

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
Smothered Chicken Parslied Potatoes Green Beans Bread Pineapple 12/1	Turkey Ala King California Blend Vegetables Biscuit Fruit Crisp 12/2	Ground Beef Veg Soup Pudding Crackers Mandarin Oranges 12/3	Chicken Noodles Mashed Potatoes Peas & Carrots Bread Fruit Cobbler 12/4	Cook's Choice 12/5
Taco Burger Lettuce, Tomato, Cheese Mixed Vegetables Bun Mixed Fruit 12/8	Ham Slice Mashed Potatoes & Gravy Winter Blend Vegetables Dinner Roll Cranberry Fluff 12/9	Harvest Turkey Soup Brownie Crackers Fruit Cobbler 12/10	Liver & Onions in Gravy Mashed Potatoes Winter Blend Vegetables Bread Pears 12/11	Waikiki Meatballs Bed of Rice Green Beans Tropical Fruit 12/12
Chicken Strips Tator Triangles Green Beans Bread Mandarin Oranges 12/15	Spanish Rice W/Ground Beef California Blend Vegetables Bread Gelatin W/Fruit 12/16	Tater Tot Casserole Mixed Vegetables Bread Tropical Fruit 12/17	Beef Pot Roast in Gravy Mashed Potatoes Seasoned Carrots Bread Strawberry Short Cake 12/18	Cook's Choice 12/19
Tomato Soup Tuna Salad Crackers Fruit Cobbler Pudding 12/22	Chili Winter Blend Vegetables Cinnamon Roll Peaches 12/23	Sausage Gravy Hashbrowns Biscuit Mandarin Oranges Cookie 12/24	Closed Christmas Day 12/25	Closed 12/26
Chicken Patty Sandwich Broccoli Bun Cinnamon Pears No Bake Cookie 12/29	Baked Spaghetti Italian Blend Vegetables Garlic Bread Peaches 12/30	Seasoned Baked Chicken Au Gratin Potatoes Coleslaw Bread Mandarin Oranges 12/31	DECEMBER 2025	

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.