


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
August 2025		Substitutions may be more frequent as we experience food supply shortages		Tuna Noodle Casserole California Blend Vegetables Bread Pears 8/1
Fish Sticks Cheesy Broccoli Bread Applesauce 8/4	Seasoned Baked Chicken Au Gratin Potatoes Beets Bread Strawberries 8/5	Smokies Baked Potato Brussel Sprouts Bread Blushing Pears 8/6	Hamburger Patty Lettuce, Tomato, Onion Macaroni Salad Bun Tropical Fruit 8/7	Cook's Choice 8/8
Chicken Strips Mashed Potatoes & Gravy Peas & Carrots Bread Pineapple 8/11	Goulash California Blend Vegetables Bread Mixed Fruit 8/12	Ground Beef Stroganoff Mixed Vegetables No Bake Cookie Strawberries & Bananas 8/13	Liver & Onions in Gravy Mashed Potatoes Coleslaw Bread Fruit Crisp 8/14	Beef Frank Tomato Cucumber Salad Bread Tropical Fruit 8/15
Smothered Steak Mashed Potatoes Green Beans Bread Tropical Fruit 8/18	Chef Salad w/Ham Cookie Crackers Fruit Cobbler 8/19	Diced BBQ Chicken Bed of Rice Coleslaw Pineapple 8/20	Meatloaf Mashed Potatoes & Gravy Brussel Sprouts Birthday Cake Peaches 8/21	Cook's Choice 8/22
Sloppy Joe Mixed Vegetable Bun Mandarin Oranges 8/25	Baked Spaghetti Italian Blend Vegetables Garlic Bread Peaches 8/26	Tater Tot Casserole Mixed Vegetables Bread Strawberries & Bananas 8/27	Spanish Rice w/Hamburger Catalina Blend Vegetables Hot Cinnamon Apples Cookie 8/28	Chicken "Fried" Chicken Mashed Potatoes & Gravy Peas & Carrots Bread Pineapple 8/29

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.