

NORTHLAND ADULT DAY CENTER
MARCH 2026---- BREAKFAST, LUNCH, and SNACK MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	3	4	5	6
<i>Biscuit & Gravy, Juice</i>	<i>Cereal and Bananas</i>	<i>Bagels w/ Cream Cheese, Fruit</i>	<i>Breakfast Casserole</i>	<i>Oatmeal & Cranberries</i>
Chicken Fajitas w/vegetables	Brown Bean Soup	Fish Sticks	Chicken Alfredo w/ Broccoli	Hot Turkey & Cheese Sandwich
Yellow Rice	Garden Salad w/dressing	Macaroni & Cheese	Bread and Butter	Vegetable Soup
	Cornbread	Coleslaw	Fruit Jello	Sliced Peaches
		Sliced Pears		
<i>Birthday Cupcakes</i>	<i>Vanilla Wafers</i>	<i>Fruit Bar</i>	<i>Celery Sticks w/Peanut butter</i>	<i>Cheese and Crackers</i>
9	10	11	12	13
<i>French Toast Sticks, Juice</i>	<i>Raisin Toast & Oatmeal</i>	<i>Bacon, Eggs, Toast, Juice</i>	<i>Cereal and Bananas</i>	<i>Cream of Wheat, Apple slices</i>
Spaghetti w/meat sauce	Tuna Sandwich	Zuppa Toscana Soup	Cheese Pizza	Vegetable Wrap
Garden Salad w/dressing	Tomato Basil Soup	Sliced Peaches	Garden Salad w/dressing	Baked Chips
Garlic Bread	Fruit Cup	Garlic Bread	Mixed Fruit	Applesauce
<i>Peanut Butter Crackers</i>	<i>Oatmeal Cookie</i>	<i>Cheese and Crackers</i>	<i>Girl Scout Cookies</i>	<i>Fruit Bar</i>
16	17	18	19	20
<i>Pancakes, Sausage, Juice</i>	<i>Raisin Toast & Oatmeal</i>	<i>Biscuits & Gravy, Juice</i>	<i>Cottage Cheese & Peaches</i>	<i>Cold Cereal & Fruit</i>
Taco Casserole	Sauerkraut	Sloppy Joe w/Bun	BBQ Pork Chops	Salisbury Steak w/Gravy
Garden Salad w/dressing	Chicken Sausage 	French Fries	Rosemary Roasted Potatoes	Jasmine Rice
Lime tortilla chips	Buttered Potatoes	Mixed Fruit	Green Beans	Green Beans
	Cornbread Muffins			Buttered Roll
<i>Graham Crackers</i>	<i>Shamrock Jello</i>	<i>Veggie Sticks</i>	<i>Fruit Snacks</i>	<i>Graham Crackers</i>
23	24	25	26	27
<i>Peaches, Cottage Cheese</i>	<i>Waffles, Sausage, Juice</i>	<i>Fruit Yogurt, Toast</i>	<i>Eggs, Raisin Toast</i>	<i>Banana Muffins, Eggs</i>
Franks and Beans	Chili Mac	Tuna Casserole	Black Bean Soup	Chicken Salad Sandwich
Cucumber Salad	Garden Salad w/dressing	Sweet Peas & Carrots	w/rice	Baked Chips
Fruit Cup	Mandarin Oranges	Buttered Bread	Lime chips	Fruit w/Jello
Bread and Butter			Applesauce	
<i>Cheese & Crackers</i>	<i>Celery Sticks & Ranch dressing</i>	<i>Graham Crackers</i>	<i>Milk & Cookies</i>	<i>Vanilla Wafers</i>
30	31	  		
<i>Peaches, Cottage Cheese</i>	<i>Blueberry Muffins, Yogurt</i>			
Hot Dog w/bun	Turkey Loaf			
Macaroni Salad	Fried Cabbage, Carrots			
Baked Chips	Cornbread			
Mandarin Oranges				
<i>Birthday Cupcakes</i>	<i>Fruit Snacks</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).