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
Hamburger on Bun Lettuce, Tomato, Onion Macaroni & Cheese Applesauce 11/2	**Chicken Enchilada Casserole** Corn No Bake Cookie Tropical Fruit 11/3	**Chicken & Noodles** Mashed Potatoes Beets Bread Mandarin Oranges 11/4	**Chicken & Rice Casserole** Catalina Blend Vegetables Bread Cookie Peaches 11/5	**Shepard's Pie** Scandinavian Vegetables Dinner Roll Mixed Fruit 11/6
Chicken Strips Mashed Potatoes & Gravy Green Beans Bread Tropical Fruit 11/9	**Chili** Cinnamon Roll Crackers Mandarin Oranges 11/10	**Oven Baked Chicken** Baked Potato Coleslaw Bread Pears 11/11	**Goulash** Italian Blend Vegetables Bread Peaches Cake w/Frosting 11/12	**Cook's choice** 11/13
Little Smokies Macaroni & Cheese Mixed Vegetables Strawberries 11/16	**Roast Turkey in Gravy** Sweet Potato Casserole Green Bean Casserole Mandarin Oranges Pumpkin Pie Squares 11/17	**Tater Tot Casserole** Tossed Salad Bread Strawberries & Bananas 11/18	**BBQ Meatballs** Bed of Rice Catalina Blend Vegetables Hot Cinnamon Apples 11/19	**Chicken Noodle Soup** Crackers Rice Crispy Bar Tropical Fruit 11/20
Chicken Parmesan Italian Blend Vegetables Garlic Bread Orange/Pineapple Salad 11/23	**Ground Beef Stroganoff** Broccoli No Bake Cookie Bread Mixed Fruit 11/24	**Breakfast Casserole** Potatoes O'Brien Biscuit Strawberries & Bananas 11/25	**Closed Thanksgiving** 11/26	**Closed** 11/27
Pork Cube Steak Mashed Potatoes Stewed Tomatoes Bread Tropical Fruit 11/30	**Substitutions may be more frequent as we experience food supply shortages**	**NOVEMBER 2026**		

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.