

NORTHLAND ADULT DAY CENTER

JANUARY 2026---- BREAKFAST, LUNCH, and SNACK MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1	2
			CLOSED	CLOSED
				
5	6	7	8	9
<i>Cereal, Bananas</i>	<i>Oatmeal w/apple cinnamon</i>	<i>Cottage Cheese, Fruit</i>	<i>French Toast Sticks, Sausage</i>	<i>Breakfast Burritos, Fruit</i>
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			
		<i>Oatmeal Crème Pie</i>	<i>fruit snacks</i>	<i>Banana Pudding</i>
12	13	14	15	16
<i>Blueberry Muffin, Yogurt</i>	<i>Cream of Wheat, Sausage, Juice</i>	<i>Pancakes, Sausage, Juice</i>	<i>Breakfast Sandwich, Juice</i>	<i>Cereal, Bananas</i>
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
Fruit Cup	Fruit Cup	Bread and Butter	Corn Muffins	Mixed Fruit
	Buttered Bread			
<i>Fruit Jello</i>	<i>Butter Cookies</i>	<i>Celery Sticks w Peanut Butter</i>	<i>Birthday Cupcakes</i>	<i>Birthday Cupcakes</i>
19	20	21	22	23
	<i>Biscuit and Gravy, Juice</i>	<i>Cream of Wheat, Toast, Juice</i>	<i>Oatmeal, Fruit</i>	<i>Cottage Cheese, Fruit, Muffin</i>
	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
	<i>Cheese and crackers</i>	Bread and Butter	Buttered Roll	Fruit Jello
		<i>Cinnamon Applesauce</i>	<i>fruit snacks</i>	<i>Oatmeal bar</i>
26	27	28	29	30
<i>Boiled Eggs, Raisin Toast</i>	<i>Grits, Sausage, Juice</i>	<i>Biscuit and Gravy, Juice</i>	<i>Cold Cereal & Bananas</i>	<i>Waffles, Sausage, Juice</i>
Spaghetti w/meat sauce	Cheeseburger w/bun	Turkey & Cheese Sandwich	Chili Mac	<i>Cereal, Bananas</i>
Garden Salad w/dressing	Lettuce, tomato, onion	Minestrone Soup	Garden Salad w/dressing	Tomato Basil Soup
Garlic Bread	Seasoned Fries	Pineapple Chunks	Mandarin Oranges	Grilled Cheese Sandwich
Jello w/fruit		Mixed Fruit		Fruit Cup
<i>Veggie Sticks</i>	<i>Graham Crackers</i>	<i>Cheese & Crackers</i>	<i>Peanut Butter Crackers</i>	<i>Applesauce</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).