

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 2026		Substitutions may be more frequent as we experience food supply shortages	Shepard's Pie Scandinavian Vegetables Dinner Roll Mixed Fruit 10/1	Turkey Tetrazzini Brussel Sprouts Biscuit Hot Cinnamon Pears 10/2
Polish Sausage Parslied Potatoes Peas & Carrots Bread Peaches 10/5	Ham & Beans Stmd Cabbage, Carrots & Onions Cornbread Cinnamon Apples 10/6	Chicken Salad Sandwich Broccoli Bun Pears Cookie 10/7	Liver & Onions in Gravy Mashed Potatoes Green Bean Casserole Bread Tropical Fruit 10/8	Little Smokies Macaroni & Cheese Mixed Vegetables Mandarin Oranges 10/9
Hamburger Patty Lettuce, Tomato, Onion Macaroni Salad Bun Tropical Fruit 10/12	Chicken Noodle Soup Roasted Carrots Crackers Rice Crispy Bar Mandarin Oranges 10/13	Baked Spaghetti Italian Blend Vegetables Garlic Bread Blushing Pears 10/14	Spanish Rice w/Ground Beef Scandinavian Vegetables Bread Mixed Fruit 10/15	Chicken Strips Mashed Potatoes & Gravy Corn Bread Pineapple 10/16
Pork Fritter w/Gravy Baked Potato Italian Blend Vegetables Bread Apple Slices 10/19	Chili Scandinavian Vegetables Cinnamon Roll Peaches 10/20	Taco Burger Lettuce, Tomato, Cheese Mixed Vegetables Bun Gelatin w/Fruit 10/21	Baked Chicken Mashed Potatoes & Gravy Coleslaw Bread Pineapple Up/Down Cake 10/22	Cook's choice 10/23
Chicken & Rice Casserole Sweet Potato Casserole Bread Mandarin Oranges 10/26	Beef & Noodles Mashed Potatoes Beets Bread Strawberries & Bananas 10/27	Tator Tot Casserole Italian Blend Vegetables Bread Pineapple 10/28	Chicken "Fried" Chicken w/Gravy Baked Potato Mixed Vegetables Bread Applesauce 10/29	White Chicken Chili Scandinavian Vegetables Crackers Fruit Crisp 10/30

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.