

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 OCTOBER IS Breast cancer awareness month Perform self-breast exams monthly and get screened!	 Happy Halloween	 END ALL	1	2
			<i>French Toast, Sausage, Juice</i>	<i>Cold Cereal and Bananas</i>
			Chicken Sausage	Tuna Salad Sandwich
			Cabbage & Potatoes	Baked Chips
			Bread and Butter	Fruit Cup
5	6	7	<i>Birthday Cupcakes</i> 	<i>Peanut Butter Crackers</i>
<i>Biscuits & Gravy, Juice</i>	<i>Oatmeal w/cranberries, Sausage</i>	<i>Fruit Yogurt Parfait, Breakfast Bar</i>	8	9
<i>Cold Cereal, Bananas</i>	<i>Raisin Toast, Eggs</i>	<i>Cottage Cheese, Fruit</i>	<i>Cold Cereal and Fruit</i>	<i>Eggs, Toast, Juice</i>
Franks and Beans	BLT Sandwich	Supreme Pizza	Chili Dog w/Bun	Turkey Tacos
Cucumber Salad	Vegetable Soup	Garden Salad w/dressing	Cinnamon Carrots	Lettuce, Tomato, Onion
Fruit Cup	Sliced Peaches	Sliced Peaches	Tator Tots	Refried Beans
Bread and Butter				Sliced Pineapples
<i>Fruit Snacks</i>	<i>Fruit Bar</i>	<i>Birthday Cupcakes</i> 	<i>Butter Cookies</i>	<i>Veggie Chips</i>
12	13	14	15	16
<i>Cold Cereal, Bananas</i>	<i>Raisin Toast, Eggs</i>	<i>Cottage Cheese, Fruit</i>	<i>Waffles, Sausage, Juice</i>	<i>Pumpkin Muffins, Yogurt</i>
Turkey & Cheese w/Croissant	Cheeseburger w/bun	Great Northern Beans	Tuna Casserole	Chicken Alfredo
Baked Chips	Lettuce, tomato, onion	Cucumber Salad	Sweet Peas & Carrots	Garden Salad w/dressing
Grapes 	Seasoned Fries	Cornbread Muffins	Bread and Butter	Jello w/Fruit
<i>Pumpkin Donuts, Apple Cider</i>	<i>Vanilla Wafers</i>	<i>Graham Crackers</i>	Fruit Cup	Garlic Bread
19	20	21	<i>Fruit Bar</i>	<i>Butter Cookies</i>
<i>Breakfast Sandwich, Juice</i>	<i>Oatmeal w/Cinnamon Apples, Toast</i>	<i>Cold Cereal, Fruit</i>	22	23
<i>Cold Cereal, Fruit</i>	<i>Cold Cereal, Fruit</i>	<i>Cold Cereal, Fruit</i>	<i>Biscuits & Gravy, Juice</i>	<i>Blueberry Muffins, Eggs</i>
Grilled Cheese Sandwich	Salisbury Steak w/ gravy	Sloppy Joe w/bun	Black Bean Soup	Chili w/beans
Tomato Basil Soup	Mashed Potatoes	Buttered Corn	Cucumber Salad	Garden Salad w/dressing
Sliced Pears	Mixed Greens	French Fries	Sliced Pears	Crackers
	Corn Muffins	Jello w/Fruit	French Bread	
<i>Tea Cakes</i>	<i>Peanut Butter Crackers</i>	<i>Cookies</i>	<i>Graham Crackers</i>	
26	27	28	29	30
<i>Breakfast Burrito, Juice</i>	<i>Bagel w/ Cream Cheese, Fruit</i>	<i>French Toast, Sausage, Juice</i>	<i>Fruit Yogurt Parfait, Breakfast Bar</i>	<i>Cream of Wheat, Fruit</i>
Fish Sandwich	Chicken Sausage	Franks and Beans	Tuna Melt Sandwich	BBQ Chicken Wings
Buttered Corn	Cabbage & Potatoes	Cucumber Salad	Baked Chips	Eyeball Pasta
Cole Slaw	Bread and Butter	Fruit Cup	Fruit Cup	Deviled Eggs 
		Bread and Butter		Veggie Sticks w/ranch
<i>Oatmeal cookie</i>	<i>Vanilla Wafers</i>	<i>Peanut Butter Crackers</i>	<i>Veggie Chips</i>	<i>Halloween Treat</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).