

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
Ham & Potato Casserole Green Beans Bread Peaches 11/2	Baked Spaghetti Brussels Sprouts Bread Hot Cinnamon Apple Slices 11/3	Hamburger Patti Lettuce/Tomato/Onion Potato Salad Bun Tropical Fruit 11/4	Taco Salad Rice Chips Pineapple  11/5	Harvest Turkey Soup Mandarin Oranges Crackers Brownie 11/6
Salisbury Steak Mashed Potatoes/Gravy Peas Bread Mixed Fruit 11/9	Ham & Beans Spinach Salad Cornbread Rosy Pears 11/10	Beef Stroganoff Asparagus  Bread Ambrosia Fruit Salad VETERANS DAY 11/11	Chicken Ala King Broccoli Salad Applesauce Biscuit Pudding 11/12	Tuna Salad Tomato Soup Coleslaw Crackers Pineapple 11/13
Swiss Steak Rice Green Beans Bread Peaches 11/16	Roast Turkey in Gravy Mashed Potatoes Corn Roll Cranberry Salad 11/17	Chili 5 Cup Salad Crackers Cinnamon Roll 11/18	Pork Cutlet Hashbrown Casserole Peas & Carrots Bread Strawberry Shortcake 11/19	BBQ Meatballs Baked Potatoes California Blend Vegetables Bread Mixed Fruit 11/20
Smothered Chicken Mashed Potatoes Scandanavian Blend Vegetables -- Bread Emerald Pears 11/23	Ground Beef Vegetable Soup Cottage Cheese Crackers Tropical Fruit 11/24	Sausage Patty Tater Tots or Triangles Strawberries and Bananas Biscuit Chocolate Chip Cookie 11/25	 Happy Thanksgiving CLOSED	
Chicken Strips Scalloped Potatoes Seasoned Carrots Bread Mandarin Oranges	 NOVEMBER 2020	Nov. 6, 1860	Abraham Lincoln elected President of the United States	
		Nov. 13, 1942	Minimum draft age lowered from 21 to 18	
		Nov. 14, 1832	First street car went into operation. It was horse-drawn and located in New York City.	
		Nov. 15, 1777	Continental Congress approves Articles of Confederation.	
		Nov. 28, 1925	'Grande Ole Opry' debuts on the radio.	

**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.**