September 2026 Phone Number 973-569-4099

PASSAIC COUNTY DIVISION OF NUTRITION SERVICES — **Congregate**

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