


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
Pulled Pork Baked Beans Bun Mandarin Oranges 7/1	Chicken & Noodles Mashed Potatoes California Blend Vegetables Bread Emerald Pears 7/2	Goulash Italian Blend Vegetables Bread Cinnamon Apples 7/3	 CLOSED 7/4	Taco Salad Lettuce & Tomatoes Chips Tropical Fruit 7/5
Chicken Strips Mashed Potatoes & Gravy Green Beans Bread Mandarin Oranges 7/8	Hamburger Patty Lettuce, Tomato, Onion Potato Salad Bun Tropical Fruit 7/9	Bierock Casserole Antigua Blend Vegetables Bread Peaches 7/10	Chicken Parmesan Italian Blend Vegetables Garlic Bread Rosy Applesauce 7/11	Cook's Choice 7/12
Swiss Steak w/Tomatoes Mashed Potatoes Peas & Carrots Bread Pineapple 7/15	Oven Baked Chicken Baked Potato Peas & Carrots Bread Ambrosia Salad 7/16	Pasta Salad w/Ham Club Crackers Tropical Fruit 7/17	Turkey Ala King Antigua Blend Vegetables Biscuit Strawberry Short Cake Gelatin w/Fruit 7/18	Tator Tot Casserole Brussel Sprouts Bread Watermelon 7/19
Smothered Chicken Parslied Potatoes Green Beans Bread Pineapple 7/22	Frito Chili Cheese Pie California Blend Vegetables Fruit Cobbler Pudding 7/23	Fish Sandwich Mixed Vegetables Bun Strawberries & Bananas 7/24	Meat Balls Mashed Potatoes Cheesy Broccoli Bread Tropical Fruit 7/25	Cook's Choice 7/26
Tuna Salad Sandwich Tomato Soup Cookie Bun Strawberries 7/29	Beef Pot Roast Mashed Potatoes Seasoned Carrots Bread Cantaloupe 7/30	Teriyaki Chicken Rice Broccoli Peaches 7/31	JULY 2024	
				Substitutions may be more frequent as we experience food supply shortages

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.