



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
		JUNE 2024		Substitutions may be more frequent as we experience food supply shortages
Beef Frank Macaroni & Cheese Bread Mandarin Oranges 6/3	Chicken Salad Marinated Cucumbers Crackers Cantaloupe 6/4	Smothered Steak Mashed Potatoes Green Beans Bread Tropical Fruit 6/5	Lasagna Italian Blend Vegetables Bread Pears 6/6	Cook's Choice 6/7
Sausage Gravy Scrambled Eggs Biscuit Strawberries & Bananas 6/10	Goulash Sweet Potato Casserole Bread Blushing Pears 6/11	Chicken & Rice Casserole Mixed Vegetables Bread Tropical Fruit 6/12	Liver & Onions in Gravy Mashed Potatoes Italian Blend Vegetables Gelatin w/Fruit 6/13	Chef Salad w/Ham Crackers Mandarin Oranges Brownie 6/14
Chicken Strips Mashed Potatoes & Gravy Green Beans Bread Tropical Fruit 6/17	Taco Burger Lettuce, Tomato, Onion Bun Peaches Crispy Rice Bar 6/18	Tuna Noodle Casserole Brussel Sprouts Bread Fruit Crisp 6/19	Oven Baked Chicken Scalloped Potatoes Asparagus Bread Cake w/Frosting 6/20	Cook's Choice 6/21
Sloppy Joe Catalina Blend Bun Mixed Fruit 6/24	Smothered Chicken Mashed Potatoes Corn Bread Pineapple 6/25	Tater Tot Casserole Mixed Vegetables Bread Cantaloupe 6/26	Baked Fish Creamed Potatoes California Blend Vegetables Bread Peaches 6/27	Hamburger Patty Lettuce, Tomato, Onion Potato Salad Bun Watermelon 6/28

Requested Contribution: \$3.75 per meal. Please make checks payable to HOMESTEAD Nutrition Project. Guests under 60 must pay the full cost of the meal, which is \$6.75. 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.