

NORTHLAND ADULT DAY CENTER

AUGUST 2025---- BREAKFAST, LUNCH, and SNACK MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Serving the Community 			1
				<i>Cereal and Bananas</i>
				Franks and Beans
				Cucumber Salad
				Bread and Butter
				Fruit Cup
				<i>Oatmeal Cookie</i>
4	5	6	7	8
<i>Waffles, Sausage, Juice</i>	<i>Cottage Cheese w/Peaches, Muffin</i>	<i>Cereal and Fruit</i>	<i>Breakfast Sandwich, Juice</i>	<i>Mixed Berry Muffin, Yogurt</i>
Tuna Salad Sandwich	Chicken Casserole	Hot Ham & Cheese Sandwich	Chili Dog w/Bun	Chicken Soft tacos
Baked Chips	Mixed Vegetables	Vegetable Soup	Tator Tots	Lettuce, Tomato, Onion
Fruit Cup	Bread and Butter	Mixed Fruit	Coleslaw	Peaches
<i>Chocolate Chip Cookie</i>	<i>Graham Crackers</i>	<i>Celery, Carrots, Ranch dressing</i>	<i>Fruit Snacks</i>	<i>Birthday Cupcakes</i>
11	12	13	14	15
<i>Cream of Wheat, Sausage, Juice</i>	<i>Biscuits & Gravy, Juice</i>	<i>Eggs, Toast, Juice</i>	<i>Breakfast Fruit bar, Yogurt</i>	<i>French Toast Sticks, Sausage, Juice</i>
Cheeseburger w/bun	Tuna Casserole	Salisbury Steak w/gravy	Chef Salad w/Chicken	Supreme & Cheese Pizza
Lettuce, Tomato, Onion	Sweet Peas	Mashed Potatoes	Crackers	Garden Salad
Baked Chips	Peaches	Mixed Greens	Jello w/Fruit	Cantaloupe Chunks
	Bread and Butter			
<i>Vanilla Pudding</i>	<i>Popcorn</i>	<i>Vanilla Wafers</i>	<i>Oatmeal Cookie</i>	<i>Birthday Cupcakes & Ice Cream</i>
18	19	20	21	22
<i>Cream of Wheat, Raisin Toast</i>	<i>Breakfast Sandwich</i>	<i>Bagels w/Cream Cheese, Fruit</i>	<i>Biscuits & Gravy, Juice</i>	<i>Cold Cereal & Fruit</i>
Turkey Soft Tacos	Beef Sausage w/Cabbage	Field trip Lunch	Spaghetti w/ Meatsauce	Fish Sticks
Spanish Rice	Buttered Potatoes	Chicken Salad w/Croissant	Garden Salad w/dressing	Macaroni & Cheese
Peaches	Bread and Butter	Baked Chips	Jello w/Fruit	Fruit Cup
		Grapes	Bread and Butter	
<i>Cheese and Crackers</i>	<i>Veggie Sticks</i>	<i>Butter Cookies</i>	<i>Peanut Butter Crackers</i>	<i>Fruit Snacks</i>
25	26	27	28	29
	<i>Cream of Wheat, Toast, Juice</i>	<i>Yogurt, Fruit, Muffin</i>	<i>Eggs, Toast, Juice</i>	<i>Cereal and Bananas</i>
Grilled Cheese Sandwich	Vegetable Fried Rice	BBQ Chicken	Ham & Cheese Sandwich	Turkey Wrap
Tomato Basil Soup	w/ Chicken & Shrimp	Mixed Greens	Pasta Salad	Baked Chips
Pears	Egg Rolls	Apple Sauce	Fruit up	Jello w/fruit
		Bread and Butter		
<i>Oatmeal Cream Pie</i>	<i>Butter Cookie</i>	<i>Snow Cones</i>	<i>Peanut Butter Crackers</i>	<i>Sliced Apples</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).