

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
<p><b>Substitutions may be more frequent as we experience food supply shortages</b></p>	<p><b>Chicken Noodle Soup</b> Winter Blend Vegetables Crackers Fruit Crisp  11/1</p>	<p><b>Pork Roast in Gravy</b> Mashed Potatoes Cabbage, Carrots, Onions Bread Applesauce  11/2</p>	<p><b>Baked Fish</b> Coleslaw Brownie Bread Pineapple  11/3</p>	<p><b>Turkey Ala King</b> Asparagus Biscuit Hot Cinnamon Apple Slices  11/4</p>
<p><b>Chicken Fried Chicken</b> Mashed Potatoes/Gravy Beets Bread Tropical Fruit  11/7</p>	<p><b>Ham &amp; Beans</b> Carrot Raisin Salad Cornbread Mandarin Oranges  11/8</p>	<p><b>Shepherd's Pie</b> Antigua Blend Vegetables Bread Fruit Cobbler  11/9</p>	<p><b>Hamburger Patty</b> Lettuce, Tomato, Onion Broccoli Salad Bun Pears  11/10</p>	<p><b>Taco Salad</b> Corn Chips Peaches  11/11</p>
<p><b>Polish Sausage</b> Parslied Potatoes Catalina Blend Vegetables Bread Strawberries  11/14</p>	<p><b>Roast Turkey in Gravy</b> Stuffing Sweet Potato Casserole Roll Ambrosia Salad  11/15</p>	<p><b>Spanish Rice w/hamburger</b> Peas &amp; Carrots Bread Hot Cinnamon Pears  11/16</p>	<p><b>Smothered Steak</b> Mashed Potatoes Brussel Sprouts Bread Pineapple Upside Down Cake  11/17</p>	<p><b>Chili</b> Cinnamon Roll Crackers Tropical Fruit  11/18</p>
<p><b>Chicken Strips</b> Mashed Potatoes/Gravy Broccoli Bread Applesauce  11/21</p>	<p><b>Ground Beef Veg Soup</b> Cottage Cheese Crackers Pineapple  11/22</p>	<p><b>Sausage Gravy</b> Potatoes O'Brien Mixed Vegetables Biscuit Peaches  11/23</p>	<p><b>CLOSED</b>  <b>Happy Thanksgiving</b>  11/24</p>	<p><b>CLOSED</b>    11/25</p>
<p><b>Little Smokies</b> Macaroni &amp; Cheese California Blend Vegetables Bread Mixed Fruit  11/28</p>	<p><b>Oven Baked Chicken</b> Potato Salad Pudding Bread Mandarin Oranges  11/29</p>	<p><b>Baked Spaghetti</b> Green Beans Bread Fruit Cobbler  11/30</p>		<p><b>November 2022</b></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.