

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
<p>June 2021</p>	<p>Chicken Fried Chicken Scalloped Potatoes Peas Bread Pineapple 6/1</p>	<p>Polish Sausage Mashed Potatoes Green Beans Bread Pears 6/2</p>	<p>Turkey Ala King Brussels Sprouts Fruit Crisp Biscuit 6/3</p>	<p>Baked Fish Macaroni & Cheese Mixed Vegetables Bread Mandarin Oranges 6/4</p>
<p>Baked Spaghetti Peas & Carrots Bread Hot Cinnamon Apple Slices 6/7</p>	<p>Chef Salad Watermelon Crackers Pudding 6/8</p>	<p>Smokies Baked Potato Broccoli Bread Mixed Fruit 6/9</p>	<p>Liver & Onions in Gravy Mashed Potatoes Seasoned Carrots Bread Tropical Fruit 6/10</p>	<p>Chicken & Rice Casserole California Blend Vegetables Bread Fruit Cobbler 6/11</p>
<p>Chicken Strips Hashbrown Casserole Catalina Blend Vegetables Bread Rosy Applesauce 6/14</p>	<p>Meatballs in gravy Rice Asparagus Bread Mandarin Oranges 6/15</p>	<p>Sausage Gravy Tator Tots Strawberries Biscuit Bar Cookie 6/16</p>	<p>Chicken Dressing Casserole Sweet Potatoes Hot Cinnamon Pears Bread Birthday Cake 6/17</p>	<p>Tuna Salad Tomatoes and Cucumbers Pineapple Bun Pudding 6/18</p>
<p>Swiss Steak w/tomatoes Mashed Potatoes Green Beans Bread Applesauce 6/21</p>	<p>Taco Salad Mexicali Corn Chips Watergate Salad 6/22</p>	<p>Oven Baked Chicken Mashed Potatoes/Gravy Corn Bread Peaches 6/23</p>	<p>Hamburger Lettuce, Tomato, Onion Potato Salad Bun Cantelope 6/24</p>	<p>BBQ Pulled Pork Coleslaw Pears Bun Jello 6/25</p>
<p>Smothered Steak Mashed Potatoes Beets Bread Peaches 6/28</p>	<p>Pasta Salad with Ham Tropical Fruit Crackers Cookie 6/29</p>	<p>Beef Roast Mashed Potatoes/Gravy Green Beans Bread Mixed Fruit 6/30</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.