



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
AUGUST 2017	Tator Tot Casserole Mixed Vegetables Bread 5 Cup Salad 8/1	Chicken Ala King California Blend Vegetables Pears Rice Pudding 8/2	Pork Cutlet Parslied Potatoes Stewed Tomatoes Bread Apricots 8/3	BBQ Meatballs Baked Potato Cheesy Broccoli Bread Gelatin w/fruit 8/4
Chicken Strips Mashed Potatoes/Gravy Brussels Sprouts Bread Peaches 8/7	Turkey Burger Potato Salad Coleslaw  Bun Watermelon 8/8	Bierock Casserole Cauliflower Mixed Fruit Cookie 8/8	Liver & Onions in Gravy Mashed Potatoes Green Beans Bread Rosy Applesauce 8/9	Taco Salad Hominy Chips or Fritos Ambrosia Salad 8/10
Split Smoked Sausage Cubed Seasoned Potatoes Beets Bread Mandarin Oranges 8/14	Goulash Spinach Salad Mixed Fruit Bread Pudding 8/15	Turkey Roast Mashed Potatoes/Gravy Steamed Cabbage, Carrots and Onions Bread - Cranberry Sauce 8/15	Smothered Steak Mashed Potatoes/Gravy Hot Cinnamon Apple Slices Bread Birthday Cake 8/16	Tuna Salad Tomato Soup Cucumbers & Tomatoes Bread Tropical Fruit 8/17
Chicken Fried Chicken Hashbrown Casserole Green Beans Bread Pineapple 8/21	Salisbury Steak Scalloped Potatoes Catalina Blend Vegetables Bread Applesauce 8/22	Turkey Tetrazzini Mashed Potatoes Seasoned Carrots Bread Apricots 8/22	Chef Salad Cantaloupe Café Crackers Cookie 8/23	Meatloaf Creamed Potatoes Peas Bread Peaches 8/24
Swiss Steak Rice Green Beans Bread Plums 8/28	Ham & Beans Broccoli Salad Cornbread Watergate Salad 8/29	Oven Baked Chicken Mashed Potatoes/Gravy Corn Bread Rosy Pears 8/30	Hamburger Patti w/lettuce, Onion, Tomato, Pickle Macaroni Salad Bun Strawberries & Bananas 8/31	

**Requested Contribution: \$3.25 per meal. Please make checks payable to HOMESTEAD Nutrition Project.
Guests under 60 must pay full cost of the meal, which is \$6.00 at the site and \$6.00 for home delivered.**