

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>
	<i>Oatmeal w/Apples, Toast</i>	<i>Eggs, Toast, Juice</i>	<i>Breakfast Sandwich, Juice</i>	<i>Cereal, Bananas</i>
	<b>Sloppy Joe w/bun</b>	<b>Chili Dog w/bun</b>	<b>Baked Chicken w/</b>	<b>Supreme Pizza</b>
	<b>Buttered Corn</b>	<b>Tator Tots</b>	<b>Fettuccine Alfredo</b>	<b>Garden Salad w/dressing</b>
	<b>Baked Chips</b>	<b>Apple Sauce</b>	<b>Vegetable Medley</b>	<b>Pineapples</b>
			<b>Garlic Bread</b>	
	<i>Birthday Cupcakes</i>	<i>Peanut Butter Crackers</i>	<i>Oatmeal Cookie</i>	<i>Cheese &amp; Crackers</i>
<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>
<i>Blueberry Muffins, Cottage Cheese</i>	<i>Pancakes, Sausage, Juice</i>	<i>Cream of Wheat, Toast, Fruit</i>	<i>Biscuit and Gravy, Juice</i>	<i>Bacon, Eggs, Toast</i>
<b>Sausage w/Cabbage</b>	<b>Hot Turkey &amp; Cheese Sandwich</b>	<b>Turkey Goulash</b>	<b>Salisbury Steak w/gravy</b>	<b>Chicken Stir Fry w/</b>
<b>Buttered Potatoes</b>	<b>Vegetable Soup</b>	<b>Garden Salad w/dressing</b>	<b>White Rice</b>	<b>Mixed Vegetables</b>
<b>Bread and Butter</b>	<b>Mixed Fruit</b>	<b>Bread and Butter</b>	<b>Sweet Peas</b>	<b>Apple Sauce</b>
		<b>Peaches</b>	<b>Bread and Butter</b>	
<i>Fruit Snacks</i>	<i>Butter Cookies</i>	<i>Granola Bar</i>	<i>Fruit Popsicle</i>	<i>Vanilla Wafers</i>
<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>
<i>Boiled Eggs, Raisin Toast</i>	<i>Cottage Cheese, Muffin, Fruit</i>	<i>Cold Cereal, Fruit</i>	<i>Waffles, Bacon, Juice</i>	<i>Cereal, Bananas</i>
<b>Franks and Beans</b>	<b>Baked Chicken</b>	<b>Grilled Cheese Sandwich</b>	<b>Ham &amp; Bean Soup</b>	<b>Cheeseburger w/bun</b>
<b>Cucumber Salad</b>	<b>Sweet Corn</b>	<b>Vegetable Soup</b>	<b>Garden Salad w/dressing</b>	<b>Lettuce, tomato, onion</b>
<b>Fruit Cup</b>	<b>Jello Fruit Cup</b>	<b>Mixed Fruit</b>	<b>Cornbread</b>	<b>Seasoned Fries</b>
<b>Buttered Bread</b>	<b>Bread and Butter</b>		<b>Sliced Peaches</b>	
<i>Oatmeal Cookie</i>	<i>Oatmeal Cookie</i>	<i>Cheese Nips</i>	<i>Fruit Bar</i>	<i>Butter Cookies</i>
<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>
<i>Biscuits and Gravy, Juice</i>	<i>Bagels w/ cream cheese, Fruit</i>	<i>Raisin Toast, Eggs</i>	<i>Breakfast Sandwich, Juice</i>	<i>Blueberry Muffins, Eggs</i>
<b>Turkey on Croissant</b>	<b>Sheppard's Pie w/</b>	<b>Tuna Casserole</b>	<b>Ham and Cheese Sandwich</b>	<b>White Chicken Chili</b>
<b>Baked Chips</b>	<b>Mashed Potatoes</b>	<b>Sweet Peas &amp; Carrots</b>	<b>Minestrone Soup</b>	<b>Cucumber Salad</b>
<b>Applesauce</b>	<b>Peas and Carrots</b>	<b>Bread and Butter</b>	<b>Mixed Fruit</b>	<b>Applesauce</b>
	<b>Peaches</b>			<b>Cornbread</b>
<i>Pumpkin Donuts</i>	<i>Oatmeal Cookie</i>	<i>Cheese Nips</i>	<i>Graham Crackers</i>	<i>Popcorn</i>
<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b>	
<i>French Toast Sticks, Fruit</i>	<i>Oatmeal w/Apples, Toast</i>	<i>Eggs, Toast, Juice</i>	<i>Cottage Cheese, Muffin, Fruit</i>	
<b>Grilled Cheese Sandwich</b>	<b>Chili w/beans</b>	<b>Chili Dog w/bun</b>	<b>Puking Pumpkin Taco Salad</b>	
<b>Tomato Basil Soup</b>	<b>Tomato &amp; Cucumber Salad</b>	<b>Tator Tots</b>	<b>Beef Mummies</b>	
<b>Pears</b>	<b>Crackers</b>	<b>Apple Sauce</b>	<b>spooky Vegetables</b> 	
<i>Cheese &amp; Crackers</i>	<i>Vanilla Wafers</i>	<i>Peanut Butter Crackers</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

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