

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, St. Francis, 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
JANUARY 2026	Substitutions may be more frequent as we experience food supply shortages		Closed New Year's Day	Chicken Strips Mashed Potatoes & Gravy Green Beans Bread Tropical Fruit
			1/1	1/2
Beef Frank Cheesy Broccoli Bread Applesauce	Chili Winter Blend Vegetables Cinnamon Roll Peaches	Chicken Pot Pie Catalina Blend Vegetables Biscuit Fruit Crisp	Meatballs in Gravy Mashed Potatoes Peas & Carrots Bread Pineapple	Cook's Choice
1/5	1/6	1/7	1/8	1/9
Smothered Chicken Mashed Potatoes Green Beans Bread Tropical Fruit	Lasagna Italian Blend Vegetables Bread Pears	White Chicken Chili Winter Blend Vegetables Crackers Applesauce Cookie	Baked Chicken Scalloped Potatoes Bread Birthday Cake w/Frosting Pineapple	Little Smokies Macaroni & Cheese Mixed Vegetables Strawberries & Bananas
1/12	1/13	1/14	1/15	1/16
Swiss Steak w/tomatoes Mashed Potatoes Mixed Vegetables Bread Pineapple	Ham & Beans Catalina Blend Vegetables Corn Bread Cinnamon Apples	Chicken & Rice Casserole Broccoli Salad Bread Peaches	Beef & Noodles Mashed Potatoes Beets Bread Mandarin Oranges	Cook's Choice
1/19	1/20	1/21	1/22	1/23
Chicken "Fried" Chicken Mashed Potatoes & Gravy Peas & Carrots Bread Pineapple	Ground Beef Veg Soup Pudding Crackers Mandarin Oranges	Taco Salad Lettuce & Tomatoes Chips Tropical Fruit Cookie	Hamburger Patty Lettuce, Tomato, Onion Macaroni Salad Bun Applesauce	Tomato Soup Tuna Salad Crackers Fruit Cobbler
1/26	1/27	1/28	1/29	1/30

Requested Contribution: \$4.00 per meal. Please make checks payable to HOMESTEAD Nutrition Project. Guests under 60 must pay the full cost of the meal, which is \$7.00. 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.