

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
Sloppy Joe on Bun Mixed Vegetables Mandarin Oranges Cookie 8/3	Seasoned Baked Chicken Au Gratin Potatoes Beets Bread Strawberries 8/4	Chicken Enchilada Casserole Corn Pudding Tropical Fruit 8/5	Meatloaf Mashed Potatoes & Gravy Brussel Sprouts Bread Peaches 8/6	Fish Sticks Cheesy Broccoli Bread Applesauce 8/7
Chicken "Fried" Chicken Mashed Potatoes & Gravy Peas & Carrots Bread Pineapple 8/10	Baked Spaghetti Italian Blend Vegetables Garlic Bread Peaches 8/11	Tator Tot Casserole Mixed Vegetables Bread Mandarin Oranges 8/12	Spanish Rice w/Hamburger Catilina Blend Vegetables Hot Cinnamon Apples 8/13	Beef Frank on Bun Tomato Cucumber Salad Tropical Fruit 8/14
Tuna Noodle Casserole California Blend Vegetables Bread Pears 8/17	Goulash Catilina Blend Vegetables Bread Mixed Fruit 8/18	Ground Beef Stroganoff Mixed Vegetables No Bake Cookie Strawberries & Bananas 8/19	Liver & Onions in Gravy Mashed Potatoes Coleslaw Bread Pineapple Up/Down Cake 8/20	Cook's choice 8/21
Chicken Strips Mashed Potatoes & Gravy Peas & Carrots Bread Pineapple 8/24	Closed HNP ANNUAL MEETING 8/25	Chef Salad w/Ham Cookie Crackers Fruit Cobbler 8/26	Smothered Steak Mashed Potatoes Green Beans Bread Tropical Fruit 8/27	Smokies Baked Potato Broccoli Bread Blushing Pears 8/28
Hamburger on Bun Lettuce, Tomato, Onion Macaroni Salad Tropical Fruit 8/31	Substitutions may be more frequent as we experience food supply shortages			August 2026

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.