

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
September 2026	Polish Sausage Potatoes O'Brien Mixed Vegetables Bread Mixed Fruit 9/1	Baked Fish Fillet California Blend Vegetables Gelatin w/Fruit Brownie 9/2	Taco Salad Lettuce & Tomatoes Chips Mandarin Oranges Cookie 9/3	Chicken "Fried" Chicken Mashed Potatoes & Gravy Peas & Carrots Bread Pineapple 9/4
Closed Labor Day 9/7	Shepard's Pie Scandinavian Vegetables Dinner Roll Mixed Fruit 9/8	Chicken & Noodles Mashed Potatoes California Blend Vegetables Bread Emerald Pears 9/9	Chicken & Rice Casserole Pea Salad Bread Mandarin Oranges 9/10	Cook's choice 9/11
Tuna Salad Tomato Soup Crackers Cookie Strawberries 9/14	Turkey Tetrazzini California Blend Vegetables Bread Hot Cinnamon Pears 9/15	Oven Baked Chicken Scalloped Potatoes Asparagus Bread Applesauce 9/16	Lasagna Italian Blend Vegetables Bread Peaches 9/17	Pork Cube Steak Stewed Tomatoes Bread Mandarin Oranges 9/18
Smothered Chicken Parslied Potatoes Green Beans Bread Pineapple 9/21	Meatloaf Mashed Potatoes & Gravy Brussel Sprouts Bread Peaches 9/22	Beef Pot Roast Baked Potato Seasoned Carrots Bread Strawberries & Bananas 9/23	Chicken Pasta Primavera Tossed Salad Bread Cake w/Frosting Gelatin w/Fruit 9/24	Ground Beef Vegetable Soup Crackers Mandarin Oranges Brownie 9/25
Chicken Strips Mashed Potatoes & Gravy Green Beans Bread Tropical Fruit 9/28	Waikiki Meatballs Rice Broccoli Bread Applesauce 9/29	Goulash Scandinavian Vegetables Bread Blushing Pears 9/30	Substitutions may be more frequent as we experience food supply shortages	

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.