

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
<p><b>Substitutions may be more frequent as we experience food supply shortages</b></p>	<p><b>AUGUST 2024</b></p>		<p><b>Smokies</b>                      Baked Potato                      Broccoli                      Bread                      Blushing Pears</p> <p style="text-align: right;">8/1</p>	<p><b>Hamburger Patty</b>                      Lettuce, Tomato, Onion                      Macaroni Salad                      Bun                      Tropical Fruit</p> <p style="text-align: right;">8/2</p>
<p><b>Chicken Strips</b>                      Mashed Potatoes &amp; Gravy                      Peas &amp; Carrots                      Bread                      Pineapple</p> <p style="text-align: right;">8/5</p>	<p><b>Goulash</b>                      California Blend Vegetables                      Bread                      Mixed Fruit</p> <p style="text-align: right;">8/6</p>	<p><b>Ground Beef Stroganoff</b>                      Mixed Vegetables                      No Bake Cookie                      Strawberries &amp; Bananas</p> <p style="text-align: right;">8/7</p>	<p><b>Liver &amp; Onions in Gravy</b>                      Mashed Potatoes                      Coleslaw                      Bread                      Fruit Crisp</p> <p style="text-align: right;">8/8</p>	<p><b>Cook's Choice</b></p> <p style="text-align: right;">8/9</p>
<p><b>Sloppy Joe</b>                      Mixed Vegetable                      Bun                      Mandarin Oranges</p> <p style="text-align: right;">8/12</p>	<p><b>Seasoned Baked Chicken</b>                      AuGratin Potatoes                      Beets                      Bread                      Strawberries</p> <p style="text-align: right;">8/13</p>	<p><b>Chicken Enchilada Casserole</b>                      Corn                      Pudding                      Tropical Fruit</p> <p style="text-align: right;">8/14</p>	<p><b>Meatloaf</b>                      Mashed Potatoes &amp; Gravy                      Brussel Sprouts                      Bread                      Peaches</p> <p style="text-align: right;">8/15</p>	<p><b>Fish Sticks</b>                      Cheesy Broccoli                      Bread                      Applesauce</p> <p style="text-align: right;">8/16</p>
<p><b>Tuna Noodle Casserole</b>                      California Blend Vegetables                      Bread                      Pears</p> <p style="text-align: right;">8/19</p>	<p><b>Annual Training Closed.</b></p> <p style="text-align: right;">8/20</p>	<p><b>Smothered Steak</b>                      Mashed Potatoes                      Green Beans                      Bread                      Tropical Fruit</p> <p style="text-align: right;">8/21</p>	<p><b>Chef Salad w/Ham</b>                      Cookie                      Crackers                      Fruit Cobbler</p> <p style="text-align: right;">8/22</p>	<p><b>Cook's Choice</b></p> <p style="text-align: right;">8/23</p>
<p><b>Beef Frank</b>                      Tomato Cucumber Salad                      Bread                      Tropical Fruit</p> <p style="text-align: right;">8/26</p>	<p><b>Baked Spaghetti</b>                      Italian Blend Vegetables                      Garlic Bread                      Peaches</p> <p style="text-align: right;">8/27</p>	<p><b>Tater Tot Casserole</b>                      Mixed Vegetables                      Bread                      Mandarin Oranges</p> <p style="text-align: right;">8/28</p>	<p><b>Spanish Rice w/Hamburger</b>                      Catalina Blend Vegetables                      Hot Cinnamon Apples</p> <p style="text-align: right;">8/29</p>	<p><b>Chicken "Fried" Chicken</b>                      Mashed Potatoes &amp; Gravy                      Peas &amp; Carrots                      Bread                      Pineapple</p> <p style="text-align: right;">8/30</p>

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.