

NORTHLAND ADULT DAY CENTER

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1	2	3	4
	<i>Cream of Wheat, Toast, Juice</i>	<i>French Toast, Sausage, Juice</i>	<i>Cereal, Banaas</i>	<i>Bagels w/Cream Cheese, Fruit</i>
	Fish Sandwich	Chicken Sausage	Tuna Salad Sandwich	Hot Dog w/Bun
	Buttered Corn	Cabbage & Potatoes	Baked Chips	Saurkraut
	Cole Slaw	Bread and Butter	Fruit Cup	Applesauce
				
	<i>Oatmeal cookie</i>	<i>Graham Crackers</i>	<i>Fruit Bar</i>	<i>Vanilla Wafers</i>
	7	9	10	11
	<i>Oatmeal w/cranberries, Sausage</i>	<i>Yogurt & Fruit Parfait, Breakfast Bar</i>	<i>Cereal, Bananas</i>	<i>Eggs, Toast, Juice</i>
	BLT Sandwich	Chef Salad w/Chicken	Grilled Cheese Sandwich	Turkey Tacos
	Veggie Soup	Crackers	Tomato Basil Soup	Lettuce, Tomato, Onion
	Sliced Peaches	Jello w/Fruit	Pears	Refried Beans
				Sliced Pineapples
	<i>Fruit Bar</i>	<i>Pudding</i>	<i>Butter Cookies</i>	<i>Birthday Cupcakes</i>
14	15	16	17	18
<i>Bagels w/Cream Cheese, Fruit</i>	<i>Boiled Eggs, Slice Toast, Juice</i>	<i>Cereal and Mixed Fruit</i>	<i>Breakfast Sandwich, Juice</i>	<i>Cottage Cheese w/Peaches, Muffin</i>
Supreme & Cheese Pizza	Chicken Salad w/Croissant	Sloppy Joe w/bun	Chili Dog w/Bun	Turkey Wrap
Garden Salad w/dressing	Baked Chips	Buttered Corn	Cinnamon Carrots	Veggie Straws
Mandarin Oranges	Fruit Cup	French Fries	Tator Tots	Grapes
		Jello w/Fruit		
<i>Birthday Cupcakes</i>	<i>Cheese & Crackers</i>	<i>Fruit Snacks</i>	<i>Ice Cream</i>	<i>Granola Bar</i>
21	22	23	24	25
<i>Biscuits & Gravy, Juice</i>	<i>Oatmeal w/cinnamon apples</i>	<i>Bagels w/Cream Cheese, Fruit</i>	<i>Raisin Toast, Eggs</i>	<i>Cottage Cheese, Fruit, Muffin</i>
Franks and Beans	Salisbury Steak w/gravy	Fish Sticks	Baked Ziti	Chicken Salad w/Croissant
Cucumber Salad	Mashed Potatoes	Macaroni and Cheese	Honey Glazed Carrots	Baked Chips
Sliced Peaches	Green Beans	Coleslaw	Garlic Bread	Applesauce
Bread and Butter		Fruit Cup	Fruit Jello	
<i>Fruit Snacks</i>	<i>Vanilla Wafers</i>	<i>Oatmeal Cream Pie</i>	<i>Vanilla Wafers</i>	<i>Graham Crackers</i>
28	29	30		
<i>Cottage Cheese, Muffin, Fruit</i>	<i>Oatmeal w/Cinnamon Apples, Toast</i>	<i>Bacon, Eggs, Toast</i>		
Grilled Cheese Sandwich	Turkey Goulash	Chicken Stir Fry w/		
Chicken Noodle Soup	Garden Salad w/dressing	Mixed Vegetables		
Pears	Bread and Butter	Apple Sauce		
	Peaches			
<i>Veggie Sticks</i>	<i>Peanut Butter Crackers</i>	<i>Vanilla Wafers</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 cal (202) 720-5964 (voice and TDD).