

**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
	<p><b>APRIL</b> <b>2026</b></p>	<p><b>Sloppy Joe</b>                      California Blend Vegetables                      Bun                      Blushing Pears                      No Bake Cookie                      4/1</p>	<p><b>Shepard's Pie</b>                      Coleslaw                      Bread                      Peaches                      Cookie                      4/2</p>	<p><b>Tuna Salad</b>                      Tomato Soup                      Crackers                      Mandarin Oranges                      4/3</p>
<p><b>Chicken Strips</b>                      Mashed Potatoes &amp; Gravy                      Green Beans                      Bread                      Tropical Fruit                      4/6</p>	<p><b>Taco Salad</b>                      Lettuce, Tomato, Onion                      Chips                      Pineapple                      Cookie                      4/7</p>	<p><b>Ground Beef Stroganoff</b>                      Brussel Sprouts                      Bread                      Gelatin w/Fruit                      4/8</p>	<p><b>Liver &amp; Onions in Gravy</b>                      Mashed Potatoes                      California Blend Vegetables                      Bread                      Mixed Fruit                      4/9</p>	<p><b>Pulled Pork</b>                      Baked Beans                      Bun                      Mandarin Oranges                      Crispy Rice Bar                      4/10</p>
<p><b>Beef Frank on Bun</b>                      Tomato Cucumber Salad                      Tropical Fruit                      No Bake Cookie                      4/13</p>	<p><b>Oven Baked Chicken</b>                      Parslied Potatoes                      Pasta Salad w/Veggies                      Bread                      Pineapple                      4/14</p>	<p><b>Beef &amp; Noodles</b>                      Mashed Potatoes                      Broccoli                      Bread                      Emerald Pears                      4/15</p>	<p><b>Baked Spaghetti</b>                      Italian Blend Vegetables                      Garlic Bread                      Strawberry Short Cake                      4/16</p>	<p><b>Cook's Choice</b>                      4/17</p>
<p><b>Chicken Patti Sandwich</b>                      Tossed Salad                      Bun                      Cantaloupe                      Pudding                      4/20</p>	<p><b>Bierock Casserole</b>                      California Blend Vegetables                      Bread                      Peaches                      4/21</p>	<p><b>Diced BBQ Chicken</b>                      Bed of Rice                      Coleslaw                      Fruit Cobbler                      4/22</p>	<p><b>Goulash</b>                      Italian Blend Vegetables                      Bread                      Gelatin w/Fruit                      4/23</p>	<p><b>Hamburger Patty</b>                      Lettuce, Tomato, Onion                      Three Bean Salad                      Bun                      Hot Cinnamon Apples                      4/24</p>
<p><b>Tater Tot Casserole</b>                      Mixed Vegetables                      Bread                      Strawberries &amp; Bananas                      4/27</p>	<p><b>Chicken Alfredo Pasta</b>                      Italian Blend Vegetables                      Garlic Bread                      Fruit Crisp                      4/28</p>	<p><b>Chicken Dressing Casserole</b>                      Broccoli                      Bread                      Mixed Fruit                      4/29</p>	<p><b>Meatballs in Gravy</b>                      Mashed Potatoes                      Peas &amp; Carrots                      Bread                      Pineapple                      4/30</p>	

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.