

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
JAN			1 <i>CLOSED</i>	2 <i>CLOSED</i>
5	6	7	8	9
Cereal, Bananas	Oatmeal w/apple cinnamon	Cottage Cheese, Fruit	French Toast Sticks, Sausage	Breakfast Burritos, Fruit
Tomato Basil Soup	BBQ Chicken	Hamburger Sliders	Turkey w/Croissant	Chili Cheese dogs w/bun
Grilled Cheese Sandwich	Black Eyed Peas	Lettuce, Tomato, Onion	Veggie Sticks	Tator Tots
Fruit Cup	Coleslaw	Baked Chips	Mixed Fruit	Fruit Cup
	Cornbread			
		Oatmeal Crème Pie	fruit snacks	Banana Pudding
12	13	14	15	16
Blueberry Muffin, Yogurt	Cream of Wheat, Sausage, Juice	Pancakes, Sausage, Juice	Breakfast Sandwich, Juice	Cereal, Bananas
Cheese Pizza	Franks and Beans	Tuna Casserole w/	Vegetable & Bean Soup	Sloppy Joe w/Bun
Garden Salad w/dressing	Cucumber Salad	Sweet peas & Carrots	Sliced Peaches	French Fries
Fuit Cup	Fruit Cup	Bread and Butter	Corn Muffins	Mixed Fruit
	Buttered Bread			
Fruit Jello	Butter Cookies	Celery Sticks w Peanut Butter	Birthday Cupcakes	Birthday Cupcakes
19	20	21	22	23
CLOSED FOR MARTIN LUTHER KING JR HOLIDAY	Biscuit and Gravy, Juice	Cream of Wheat, Toast, Juice	Oatmeal, Fruit	Cottage Cheese, Fruit, Muffin
	Chicken Noodle Soup w/Mixed Vegetables	Salmon Croquettes	Salisbury Steak w/Gravy	Chicken Alfredo
	Crackers	Mashed Potatoes	Jasmine Rice	Broccoli
	Mixed Fruit	Sweet Peas	Green Beans	Bread and Butter
	Cheese and crackers	Bread and Butter	Buttered Roll	Fruit Jello
		Cinnamon Applesauce	fruit snacks	Oatmeal bar
26	27	28	29	30
Boiled Eggs, Raisin Toast	Grits, Sausage, Juice	Biscuit and Gravy, Juice	Cold Cereal & Bananas	Waffles, Sausage, Juice
Spaghetti w/meat sauce	Cheeseburger w/bun	Turkey & Cheese Sandwich	Chili Mac	Cereal, Bananas
Garden Salad w/dressing	Lettuce, tomato, onion	Minestrone Soup	Garden Salad w/dressing	Tomato Basil Soup
GarlicBread	Seasoned Fries	Pineapple Chunks	Mandarin Oranges	Grilled Cheese Sandwich
Jello w/fruit		Mixed Fruit		Fruit Cup
Veggie Sticks	Graham Crackers	Cheese & Crackers	Peanut Butter Crackers	Applesauce

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).