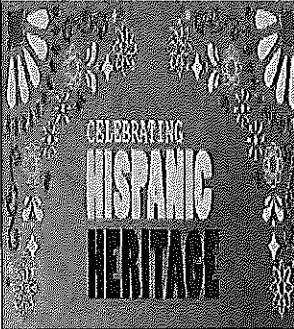

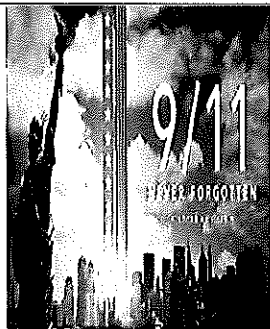

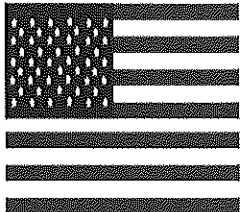









September 2022 Phone Number 973-569-4099

PASSAIC COUNTY DIVISION OF NUTRITION SERVICES

CONGREGATE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			<p><u>1</u> Juice Meatloaf Mashed potato Green beans dinner roll Diced pears</p> 	<p><u>2</u> Juice Pizza Tossed Salad Sliced Beets & onion salad No bread Chocolate Brownie</p>
<p><u>5</u></p>  <p>HAPPY LABOR DAY</p>	<p><u>6</u> Juice Hawaiian Ham Steak Yams Green Beans Wheat Bread FRESH FRUIT</p>	<p><u>7</u> Juice Chicken Parm Pasta Italian Mixed Vegetables Dinner Roll Diced Peaches</p>	<p><u>8</u></p>  <p>Juice Meatball hero buttered noodles italian blend hoagie diced pears</p>	<p><u>9</u> Juice Potato Crusted Fish Roasted Potatoes Spinach Bun Vanilla Pudding</p>
<p><u>12</u> Grandparents Day!! Pot Roast Mashed Potatoes Carrots Dinner Roll Apple Pie</p> 	<p><u>13</u> Juice Chicken Marsala Mashed Potato Green Beans Wheat Bread Corn Muffin</p>	<p><u>14</u> Juice Chicken Salad California Pasta Salad Beet Salad Wheat Bread Fruit Cocktail</p>	<p>Juice</p>  <p>Enchiladas black beans Spanish rice plantains Apple Sauce</p>	<p><u>16</u> Juice Egg Salad Sandwich Macaroni Salad Black Bean & Corn Salad wheat Bread Muffin</p>
<p><u>19</u> Juice Stuffed Cabbage Boiled Potatoes Italian Mixed Veg. Wheat Bread fresh fruit</p> 	<p><u>20</u> Juice Turkey & Swiss Sandwich Macaroni Salad Beet Salad Rye Bread Diced Peaches</p> 	<p><u>21</u> Juice Smothered Chicken Patty Cornbread Stuffing Collard Greens Dinner Roll Corn Muffin</p>	<p><u>22</u> Juice Meatloaf Mashed Potatoes Brussel Sprouts Dinner Roll Fruit Cocktail</p>	<p><u>23</u> Juice Vegetable Lasagna Italian Veggies Meatballs (3) Italian Bread fresh fruit</p>
<p>Juice</p>  <p>Garden Burger Sweet Potato Fries Broccoli Burger Bun fresh fruit</p>	<p>Juice</p> <p>Seafood Salad Potato Salad Beets Dinner Roll Vanilla Pudding</p>	<p><u>28</u> Juice Chicken Marsala Baked Potato Baby Carrots Wheat Bread FRESH FRUIT</p>	<p>Juice</p> <p>Sausage, Peppers and Onions Potato Coins Broccoli Hoagie roll fruit cup</p> 	<p><u>30</u> Fruit Tuna Salad Sandwich Macaroni Salad 3 Bean Salad Rye Bread Chocolate Brownie</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