

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
Pork Fritter Mashed Potatoes & Gravy Broccoli Bread Mixed Fruit 6/2	Taco Burger on Bun Lettuce, Tomato, Cheese Gelatin W/Fruit Bar Cookie 6/3	Chicken & Noodles Mashed Potatoes Peas & Carrots Bread Strawberries & Bananas 6/4	Turkey Ala King California Blend Vegetables Biscuit Baked Cinnamon Pears 6/5	Cook's Choice 6/6
Meatballs in Gravy Bed of Rice Peas & Carrots Strawberries & Bananas Brownie 6/9	Seasoned Baked Chicken Au Gratin Potatoes Broccoli Bread Cinnamon Apples 6/10	Little Smokies Macaroni & Cheese Mixed Vegetables Mandarin Oranges 6/11	Liver & Onions in Gravy Mashed Potatoes Beets Bread Cantaloupe 6/12	Chicken Strips Tater Triangles Brussel Sprouts Bread Tropical Fruit 6/13
Beef Frank on Bun Marinated Cucumbers Strawberries & Bananas No Bake Cookie 6/16	Chef Salad w/Ham Crackers Mandarin Oranges Brownie 6/17	Chicken & Rice Casserole Mixed Vegetables Bread Tropical Fruit 6/18	Smothered Steak Mashed Potatoes Italian Blend Vegetables Bread Pineapple Up/Down Cake 6/19	Cook's Choice 6/20
Chicken Salad Tomato Soup Crackers Mandarin Oranges Cookie 6/23	Beef Pot Roast in Gravy Mashed Potatoes Seasoned Carrots Bread Acini de Pepe Salad 6/24	Chicken Pot Pie California Blend Vegetables Biscuit Fruit Crisp 6/25	Breakfast Casserole Potatoes O'Brien Blue Berry "Muffin" Banana Half 6/26	Hamburger Patty Lettuce, Tomato, Onion Three Bean Salad Bun Gelatin w/fruit 6/27
Sloppy Joe on Bun Tomato Cucumber Salad Pineapple Cookie 6/30			JUNE 2025	

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.