


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
December 2023	Substitutions may be more frequent as we experience food supply shortages			Taco Salad Winter Blend Vegetables Tortilla Chips Cinnamon Apples 12/1
Beef Frank Parslied Potatoes Asparagus Bread Mandarin Oranges 12/4	Ham & Beans California Blend Vegetables Cornbread Cinnamon Apples 12/5	Beef & Noodles Mashed Potatoes Peas & Carrots Bread Tropical Fruit 12/6	Oven Baked Chicken Cubed Potatoes Brussel Sprouts Bread Gelatin w/Fruit 12/7	Cooks choice Entrée Cooks choice Vegetable Cooks choice Compliment Cooks choice Grain Cooks choice Fruit 12/8
Hamburger Patty Lettuce, Tomato, Onion Macaroni Salad Bun Pineapple 12/11	Lasagna Italian Vegetable Blend Dinner Roll Mixed Fruit 12/12	White Chicken Chili Antigua Blend Vegetables Crackers Fruit Crisp 12/13	Liver & Onions in Gravy Mashed Potatoes Creamed Corn Bread Mandarin Oranges 12/14	Tuna Salad Tomato Soup Pudding Saltine Crackers Tropical Fruit 12/15
Tuna Noodle Casserole Winter Blend Vegetables Bread Fruit Cobbler 12/18	Roast Turkey Mashed Potatoes/Gravy Scandanavian Vegetables Dinner Roll Cranberry Fluff 12/19	Ground Beef Veg Soup Garlic Bread Strawberries & Bananas Pudding 12/20	Tator Tot Casserole Mixed Vegetables Bread Strawbery Shortcake 12/21	Cooks choice Entrée Cooks choice Vegetable Cooks choice Compliment Cooks choice Grain Cooks choice Fruit 12/22
Closed Merry Christmas 12/25	Closed 12/26	Chicken Strips Mashed Potatoes & Gravy Green Beans Bread Strawberries 12/27	Smothered Steak Mashed Potatoes Catalina Blend Vegetables Bread Pears 12/28	Ground Beef Stroganoff Broccoli Bread Cinnamon Pears 12/29

Requested Contribution: \$3.75 per meal. Please make checks payable to HOMESTEAD Nutrition Project. Guests under 60 must pay the full cost of the meal, which is \$6.75. 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.