





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
			Harvest Turkey Soup Orange Pineapple Salad Crackers Brownie 2/1	BBQ Smokies Baked Potato Green Beans Bread Apricots 2/2
Polish Sausage Scalloped Potatoes Peas & Carrots Bread Mandarin Oranges 2/5	Sloppy Joe Cubed Seasoned Potatoes Corn Bun Applesauce 2/6	Chicken Fried Chicken Hashbrown Casserole Italian Blend Vegetables Bread Emerald Pears 2/7	Liver & Onions in Gravy Mashed Potatoes Brussels Sprouts Bread Plums 2/8	Soft Taco Lettuce, Cheese, Tomato Rice Soft Shell Tortilla Tropical Fruit 2/9
Tater Tot Casserole Beets Bread Pineapple 2/12	Hamburger Patti w/ Lettuce Onion, Tomato, Pickle Pasta Salad Bun Strawberries & Bananas 2/13	Baked Fish Macaroni & Cheese  Broccoli Bread Apricots 2/14	Smothered Chicken Mashed Potatoes Antigua Blend Vegetables Bread Pineapple Upside Down Cake 2/15	Chef Salad (meat on the side) Potato Salad Bread Stick Mandarin Oranges 2/16
Pork Cutlet Au gratin Potatoes Catalina Blend Vegetables Bread Apricots 2/19	Chili Gelatin w/Mandarin Oranges & Pineapple Crackers Cinnamon Roll 2/20	Oven Baked Chicken 3 Bean Salad Cottage Cheese Bread Tropical Fruit 2/21	Swiss Steak Rice Peas Bread Pears 2/22	Tuna Salad Tomato Soup Pineapple Crackers Bar Cookie 2/23
Chicken Strips Mashed Potatoes/Gravy Green Beans Bread Peaches 2/26	Ham & Beans Coleslaw w/carrots Cornbread Mixed Fruit 2/27	Baked Spaghetti Mixed Vegetables Hot Cinnamon Apple Slices Bread Cookie 2/28	<p>Happy Groundhog Day!</p>  <p>February 2nd is Groundhog Day. Will he see his shadow?</p>	

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.