asian Mixed Vegetable Bread Vanilla Pudding	<u>16</u> Juice Breaded Pork Cutlet Whipped Sweet Potato Green Beans Bread Applesauce	<u>17</u> Closed 	<u>18</u> Juice Baked Pollock Roasted Potatoes Brussel Sprouts Bread Muffin
<u>21</u> Juice Oven Fried Chicken Mashed Potatoes Broccoli Bread Fresh Orange	<u>22</u> Juice Mac and Cheese Green Beans Stewed Tomatoes Bread Fudge Brownie	<u>23</u> Closed 	<u>24</u> Juice Baked Ziti Meatballs (3) Carrots Bread Diced Peaches	<u>25</u> Juice Hotdog Baked Beans Sauerkraut Hotdog Bun Mini Chocolate Cookies
<u>28</u> Juice Roast Turkey Breast Sweet Potato Corn Bread Diced Pears	<u>29</u> Juice Pierogies & Saurkraut Potato Salad Green Cabbage Bread Orange	<u>30</u> Juice Baked Chicken Tenders Mac and Cheese Green Beans Bread Chocolate Pudding		

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