

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, Victoria, WaKeeney

MENU APPROVED BY HEIDI WIETJES, MS, RD, LMNT, LD  
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>APRIL</b> <b>2020</b></p>	<p><b>Waikiki Chicken</b> Rice Broccoli Bread Applesauce 4/1</p>	<p><b>Little Smokies</b> Baked Potato Peas &amp; Carrots Bread Mixed Fruit 4/2</p>	<p><b>Tuna and Noodles</b> Catalina Blend Vegetables Bread Fruit Cobbler or Crisp 4/3</p>
<p><b>Chicken Fried Chicken</b> Mashed Potatoes/Gravy Italian Blend Vegetables Bread Emerald Pears 4/6</p>	<p><b>Goulash</b> Coleslaw Bread Peaches 4/7</p>	<p><b>Pulled Pork</b> Tater Tots or Triangles Green Beans Bun Pineapple 4/8</p>	<p><b>Liver &amp; Onions in Gravy</b> Mashed Potatoes Mixed Vegetables Bread Apricots 4/9</p>	<p><b>Baked Fish</b> Creamed Potatoes Peas Bread Strawberries &amp; Bananas 4/10</p>
<p><b>Salisbury Steak</b> Mashed Potatoes/Gravy Asparagus Bread Mandarin Oranges 4/13</p>	<p><b>Ham &amp; Beans</b> Spinach Salad Cornbread Plums 4/14</p>	<p><b>Chef Salad</b> Tropical Fruit Crackers Brownie 4/15</p>	<p><b>Chicken Dressing Casserole</b> California Blend Vegetables Hot Cinnamon Apple Slices Bread Birthday Cake 4/16</p>	<p><b>Soft Taco</b> Lettuce, Cheese, Tomato Mexicali Corn Tortilla 5 Cup Salad 4/17</p>
<p><b>Smothered Steak</b> Mashed Potatoes Beets Bread Peaches 4/20</p>	<p><b>Chili</b> Tropical Fruit Crackers Cinnamon Roll 4/21</p>	<p><b>Oven Baked Chicken</b> 3 Bean Salad Mandarin Oranges Bread Pudding 4/22</p>	<p><b>Pork Cutlet</b> Hashbrown Casserole Green Beans Bread Strawberries 4/23</p>	<p><b>Hamburger Patti w/Lettuce Onion, Tomato, Pickle</b> Potato Salad Bun Tropical Fruit 4/24</p>
<p><b>Swiss Steak w/tomatoes</b> Rice Green Beans Bread Mixed Fruit 4/27</p>	<p><b>Ground Beef Vegetable Soup</b> Ambrosia Salad Crackers Brownie 4/28</p>	<p><b>Turkey Ala King</b> Spinach Salad Rosy Pears Biscuit Pudding 4/29</p>	<p><b>Lasagna</b> Brussels Sprouts Bread Hot Cinnamon Apple Slices No Bake Cookie 4/30</p>	

**Requested Contribution: \$3.50 per meal. Please make checks payable to HOMESTEAD Nutrition Project.  
Guests under 60 must pay full cost of the meal, which is \$6.50 at the site and \$6.50 for home delivered.**