

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
CLOSED Labor Day 9/1	Tater Tot Casserole Mixed Vegetables Bread Strawberries & Bananas 9/2	Oven Baked Chicken Scalloped Potatoes Asparagus Bread Cinnamon Apples 9/3	Lasagna Italian Blend Vegetables Bread Pears 9/4	Cook's Choice 9/5
Hamburger Patty Lettuce, Tomato, Onion Potato Salad Bun Peaches 9/8	Waikiki Meatballs Rice Broccoli Bread Applesauce 9/9	Goulash Scandinavian Vegetables Bread Blushing Pears 9/10	Chicken "Fried" Chicken Mashed Potatoes & Gravy Peas & Carrots Bread Pineapple 9/11	Beef Frank Macaroni & Cheese Mixed Vegetables Bread Mandarin Oranges 9/12
Chicken Strips Mashed Potatoes & Gravy Green Beans Bread Tropical Fruit 9/15	CLOSED ANNUAL TRAINING 9/16	Shepard's Pie Scandinavian Vegetables Dinner Roll Mixed Fruit 9/17	Chicken Pasta Primavera Tossed Salad Bread Mixed Fruit Cake w/Frosting 9/18	Cook's Choice 9/19
Polish Sausage Potatoes O'Brien Mixed Vegetables Bread Mixed Fruit 9/22	Chicken & Noodles Mashed Potatoes California Blend Vegetables Bread Emerald Pears 9/23	Taco Salad Lettuce & Tomatoes Chips Tropical Fruit Cookie 9/24	Turkey Tetrazzini Broccoli Bread Peaches 9/25	Tuna Noodle Casserole Scandinavian Vegetables Bread Applesauce 9/26
Smothered Chicken Parslied Potatoes Green Beans Bread Pineapple 9/29	Meatloaf Mashed Potatoes & Gravy Brussel Sprouts Bread Peaches 9/30	September 2025		

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.