

**NORTHLAND ADULT DAY CENTER
DECEMBER 2024---- BREAKFAST, LUNCH, and SNACK MENU**

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---------------------------------------|--|--|----------------------------------|--|
| 2 | 3 | 4 | 5 | 6 |
| <i>Raisin Toast, Eggs</i> | <i>Oatmeal w/Cranberries, Toast</i> | <i>Cold Cereal & Bananas</i> | <i>Biscuit and Gravy, Juice</i> | <i>Cottage Cheese, Peaches, Muffin</i> |
| Franks and Beans | Sloppy Joe w/Bun | Grilled Cheese Sandwich | Chicken Stir Fry w/ | Salisbury Steak w/gravy |
| Cucumber Salad | Buttered Corn | Tomato Basil Soup | Mixed Vegetables | White Rice |
| Fruit Cup | Seasoned Fries | Pears | Apple Sauce | Green Beans |
| Buttered Bread | | | | Applesauce |
| <i>Fruit Snacks</i> | <i>Butter Cookies</i> | <i>Granola Bar</i> | <i>Veggie Chips</i> | <i>Graham Crackers</i> |
| 9 | 10 | 11 | 12 | 13 |
| <i>Cold Cereal, Bananas</i> | <i>Grits, Toast, Juice</i> | <i>Pancakes w/ Blueberries</i> | <i>Pumpkin Muffins, Eggs</i> | <i>Bagels w/ cream cheese, Fruit</i> |
| Vegetable Soup | Baked Chicken | Meatloaf | Fish Sandwich | Chef Salad w/Chicken |
| Turkey Sandwich | Baked Beans | Mashed Potatoes w/ gravy | French Fries | Crackers |
| Fruit cup | Coleslaw | Broccoli Florets | Cole Slaw | Jello w/Fruit |
| | Bread and Butter | | | |
| <i>Vanilla Wafers</i> | <i>Apple Slices</i> | <i>Cheese Nips</i> | <i>Granola Bars</i> | <i>Oatmeal Cookie</i> |
| 16 | 17 | 18 | 19 | 20 |
| <i>Cream of Wheat, Sausage, Juice</i> | <i>Raisin Toast, Eggs</i> | <i>Waffles with Mixed Berries</i> | <i>Breakfast sandwich, Juice</i> | <i>Cold Cereal, Bananas</i> |
| Sloppy Joe w/ Bun | Chili Dog w/bun | Supreme Pizza | Roasted Chicken | Chili w/beans |
| Buttered Corn | Coleslaw | Garden Salad w/dressing | Mixed Vegetables | Garden Salad w/dressing |
| Seasoned Fries | Baked chips | Pineapples | Apple Sauce | Crackers |
| | | | Bread and Butter | |
| <i>Birthday Cupcakes</i> | <i>Peanut Butter Crackers</i> | <i>Fruit Snacks</i> | <i>Cheese Nips</i> | <i>Oatmeal Cream Pies</i> |
| 23 | 24 | 25 | 26 | 27 |
| <i>Cold Cereal, Bananas</i> | CLOSED | CLOSED | CLOSED | CLOSED |
| Roasted Chicken/ Ham |  |  | | |
| Macaroni & Cheese | | | | |
| Green Beans w/potatoes | | | | |
| Buttered Rolls | | | | |
| <i>Birthday Cupcakes</i> | | | | |
| 30 | 31 | CLOSED | | |
| CLOSED | CLOSED |  | | |

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).