

**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
May 2026	Substitutions may be more frequent as we experience food supply shortages			Tuna Noodle Casserole Brussell Sprouts Bread Mandarin Oranges 5/1
Smothered Chicken Parslied Potatoes Green Beans Bread Pineapple 5/4	Waikiki Meatballs Bed of Rice Mixed Vegetables Strawberries & Bananas 5/5	Taco Burger Lettuce, Tomato, Onion Bun Peaches Crispy Rice Bar 5/6	Oven Baked Chicken Potato Salad Bread Mandarin Oranges 5/7	Beef Frank on Bun Tomato Cucumber Salad Tropical Fruit No Bake Cookie 5/8
Chef Salad w/Ham Crackers Cookie Fruit Cobbler 5/11	Chicken Pot Pie California Blend Vegetables Biscuit Watermelon 5/12	Lasagna Italian Blend Vegetables Bread Peaches 5/13	Bierock Casserole Peas & carrots Pineapple Birthday Cake 5/14	Cook's Choice 5/15
Hamburger Patty Lettuce, Tomato, Onion Pasta Salad w/ Veggies Bun Applesauce 5/18	Spanish Rice Corn Watermelon NO Bake Cookie 5/19	Chicken & Noodles Mashed Potatoes Beets Bread Strawberries & Bananas 5/20	Sausage Gravy Potatoes O'Brien Mixed Vegetables Biscuit Pineapple 5/21	Chicken Strips Mashed Potatoes & Gravy Broccoli Bread Peaches 5/22
Closed Memorial Day 5/25	Salisbury Steak in Gravy Mashed Potatoes Tossed Salad Bread Mandarin Oranges 5/26	Goulash Italian Blend Vegetables Bread Gelatin w/Fruit 5/27	Chicken "Fried" Chicken Mashed Potatoes & Gravy Peas & Carrots Bread Pineapple 5/28	Sloppy Joe Brussel Sprouts Bun Cinnamon Apple Slices 5/29

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.