

NORTHLAND ADULT DAY CENTER
SEPTEMBER 2024---- BREAKFAST, LUNCH, and SNACK MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	3	4	5	6
	<i>Hashbrown, Sausage, Juice</i>	<i>French Toast, Sausage, Juice</i>	<i>Breakfast Sandwich, Juice</i>	<i>Bagels w/Cream Cheese, Eggs, Juice</i>
	Cheeseburger w/bun	Tuna Salad Sandwich	Sloppy Joe w/bun	Chicken n Rice Soup
	Lettuce, Tomato, Onion	Baked Chips	Buttered Corn	w/ Vegetables
	Baked Chips	Fruit Cup	Jello w/Fruit	Applesauce
	<i>Fruit Snacks</i>	<i>Graham Crackers</i>	<i>Oatmeal Cookie</i>	<i>Vanilla Wafers</i>
9	10	11	12	13
<i>Eggs, Toast, Juice</i>	<i>Oatmeal w/cranberries, Sausage</i>	<i>Breakfast Fruit bar, Yogurt</i>	<i>Bagels w/Cream Cheese, Fruit</i>	<i>Eggs, Toast, Juice</i>
Chili Dog w/bun	Beef Soft Tacos	Chef Salad w/Chicken	Tuna Casserole	Supreme Pizza
Tator Tots	Refried Beans w/rice	Crackers	Sweet Peas	Garden Salad w/dressing
Apple Sauce	Fruit Cup	Jello w/Fruit	Mixed Fruit	Fruit Cup
			Bread and Butter	
<i>Peanut Butter Crackers</i>	<i>Fruit Bar</i>	<i>Pudding snack</i>	<i>Butter Cookies</i>	<i>Fruit Popsicle</i>
16	17	18	19	20
<i>Cream of Wheat, Raisin Toast</i>	<i>Bacon, Eggs, Toast</i>	<i>Bagels w/Cream Cheese, Fruit</i>	<i>Biscuits & Gravy, Juice</i>	<i>Cold Cereal & Fruit</i>
Turkey Soft Tacos	Chicken Stir Fry w/	Salisbury Steak w/gravy	Ham & Cheese Sandwich	Chicken Salad w/Croissant
Spanish Rice	Mixed Vegetables	Mashed Potatoes	Veggie Chips	Baked Chips
Peaches	Apple Sauce	Mixed Vegetables	Cucumber Salad	Fruit w/Jello
<i>Oatmeal Cookie</i>	<i>Vanilla Wafers</i>	<i>Graham Crackers</i>	<i>Ice Cream</i>	<i>Fruit Snacks</i>
23	24	25	26	27
<i>Waffles, Sausage, Juice</i>	<i>Cream of Wheat, Toast, Juice</i>	<i>Yogurt, Fruit, Muffin</i>	<i>Eggs, Toast, Juice</i>	<i>Cereal and Bananas</i>
Spaghetti w/meat balls	Grilled Cheese Sandwich	Roasted Chicken	Baked Fish	Chicken Salad w/Croissant
Garden Salad w/dressing	Tomato Basil Soup	Roasted Root Vegetables	Macaroni & Cheese	Baked Chips
GarlicBread	Pears	Apple Sauce	Sweet Peas	Applesauce
Jello w/fruit		Bread and Butter	Fruit Cup	
<i>Veggie Chips</i>	<i>Butter Cookie</i>	<i>Fruit Bar</i>	<i>Peanut Butter Crackers</i>	<i>Oatmeal Ceam Pie</i>
30				
<i>Cottage Cheese, Muffin, Fruit</i>				
Grilled Cheese Sandwich				
Vegetable Soup				
Pears				
<i>Cheese & Crackers</i>				

All meals are served with 1% or skim milk.

Northland ADC operates in accordance with U.S. Department of Agriculture policy, which prohibits discrimination on the basis of race, color, sex, age, disability or national origin.

Northland ADC reserves the right to change meals at any time

To file a complaint of discrimination, write USDA, Director, Office of Civil Rights, Room 326-W, Whitten Building, 14th and Independence Avenue, SW, Washington, DC 20250-9410 or call (202) 720-5964 (voice and TDD).