

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
OCTOBER 2025		Chicken Ala King Brussel Sprouts Biscuit Hot Cinnamon Pears 10/1	Chicken "Fried" Chicken W/Gravy Baked Potato Italian Blend Vegetables Bread Apples Slices 10/2	Little Smokies Macaroni & Cheese Mixed Vegetables Mandarin Oranges 10/3
Tomato Soup Tuna Salad Crackers Fruit Cobbler Pudding 10/6	Bierock Casserole Antigua Blend Vegetables Brownie Peaches 10/7	Ham & beans Stmd Cabbage, Carrots & Onions Bread Cinnamon Apples 10/8	Liver & Onions in Gravy Mashed Potatoes California Blend Vegetables Bread Mixed Fruit 10/9	Cook's Choice 10/10
Hamburger Patty Lettuce, Tomato, Onion Macaroni Salad Bun Tropical Fruit 10/13	Chicken & Rice Casserole Sweet Potato Casserole Bread Mandarin Oranges 10/14	Lasagna Italian Blend Vegetables Bread Pears 10/15	Ground Beef Veg Soup Bread Peaches Strawberry Short Cake 10/16	Chicken Strips Mashed Potatoes & Gravy Corn Bread Pineapple 10/17
Smothered Chicken Mashed Potatoes Brussel Sprouts Bread Mixed Fruit 10/20	Goulash Peas & Carrots Bread Cinnamon Applesauce 10/21	Taco Burger Lettuce, Tomato, Cheese Mixed Vegetables Bun Gelatin W/Fruit 10/22	Chicken Noodle Soup Roasted Carrots Crackers Rice Crispy Bar Mandarin Oranges 10/23	Cook's Choice 10/24
Tuna Noodle Casserole California Blend Vegetables Bread Applesauce 10/27	Meatloaf Mashed Potatoes & Gravy Broccoli Bread Pineapple 10/28	Spanish Rice W/Ground Beef Scandinavian Vegetables Bread Mixed Fruit 10/29	White Chicken Chili Antigua Blend Vegetables Crackers Fruit Crisp 10/30	Oven Baked Chicken Au Gratin Potatoes Peas & Carrots Bread Ambrosia Salad 10/31

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.