

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
<div style="border: 1px solid black; padding: 10px; width: fit-content; margin: auto;"> <p><b>September 2021</b></p> </div>		<p><b>Chicken Salad Sandwich</b> Tomatoes &amp; Cucumbers Pineapple Bun Pudding</p> <p style="text-align: right;">9/1</p>	<p><b>Pork Roast in Gravy</b> Mashed Potatoes Peas Bread Rosy Applesauce</p> <p style="text-align: right;">9/2</p>	<p><b>Chili (4oz)</b> Baked Potato California Blend Vegetables Bread Peaches</p> <p style="text-align: right;">9/3</p>
<p><b>Closed Labor Day</b></p> <p style="text-align: right;">9/6</p>	<p><b>Cheeseburger Macaroni</b> California Blend Vegetables Bread Fruit Cobbler</p> <p style="text-align: right;">9/7</p>	<p><b>Roast Turkey in Gravy</b> Mashed Potatoes Green Beans Bread Pears</p> <p style="text-align: right;">9/8</p>	<p><b>Spanish Rice w/hamburger</b> Asparagus Bread Hot Cinnamon Apple Slices</p> <p style="text-align: right;">9/9</p>	<p><b>BBQ Pulled Pork</b> Coleslaw Mixed Fruit Bun Brownie</p> <p style="text-align: right;">9/10</p>
<p><b>Chicken &amp; Rice Casserole</b> Sweet Potatoes Bread Fruit Crisp</p> <p style="text-align: right;">9/13</p>	<p><b>Pork Cutlet</b> Tator Tots Green Beans Bread Watermelon</p> <p style="text-align: right;">9/14</p>	<p><b>Chicken Enchilada Casserole</b> Mexicalli Rice Bread Peaches</p> <p style="text-align: right;">9/15</p>	<p><b>Beef &amp; Noodles</b> Mashed Potatoes Corn Bread Pineapple Upside Down Cake</p> <p style="text-align: right;">9/16</p>	<p><b>Hamburger Patti</b> Lettuce, Tomato, Onion Cottage Cheese Bun Cantelope</p> <p style="text-align: right;">9/17</p>
<p><b>Smothered Steak</b> Mashed Potatoes Peas &amp; Carrots Bread Mixed Fruit</p> <p style="text-align: right;">9/20</p>	<p><b>Oven Baked Chicken</b> Potato Salad Mandarin Oranges Bread Pudding</p> <p style="text-align: right;">9/21</p>	<p><b>Turkey Ala King</b> Brussels Sprouts Biscuit Hot Cinnamon Pears</p> <p style="text-align: right;">9/22</p>	<p><b>Taco Salad</b> Rice Chips Pineapple</p> <p style="text-align: right;">9/23</p>	<p><b>Baked Fish</b> Parslied Potatoes Country Style Tomatoes Bread Applesauce</p> <p style="text-align: right;">9/24</p>
<p><b>Chicken Fried Chicken</b> Scalloped Potatoes Antigua Blend Vegetables Bread Mixed Fruit</p> <p style="text-align: right;">9/27</p>	<p><b>Waikiki Meatballs</b> Rice Broccoli Bread Peaches</p> <p style="text-align: right;">9/28</p>	<p><b>Bierock Casserole</b> Side Salad Café Crackers Rosy Pears</p> <p style="text-align: right;">9/29</p>	<p><b>Pasta Salad with Ham</b> Tropical Fruit Café Crackers Cookie</p> <p style="text-align: right;">9/30</p>	

**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.**