


TITLE III NUTRITION PROGRAM MENUS, REGULAR MENUS

HOMESTEAD Nutrition Project
Northwest Kansas Area Agency on Aging

NUTRITION SITES: Atwood, Colby, Downs, Ellis, Goodland, Hays, Hill City, Hoxie, Kanorado, Kensington, Lenora, Lucas, Luray, Nicodemus, Norton, Oakley, Oberlin, Osborne, Palco, Phillipsburg, Plainville, Quinter, Russell, Smith Center, Stockton, Victoria, WaKeeney

MENU APPROVED BY Heidi Wietjes, MS, RD, LMNT, CPT, CHWC
NWKAAA DOES NOT DISCRIMINATE ON THE BASIS OF RACE, COLOR,
NATIONAL ORIGIN, SEX, AGE OR HANDICAP. IF YOU FEEL THAT YOU
HAVE BEEN DISCRIMINATED AGAINST, YOU HAVE THE RIGHT TO FILE A
COMPLAINT WITH NWKAAA 1-800-432-7422. TDD 1-800-766-3777

MENU SUBJECT TO CHANGE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>CLOSED</p> 	<p>Polish Sausage Parslied Potatoes Asparagus Bread Applesauce</p> <p style="text-align: right;">1/3</p>	<p>Taco Salad Corn Chips Peaches</p> <p style="text-align: right;">1/4</p>	<p>Baked Spaghetti Broccoli Bread Fruit Crisp</p> <p style="text-align: right;">1/5</p>	<p>Baked Fish Sweet Potato Casserole Italian Blend Vegetables Bread Pears</p> <p style="text-align: right;">1/6</p>
<p>Chicken & Rice Casserole California Blend Vegetables Bread Hot Cinnamon Pears</p> <p style="text-align: right;">1/9</p>	<p>Ham & Beans Cookie Cornbread Strawberries & Bananas</p> <p style="text-align: right;">1/10</p>	<p>Hamburger Patty Lettuce, Tomato, Onion 3 Bean Salad Bun Mixed Fruit</p> <p style="text-align: right;">1/11</p>	<p>Chef Salad Pudding Crackers Tropical Fruit</p> <p style="text-align: right;">1/12</p>	<p>Pulled Pork Coleslaw Brownie Bun Pineapple</p> <p style="text-align: right;">1/13</p>
<p>Chicken Strips Hashbrown Casserole Catalina Blend Vegetables Bread Mixed Fruit</p> <p style="text-align: right;">1/16</p>	<p>Tator Tot Casserole Peas & Carrots Bread Fruit Cobbler</p> <p style="text-align: right;">1/17</p>	<p>Roast Turkey in Gravy Mashed Potatoes Seasoned Carrots Bread Mandarin Oranges</p> <p style="text-align: right;">1/18</p>	<p>Ground Beef Veg Soup Cottage Cheese Crackers Strawberry Shortcake</p> <p style="text-align: right;">1/19</p>	<p>Little Smokies Baked Potato Green Beans Bread Applesauce</p> <p style="text-align: right;">1/20</p>
<p>Tuna Noodle Casserole Scandinavian Blend Veg Bread Hot Cinnamon Pears</p> <p style="text-align: right;">1/23</p>	<p>Chili Cinnamon Roll Crackers Mandarin Oranges</p> <p style="text-align: right;">1/24</p>	<p>Pork Roast in Gravy Mashed Potatoes Beets Bread Tropical Fruit</p> <p style="text-align: right;">1/25</p>	<p>Chicken & Noodles Mashed Potatoes Stewed Tomatoes Bread Pineapple</p> <p style="text-align: right;">1/26</p>	<p>Spanish Rice w/Hamburger Mixed Vegetables Bread Hot Cinnamon Apple Slices</p> <p style="text-align: right;">1/27</p>
<p>Goulash Brussel Sprouts Bread Peaches</p> <p style="text-align: right;">1/30</p>	<p>Oven Baked Chicken Mashed Potatoes/Gravy Corn Bread Ambrosia Salad</p> <p style="text-align: right;">1/31</p>	<p>January 2023</p>		<p>Substitutions may be more frequent as we experience food supply shortages</p>

Requested Contribution: \$3.50 per meal. Please make checks payable to HOMESTEAD Nutrition Project. Guests under 60 must pay the full cost of the meal, which is \$6.50. SNAP Benefits (previously known as food stamps) can be used to contribute towards the meal. If you need help applying for SNAP, call our office at 1-800-432-7422.