

March 2025 Phone Number 973-569-4099



PASSAIC COUNTY DIVISION OF NUTRITION SERVICES

Congregate

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<u>3</u> Juice Stuffed Cabbage Boiled Potatoes Italian Mixed Veg. Wheat Bread Fresh Fruit	<u>4</u> Chicken Noodle Soup Turkey & Swiss Sandwich Macaroni Salad Beet Salad Rye Bread Diced Peaches	<u>5</u> Juice Egg Salad Sandwich Macaroni Salad Black Bean & Corn Salad Rye Bread Muffin	<u>6</u> Vegetable Soup Meatloaf Mashed Potatoes Brussel Sprouts Dinner Roll Fruit Cocktail	<u>7</u> Juice Eggplant Rollatini Pasta Asparagus Italian Bread Diced Peaches
<u>10</u> Juice Cheese Burger Tatertots Broccoli Burger Bun Fresh Fruit	<u>11</u> Clam Chowder Soup Roast Beef Sandwich Coleslaw Broccoli & Carrot Salad 2 Wheat Slices Chocolate Pudding	<u>12</u> Juice Pot Roast Mashed Potato Baby Carrots Wheat Bread Fresh Fruit	<u>13</u> Mushroom Soup Enchiladas Black beans Spanish Rice Plantains Wheat Bread Fresh Orange	<u>14</u> Juice Tuna Salad Sandwich Macaroni Salad 3 Bean Salad Rye Bread Chocolate Brownie
<u>17</u> Juice Corned Beef Potatoes Cabbage Irish Soda Bread Fruit Cup	<u>18</u> Tomato Soup Salisbury Steak Mashed Potato Vegetable Rye Bread Fresh Orange	<u>19</u> Juice Hot dogs (2) Veggie Beans Sauerkraut 2 Hot dog buns Jell-O	<u>20</u> Lentil Soup Italian Sub Potato Chips Coleslaw Sub Roll Fresh Fruit	<u>21</u> Juice Crusted Cod Fish Yellow Rice & Beans Green Beans Rye Bread Fruit Cocktail
<u>24</u> Juice Breaded Chicken Tenders Roasted Potatoes Carrots Wheat Bread Orange Muffin	<u>25</u> Potato Soup Pork Loin w/Gravy Stuffing Peas & Mushrooms Dinner Roll Vanilla Pudding	<u>26</u> Juice Chicken Marsala Mashed Potato Italian Blend Italian Bread Short Bread Cookie	<u>27</u> Chicken Noodle Soup Vegetable Lasagna Italian Veggies 3 Meatballs Italian Bread Fruit Cup	<u>28</u> Juice Seafood Salad Potato Salad Beets Dinner Roll Vanilla Pudding
<u>31</u> Juice Brautwurst Red Cabbage Potato Pancake Roll Applesauce				





2025 NATIONAL NUTRITION MONTH[®]
A Campaign by the Academy of Nutrition and Dietetics

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:
Asparagus, Kiwi, Guava, and Grapefruit.

Prepared by: John Chipman, Program Dietitian
All menus are subject to change