

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>Swiss Steak</b> Rice Green Beans Bread Pears 11/1	<b>Chicken Noodle Soup</b> Broccoli Salad Crackers Applesauce 11/2	<b>Meatballs w/Gravy</b> Baked Potato Seasoned Carrots Bread Strawberries 11/3	<b>Taco Salad</b> Mexicali Corn Chips Peaches 11/4	<b>Pulled Pork</b> Coleslaw Brownie Bun Mixed Fruit 11/5
<b>Pork Cutlet</b> Hashbrown Casserole Beets Bread Mandarin Oranges 11/8	<b>Harvest Turkey Soup</b> Pudding Crackers Tropical Fruit 11/9	<b>Hamburger Patty</b> Lettuce, Tomato, Onion Potato Salad Bun Ambrosia Fruit Salad 11/10	<b>Chicken &amp; Rice Casserole</b> Broccoli Bread Fruit Crisp 11/11	<b>Tuna Noodle Casserole</b> Brussel Sprouts Bread Hot Cinnamon Apple Slices 11/12
<b>Chicken Fried Chicken</b> Mashed Potatoes/Gravy Green Beans Bread Pears 11/15	<b>Roast Turkey in Gravy</b> Stuffing Sweet Potatoes Roll Cranberry Fluff 11/16	<b>Ham &amp; Beans</b> Spinach Salad Cornbread Rosy Applesauce 11/17	<b>Baked Spaghetti</b> California Blend Vegetables Bread Pineapple Upside Down Cake 11/18	<b>Baked Fish</b> Macaroni and Cheese Peas Bread Tropical Fruit 11/19
<b>Smothered Steak</b> Mashed Potatoes Stewed Tomatoes Bread Peaches 11/22	<b>Ground Beef Veggie Soup</b> Pudding Crackers Strawberries & Bananas 11/23	<b>Sausage Gravy</b> Corn Cookie Biscuit Mandarin Oranges 11/24		
<b>Chicken Strips</b> Scalloped Potatoes Peas & Carrots Bread Rosy Pears 11/29	<b>Chili</b> Pineapple Crackers (2) Cinnamon Roll 11/30	<h1>November</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.**