

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
Substitutions may be more frequent as we experience food supply shortages		November 2025		
Hamburger Patty Lettuce, Tomato, Onion Macaroni & Cheese Bun Applesauce 11/3	Chicken Enchilada Casserole Corn No Bake Cookie Tropical Fruit 11/4	Beef & Noodles Mashed Potatoes Beets Bread Mandarin Oranges 11/5	Chicken & Rice Casserole Catalina Blend Vegetables Bread Cookie Peaches 11/6	Cook's Choice 11/7
Pork Cube Steak Stewed Tomatoes Bread Tropical Fruit 11/10	Roast Turkey in Gravy Sweet Potato Casserole Green Bean Casserole Mandarin Oranges in Jello Pumpkin Pie Squares 11/11	Tater Tot Casserole Mixed Vegetables Bread Strawberries & Bananas 11/12	BBQ Meatballs Bed of Rice Catalina Blend Vegetables Hot Cinnamon Apples 11/13	Chicken Noodle Soup W/ Carrots Crackers Rice Crispy Bar Mandarin Oranges 11/14
Chicken Strips Mashed Potatoes & Gravy Green Beans Bread Tropical Fruit 11/17	Chili Cinnamon Roll Crackers Mandarin Oranges 11/18	Oven Baked Chicken Baked Potato Coleslaw Bread Pears 11/19	Goulash Italian Blend Vegetables Bread Peaches Cake w/Frosting 11/20	Cook's Choice 11/21
Chicken Parm over Noodles Italian Blend Vegetables Garlic Bread Orange/Pineapple Salad 11/24	Ground Beef Stroganoff Broccoli No Bake Cookie Bread Mixed Fruit 11/25	Breakfast Casserole Potatoes O'Brien Biscuit Strawberries & Bananas 11/26	CLOSED Happy Thanksgiving! 11/27	CLOSED 11/28

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.