




# February 2025 Phone Number 973-569-4099

PASSAIC COUNTY DIVISION OF NUTRITION SERVICES

Congregate

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <p><b>NATIONAL WEAR RED DAY® IS FRIDAY, FEB 7.</b></p> <p>Our No. 1 killer, cardiovascular disease, unfairly targets women. We have been left out of research, testing, treatment and funding. Fortunately, women have an amazing resource – each other.</p> <p><b>SHARE YOUR HEART AND JOIN US AS WE WEAR RED TOGETHER.</b></p>				
<p><u>3</u></p> <p>Juice</p> <p>Salisbury Steak</p> <p>Mashed Potato</p> <p>Vegetable</p> <p>Rye Bread</p> <p>Fresh Orange</p>	<p><u>4</u></p> <p>Juice</p> <p>Stuffed Cabbage</p> <p>Buttered White Rice</p> <p>Carrots</p> <p>Rye Bread</p> <p>Brownie</p>	<p><u>5</u></p> <p>Juice</p> <p>Stuffed Shells</p> <p>Meatballs</p> <p>Green Beans</p> <p>Dinner Roll</p> <p>Oatmeal Cookies</p>	<p><u>6</u></p> <p>Juice</p> <p>Baked Chicken Thigh</p> <p>Buttered Rice</p> <p>Peas &amp; Carrots</p> <p>Rye Bread</p> <p>Jell-O</p>	<p><u>7</u></p> <p>Juice</p> <p>Egg Salad Sandwich</p> <p>Macaroni Salad</p> <p>Black Bean &amp; Corn Salad</p> <p>Rye Bread</p> <p>Muffin</p>
<p><u>10</u></p> <p>Juice</p> <p>Eggplant Rollatini</p> <p>Pasta</p> <p>Asparagus</p> <p>Wheat Bread</p> <p>Diced Peaches</p>	<p><u>11</u></p> <p>Juice</p> <p>Chicken Marsala</p> <p>Mashed Potato</p> <p>Green Beans</p> <p>Wheat Bread</p> <p>Corn Muffin</p>	<p><u>12</u></p> <p>Juice</p> <p>Macaroni &amp; Cheese</p> <p>Stewed Tomatoes</p> <p>Green Beans</p> <p>Dinner Roll</p> <p>Chocolate Pudding</p>	<p><u>13</u></p> <p>Juice</p> <p>Tuna Salad Sandwich</p> <p>Macaroni Salad</p> <p>3 Bean Salad</p> <p>Rye Bread</p> <p>Fresh Fruit</p>	<p><u>14</u></p> <p></p> <p>Pot Roast</p> <p>Mashed Potatoes</p> <p>Carrots</p> <p>Dinner Roll</p> <p>Fruit Cocktail</p>
<p><u>17</u></p> <p><b>CLOSED</b></p> <p></p>	<p><u>18</u></p> <p>Juice</p> <p>Hawaiian Ham Steak</p> <p>Yams</p> <p>Green Beans</p> <p>Wheat Bread</p> <p>Fresh Fruit</p>	<p><u>19</u></p> <p>Juice</p> <p>Chicken Parm</p> <p>Pasta</p> <p>Italian Mixed Vegetables</p> <p>Dinner Roll</p> <p>Diced Peaches</p>	<p><u>20</u></p> <p>Juice</p> <p>Roast Beef Sandwich</p> <p>Coleslaw</p> <p>Broccoli &amp; Carrot Salad</p> <p>2 Wheat Slices</p> <p>Fresh Fruit</p>	<p><u>21</u></p> <p>Juice</p> <p>Potato Crusted Fish</p> <p>Roasted Potatoes</p> <p>Spinach</p> <p>Dinner roll</p> <p>Fruit Cocktail</p>
<p><u>24</u></p> <p>Juice</p> <p>Meatball Hero</p> <p>Buttered noodles</p> <p>Italian Blend</p> <p>Hoagie</p> <p>Diced pears</p>	<p><u>25</u></p> <p>Juice</p> <p>Cheeseburger</p> <p>Tatertots</p> <p>Coleslaw</p> <p>Hamburger Roll</p> <p>Vanilla Pudding</p>	<p><u>26</u></p> <p>Juice</p> <p>Hot dogs (2)</p> <p>Veggie Beans</p> <p>Sauerkraut</p> <p>2 Hot Dog Buns</p> <p>Fruit Cup</p>	<p><u>27</u></p> <p>Juice</p> <p>Turkey w/Gravy</p> <p>Stuffing</p> <p>Peas &amp; Carrots</p> <p>Wheat Bread</p> <p>Diced Pears</p>	<p><u>28</u></p> <p>Juice</p> <p>Italian Sub</p> <p>Potato Chips</p> <p>Coleslaw</p> <p>Sub Roll</p> <p>Fresh Fruit</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

Fruit and Vegetable of the Month:  
Oranges, Star Fruit, Calabaza Squash,  
Chayote Squash, and Bitter Melon

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