

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
Chicken Fried Chicken Mashed Potatoes/Gravy Scandanavian Blend Veg Bread Mixed Fruit 6/1	Waikiki Meatballs Rice Broccoli Bread Rosy Applesauce 6/2	Pulled Pork Tater Tots or Triangles Green Beans Bun Mandarin Oranges 6/3	Goulash Brussels Sprouts Bread Hot Cinnamon Apple Slices 6/4	Chicken Salad Tomatoes & Cucumbers Watermelon Bun Pudding 6/5
Pork Cutlet Scalloped Potatoes Peas Bread Pears 6/8	Chicken and Noodles Mashed Potatoes Seasoned Carrots Bread Pineapple 6/9	Taco Burger Lettuce, Cheese, Tomato Refried Beans Bun Tropical Fruit 6/10	Liver & Onions in Gravy Mashed Potatoes Beets Bread Peaches 6/11	Baked Fish Macaroni & Cheese Catalina Blend Vegetables Bread Plums 6/12
Swiss Steak w/tomatoes Rice Green Beans Bread Mixed Fruit 6/15	Pasta Salad with Ham Strawberries & Bananas Crackers Pudding  6/16	Breakfast Sausage Patti Tator Tots or Triangles Cantaloupe Biscuit Chocolate Chip Cookie Bar 6/17	Smothered Chicken Mashed Potatoes Mandarin Oranges Bread Birthday Cake 6/18	Sloppy Joe Parslied Potatoes California Blend Vegetables Bun Applesauce 6/19
Salisbury Steak Mashed Potatoes/Gravy Corn Bread Apricots 6/22	Oven Baked Chicken 3 Bean Salad Tropical Fruit Bread No Bake Cookie 6/23	Little Smokies Baked Potato Broccoli Bread Peaches 6/24	Turkey Tetrazzini Italian Blend Vegetables Bread Pineapple 6/25	Hamburger Patti w/lettuce Tomato/Onion/Pickle Potato Salad Bun Cantaloupe 6/26
Chicken Strips Hashbrown Casserole Peas & Carrots Bread 5 Cup Salad 6/29	Chef Salad Cottage Cheese Crackers Watermelon 6/30	 <div style="display: inline-block; vertical-align: middle; text-align: center;"> <h1 style="margin: 0;">JUNE</h1> <h1 style="margin: 0;">2020</h1> </div> 		

**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.**