

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
Chicken Fried Chicken Hashbrown Casserole Catalina Blend Vegetables Bread Applesauce 10/3	Hamburger Gravy Mashed Potatoes Seasoned Carrots Bread Tropical Fruit 10/4	Goulash Asparagus Bread Fruit Cobbler 10/5	Pork Roast w/Sauerkraut Mashed Potatoes Mixed Vegetables Bread Strawberries & Bananas 10/6	Sloppy Joe Spinach Salad Cookie Bun Mandarin Oranges 10/7
Pork Cube Steak in Gravy Scalloped Potatoes Peas & Carrots Bread Peaches 10/10	Ground Beef Veg Soup Cottage Cheese Crackers Pineapple 10/11	Turkey Ala King Winter Blend Vegetables Biscuit Fruit Crisp 10/12	Taco Burger Lettuce, Tomato, Onion Corn Bun Mixed Fruit 10/13	Tuna Noodle Casserole Brussell Sprouts Bread Hot Cinnamon Apple Slices 10/14
Salisbury Steak in Gravy Mashed Potatoes California Blend Vegetables Bread Pears 10/17	Ham & Beans Coleslaw Cornbread Ambrosia Fruit Salad 10/18	Oven Baked Chicken Baked Beans Bread Pudding Bread Mandarin Oranges 10/19	Beef & Noodles Mashed Potatoes Green Beans Bread Strawberry Shortcake 10/20	Baked Fish Macaroni & Cheese Broccoli Bread Applesauce 10/21
Chicken Strips Sweet Potato Casserole Peas Bread Pineapple 10/24	Chili Cinnamon Roll Crackers Tropical Fruit 10/25	Little Smokies Baked Potato Beets Bread Pears 10/26	Hamburger Patty Lettuce, Tomato, Onion Pasta Salad w/veggies Bun Peaches 10/27	Meatloaf Mashed Potatoes/Gravy Corn Bread Ambrosia Salad 10/28
Swiss Steak w/Tomatoes Rice Green Beans Bread Strawberries 10/31		<p style="text-align: center;">October 2022</p>		<p style="text-align: center;">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.