

**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
<b>Chicken Patty Sandwich</b> Broccoli Bun Cinnamon Pears Cookie 2/2	<b>Meat Loaf</b> Mashed Potatoes & Gravy Green Beans Bread Mandrin Oranges 2/3	<b>Ground Beef Veg Soup</b> Baked Potato Bread Applesauce 2/4	<b>Oven Baked Chicken</b> Au Gratin Potatoes Peas & Carrots Bread Ambrosia Salad 2/5	<b>Chicken Ala King</b> California Blend Vegetables Biscuit Mixed Fruit 2/6
<b>Polish Sausage</b> Parslied Potatoes Brussel Sprouts Bread Peaches 2/9	<b>Chicken &amp; Noodles</b> Mashed Potatoes Peas & Carrots Bread Fruit Cobbler 2/10	<b>Baked Spaghetti</b> Italian Blend Vegetables Garlic Bread Mandarin Oranges 2/11	<b>Liver &amp; Onions in Gravy</b> Mashed Potatoes California Blend Vegetables Bread Mixed Fruit 2/12	<b>Cook's Choice</b> 2/13
<b>Pork Fritter W/Gravy</b> Mashed Potatoes Italian Blend Vegetables Bread Apples Slices 2/16	<b>Chili</b> Cinnamon Roll Crackers Mandarin Oranges 2/17	<b>Tuna Noodle Casserole</b> Peas & Carrots Bread Fruit Cobbler 2/18	<b>Smothered Steak</b> Mashed Potatoes California Blend Vegetables Bread Pineapple Up/Down Cake 2/19	<b>Baked Fish</b> Macaroni & Cheese Mixed Vegetables Tropical Fruit 2/20
<b>Chicken Strips</b> Mashed Potatoes & Gravy Brussel Sprouts Bread Peaches 2/23	<b>Shepard's Pie</b> Scandinavian Vegetables Bread Mixed Fruit 2/24	<b>Chicken Enchilada Casserole</b> Beets Tortilla Chips Tropical Fruit 2/25	<b>Hamburger Patty</b> Lettuce, Tomato, Onion Tator Triangles Bun Fruit Crisp 2/26	<b>Fish Sticks</b> Cheesy Broccoli Applesauce Brownie 2/27
Substitutions may be more frequent as we experience food supply shortages	<b>FEBRUARY 2026</b>			

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.