


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