


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 |
|--|---|--|--|---|
| Tater Tot Casserole Mixed Vegetables Bread Strawberries & Bananas 6/1 | Pulled Pork Baked Beans Bun Mandarin Oranges Crispy Rice Bar 6/2 | Pasta Salad w/ham Club Crackers - 2 Tropical Fruit Cookie 6/3 | Ground Beef Stroganoff Brussel Sprouts Bread Gelatin w/Fruit 6/4 | Chicken Patti Sandwich Tossed Salad Bun Cantaloupe Pudding 6/5 |
| Polish Sausage Parslied Potatoes Broccoli Bread Peaches 6/8 | Taco Salad Lettuce, Tomato, Onion Chips Pineapple Cookie 6/9 | Chicken Ala King California Blend Vegetables Biscuit Mixed Fruit 6/10 | Goulash Italian Blend Vegetables Bread Watermelon 6/11 | Cook's Choice 6/12 |
| Smothered Steak Mashed Potatoes Brussel Sprouts Bread Cinnamon Apple Slices 6/15 | Chicken & Rice Casserole Green Beans Bread Mandarin Oranges 6/16 | Chicken Alfredo w/pasta Italian Blend Vegetables Garlic Bread Pears 6/17 | Liver & Onions in Gravy Mashed Potatoes California Blend Vegetables Strawberry Shortcake 6/18 | Hamburger Patty Lettuce, Tomato, Onion Pasta Salad w/ Veggies Bun Applesauce 6/19 |
| Little Smokies Macaroni & Cheese Catalina Blend Vegetables Pineapple 6/22 | Oven Baked Chicken Potato Salad Bread Mandarin Oranges 6/23 | Meatloaf Mashed Potatoes & Gravy Brussel Sprouts Bread Watermelon 6/24 | Chef Salad w/Ham Crackers Brownies Tropical Fruit 6/25 | Chicken Salad Sandwich Tomato Soup Cantaloupe Cookie 6/26 |
| Chicken Strips Mashed Potatoes & Gravy Broccoli Bread Peaches 6/29 | Frito Chili Cheese Pie Tossed Salad Mandarin Oranges Cookie 6/30 | Substitutions may be more frequent as we experience food supply shortages |  | |
| <h1>JUNE 2026</h1> | | | | |

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.