

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 style="text-align: center;"><b>DECEMBER 2017</b></p>		
<p><b>Polish Sausage w/Kraut</b> Mashed Potatoes Seasoned Carrots Bread Peaches</p> <p style="text-align: right;">12/4</p>	<p><b>Waikiki Meatballs</b> Rice Broccoli Bread Pears</p> <p style="text-align: right;">12/5</p>	<p><b>Tuna &amp; Noodles</b> Catalina Blend Vegetables Mixed Fruit Bread Pudding</p> <p style="text-align: right;">12/6</p>	<p><b>Harvest Turkey Soup</b> Ambrosia Salad Breadstick Brownie</p> <p style="text-align: right;">12/7</p>	<p><b>Taco Burger</b> <b>w/Lettuce, Tomato, Cheese</b> Refried Beans Bun Mandarin Oranges</p> <p style="text-align: right;">12/8</p>
<p><b>Chicken Strips</b> Hashbrown Casserole Peas Bread Pineapple</p> <p style="text-align: right;">12/11</p>	<p><b>Ham</b> Sweet Potatoes Green Beans Dinner Roll Cranberry Fluff</p> <p style="text-align: right;">12/12</p>	<p><b>Hamburger Patti w/lettuce</b> <b>Onion, Tomato, Pickle</b> Coleslaw w/carrots Bun Tropical Fruit</p> <p style="text-align: right;">12/13</p>	<p><b>Liver &amp; Onions in Gravy</b> Mashed Potatoes Corn Bread Applesauce</p> <p style="text-align: right;">12/14</p>	<p><b>Chili</b> 5 Cup Salad Crackers Cinnamon Roll</p>  <p style="text-align: right;">12/15</p>
<p><b>Fish Sticks</b> Macaroni &amp; Cheese California Blend Vegetables Bread Plums</p> <p style="text-align: right;">12/18</p>	<p><b>Ham &amp; Beans</b> Spinach Salad Cornbread Fluffy Fruit Salad</p> <p style="text-align: right;">12/19</p>	<p><b>Chicken Fried Chicken</b> Scalloped Potatoes Brussels Sprouts Bread Rosy Pears</p> <p style="text-align: right;">12/20</p>	<p><b>Swiss Steak</b> Mashed Potatoes/gravy Hot Cinnamon Apple Slices Bread Birthday Cake</p> <p style="text-align: right;">12/21</p>	<p><b>Split Smoked Sausage</b> Cubed Seasoned Potatoes Strawberries &amp; Bananas Bread Cookie</p> <p style="text-align: right;">12/22</p>
<p style="text-align: center;"><i>Happy Holidays</i></p> <p style="text-align: center;"><b>CLOSED</b></p> <p>12/25 <span style="float: right;">12/26</span></p>		<p><b>Country Fried Steak</b> Mashed Potatoes/Gravy Peas &amp; Carrots Bread Pineapple</p> <p style="text-align: right;">12/27</p>	<p><b>Oven Baked Chicken</b> Potato Salad Tropical Fruit Bread Pudding</p> <p style="text-align: right;">12/28</p>	<p><b>Tuna Salad</b> Tomato Soup Mandarin Oranges Crackers Bar Cookie</p> <p style="text-align: right;">12/29</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.**