

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, 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>Substitutions may be more frequent as we experience food supply shortages</p>	<p>June 2022</p>	<p>Sheperd's Pie Corn Bread Peaches 6/1</p>	<p>Taco Burger Lettuce, Tomato, Cheese Rice Bun Mixed Fruit 6/2</p>	<p>Pulled Pork Coleslaw Pudding Bun Cantaloupe 6/3</p>
<p>Chicken Fried Chicken Sweet Potatoes Peas Bread Mandarin Oranges 6/6</p>	<p>Hamburger Gravy Mashed Potatoes Green Beans Bread Tropical Fruit 6/7</p>	<p>Chicken Ala King Italian Blend Vegetables Biscuit Hot Cinnamon Pears 6/8</p>	<p>Liver & Onions in Gravy Mashed Potatoes Corn Bread Pineapple 6/9</p>	<p>Tuna Salad Tomato Cucumber Salad Brownie Bun Strawberries/Bananas 6/10</p>
<p>Smothered Chicken Mashed Potatoes Creamed Peas Bread Ambrosia Salad 6/13</p>	<p>Tater Tot Casserole Mixed Vegetables Bread Fruit Cobbler 6/14</p>	<p>Smokies Baked Potato Cheesy Broccoli Bread Applesauce 6/15</p>	<p>Chicken & Rice Casserole Mixed Vegetables Bread Strawberry Shortcake 6/16</p>	<p>Hamburger Lettuce, Tomato, Onion Potato Salad Bun Fruit Crisp 6/17</p>
<p>Smothered Steak Mashed Potatoes Green Beans Bread Mandarin Oranges 6/20</p>	<p>Oven Baked Chicken Three Bean Salad Pudding Bread Tropical Fruit 6/21</p>	<p>Baked Spaghetti California Blend Vegetables Bread Hot Cinnamon Apples 6/22</p>	<p>Chef Salad Pudding Crackers Watermelon 6/23</p>	<p>Meatloaf Hashbrown Casserole Peas & Carrots Bread Peaches 6/24</p>
<p>Swiss Steak w/ tomatoes Rice Asparagus Bread Pears 6/27</p>	<p>Pork Cutlet Scalloped Potatoes Antigua Blend Vegetables Bread Applesauce 6/28</p>	<p>Turkey Tetrizzini Brussel Sprouts Bread Fruit Crisp 6/29</p>	<p>Sausage Gravy Hashbrowns Cookie Biscuit Cantaloupe 6/30</p>	

Requested Contribution: \$3.50 per meal. Please make checks payable to HOMESTEAD Nutrition Project. Guests under 60 must pay the full cost of the meal, which is \$6.50. 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.