




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 LISA GRAFF, 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	
<b>Chicken &amp; Rice Casserole</b> Brussels Sprouts Bread Hot Cinnamon Apple Slices  2/1	<b>Ground Beef Vegetable Soup</b> Orange Pineapple Salad Crackers Cookie  2/2	<b>Pork Roast in Gravy</b> Parslied Potatoes Onions/Cabbage/Carrots Bread Emerald Pears  2/3	<b>Taco Burger</b> Lettuce/Cheese/Tomato 3 Bean Salad Bun Tropical Fruit  2/4	<b>Waikiki Chicken</b> Rice Broccoli Bread Mixed Fruit  2/5	
<b>Chicken Strips</b> Mashed Potatoes/Gravy Corn Bread Pineapple  2/8	<b>Stuffed Bell Pepper Soup</b> Spinach Salad Crackers Applesauce  2/9	<b>Turkey Ala King</b> Mixed Vegetables Pineapple Biscuit Brownie  2/10	<b>Liver &amp; Onions in Gravy</b> Mashed Potatoes Seasoned Carrots Bread Peaches  2/11	<b>Hamburger Patti</b> Lettuce/Onion/Tomato Coleslaw Bun Pears  2/12	
<b>Beef Fritter</b> Mashed Potatoes/Gravy Green Beans Bread Mixed Fruit  2/15	<b>Ham &amp; Beans</b> Carrot Raisin Salad Cornbread Mandarin Oranges  2/16	<b>Baked Fish</b> Creamed Potatoes Peas Bread Pears  2/17	<b>Salisbury Steak/Gravy</b> Mashed Potatoes Corn Bread Pineapple Upside Down Cake  2/18	<b>Tuna and Noodles</b> Brussels Sprouts Bread Fruit Crisp  2/19	
<b>Pork Cutlet</b> Hashbrown Casserole California Blend Vegetables Bread Applesauce  2/22	<b>Chili</b> Ambrosia Fruit Salad Crackers Cinnamon Roll  2/23	<b>Oven Baked Chicken</b> Mashed Potatoes/Gravy Green Beans Bread Peaches  2/24	<b>Turkey Tetrzzini</b> Sweet Potatoes Bread Fruit Cobbler  2/25	<b>Chef Salad</b> (meat on the side) Tropical Fruit Crackers Pudding  2/26	
		<h1>FEBRUARY</h1> <h1>2021</h1>		 	

**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.**