

**NORTHLAND ADULT DAY CENTER**  
**AUGUST 2022----** BREAKFAST, LUNCH, and SNACK MENU

<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
<i>Oatmeal w/raisins, Toast</i>	<i>French Toast, sausage</i>	<i>Cold Cereal, Bananas</i>	<i>Bagels w/cream cheese, Fruit</i>	<i>Cottage Cheese, Cantaloupe</i>
<b>Turkey Wrap</b>	<b>Chili Dog w/bun</b>	<b>Ham and Beans</b>	<b>Hamburger w/bun</b>	<b>Chicken Nuggets</b>
<b>Veggie Sticks w/ranch dressing</b>	<b>Buttered Corn</b>	<b>Cucumber Salad</b>	<b>Lettuce, tomato, onion</b>	<b>Waffle Fries</b>
<b>Baked Chips</b>	<b>Tator Tots</b>	<b>Cornbread</b>	<b>Baked Chips</b>	<b>Coleslaw</b>
		<b>Fruit Cup</b>		
<i>Birthday Cupcakes</i>	<i>Vanilla wafers</i>	<i>Watermelon Slices</i>	<i>Granola Bar</i>	<i>Fruit Snacks</i>
<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>
<i>English Muffin w/jelly, Boiled Eggs</i>	<i>Breakfast Sandwich, Juice</i>	<i>Pancakes w/sausage, Juice</i>	<i>Raisin Toast, Eggs</i>	<i>Cream of Wheat, sausage, Juice</i>
<b>Ham and Cheese Sandwich</b>	<b>Spaghetti w/meat sauce</b>	<b>Pork Chops</b>	<b>Turkey on Croissant</b>	<b>Sausage w/Cabbage</b>
<b>Vegetable Soup</b>	<b>Garden Salad w/dressing</b>	<b>Scalloped Potatoes</b>	<b>Baked Chips</b>	<b>Buttered Potatoes</b>
<b>Fruit cup</b>	<b>Fruit w/Jello</b>	<b>Sweet Peas</b>	<b>Applesauce</b>	<b>Bread and Butter</b>
<i>Graham Crackers</i>	<i>Fruit Bar</i>	<i>Cheese &amp; Crackers</i>	<i>Birthday Cupcakes</i>	<i>Veggie Chips</i>
<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>
<i>Cold Cereal, Fruit</i>	<i>Banana Muffins, Eggs, Juice</i>	<i>Cottage Cheese, Raisin Toast</i>	<i>Veggie Egg Bake, Juice</i>	<i>French Toast Sticks, Juice</i>
<b>Lasagne</b>	<b>Hoagie Sandwich</b>	<b>Smoked Turkey w/Beans</b>	<b>Turkey Soft Tacos</b>	<b>Tuna Salad Sandwich</b>
<b>Garden Salad w/dressing</b>	<b>Baked Chips</b>	<b>Garden Salad w/dressing</b>	<b>Refried Beans</b>	<b>Baked Chips</b>
<b>Fruit</b>	<b>Veggies w/ranch</b>	<b>Cornbread</b>	<b>Sweet Corn</b>	<b>Grapes</b>
<b>Garlic Bread</b>			<b>Fruit cup</b>	
<i>Oatmeal Cookie</i>	<i>Cheese Nips</i>	<i>Fruit Popsicle</i>	<i>Peanut Butter Crackers</i>	<i>Graham Crackers</i>
<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>
<i>Biscuits and Gravy, Juice</i>	<i>Raisin Toast, Eggs</i>	<i>Waffles w/fruit, Bacon</i>	<i>Oatmeal, Cinnamon Apples</i>	<i>Cold Cereal, Bananas</i>
<b>Sloppy Joe w/bun</b>	<b>Chicken Stir Fry w/</b>	<b>Tuna Casserole</b>	<b>Turkey Wrap</b>	<b>Cheeseburger w/bun</b>
<b>Tator Tots</b>	<b>Mixed Vegetables</b>	<b>Sweet Peas</b>	<b>Veggie Sticks w/ranch dressing</b>	<b>French Fries</b>
<b>Buttered Corn</b>	<b>Apple Sauce</b>	<b>Fruit cup</b>	<b>Baked Chips</b>	<b>Mixed Fruit</b>
<i>Fruit Snacks</i>	<i>Oatmeal Pies</i>	<i>Vanilla Wafers</i>	<i>Fruit Popsicle</i>	<i>Granola Bar</i>
<b>29</b>	<b>30</b>	<b>31</b>		
<i>Cottage Cheese, Muffin, Fruit</i>	<i>Blueberry Muffins, Eggs</i>	<i>Cold Cereal, Bananas</i>		
<b>Chicken Spinach Pasta</b>	<b>Turkey Burritos</b>	<b>Hotdog w/bun</b>		
<b>Garden Salad w/dressing</b>	<b>Refried Beans</b>	<b>Sweet Potato Fries</b>		
<b>Garlic Bread</b>	<b>Buttered Corn</b>	<b>Fruit Cup</b>		
	<b>Mixed Fruit</b>			
<i>Cheese &amp; Crackers</i>	<i>Celery Sticks w/Peanut butter</i>	<i>Celery Sticks w/Peanut butter</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

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