

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
Substitutions may be more frequent as we experience food supply shortages		July 2022		Sloppy Joe Tossed Salad Cookie Bun Pineapple 7/1
CLOSED 7/4	Chicken Strips Mashed Potatoes/Gravy California Blend Vegetables Bread Blushing Pears 7/5	Roast Turkey in Gravy Mashed Potatoes Cabbage, Carrots, Onions Bread Rosy Applesauce 7/6	Chicken Salad Marinated Cucumbers Brownie Bun Cantaloupe 7/7	Baked Fish Macaroni & Cheese Mixed Vegetables Bread Tropical Fruit 7/8
Chicken Fried Chicken Hashbrown Casserole Peas & Carrots Bread Mandarin Oranges 7/11	Taco Salad Lettuce, Tomato, Cheese Rice Chips Pineapple 7/12	Chicken & Noodles Mashed Potatoes Corn Bread Ambrosia Salad 7/13	Hamburger Gravy Mashed Potatoes Broccoli Bread Mixed Fruit 7/14	Pulled Pork Coleslaw Pudding Bun Fruit Cobbler 7/15
Swiss Steak w/tomatoes Rice Corn Bread Tropical Fruit 7/18	Pork Cube Steak Scalloped Potatoes Italian Blend Vegetables Bread Pears 7/19	Oven Baked Chicken Potato Salad Pudding Bread Strawberries 7/20	Chicken & Rice Casserole Asparagus Birthday Cake Bread Hot Cinnamon Apple Slices 7/21	BBQ Meatballs Baked Potato Peas Bread Applesauce 7/22
Smothered Chicken Mashed Potatoes Beets Bread Mandarin Oranges 7/25	Hamburger Patty Lettuce, Tomato, Onion Macaroni Salad Bun Peaches 7/26	Pork Roast w/Sauerkraut Mashed Potatoes Green Beans Bread Strawberries & Bananas 7/27	Goulash Brussel Sprouts Bread Fruit Crisp 7/28	Chef Salad Pudding Crackers Watermelon 7/29

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.