


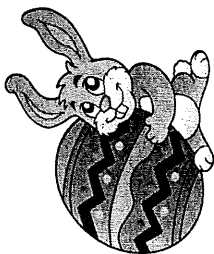
TITLE III NUTRITION PROGRAM MENUS, REGULAR MENUS

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 Strips Mashed Potatoes/Gravy Peas & Carrots Bread Pineapple 4/1	Ground Beef Vegetable Soup Cottage Cheese Crackers Rosy Pears 4/2	Chicken Dressing Casserole Sweet Potatoes Green Beans Bread Cranberry Fluff 4/3	Goulash Brussels Sprouts Hot Cinnamon Apple Slices Bread Bar Cookie 4/4	Tuna Patti Macaroni & Cheese Italian Blend Vegetables Bread Tropical Fruit 4/5
Swiss Steak Rice Asparagus Bread Applesauce 4/8	Pork Roast in Gravy Mashed Potatoes Seasoned Carrots Bread Mandarin Oranges 4/9	Soft Taco Lettuce, Cheese, Tomato Mexicali Corn Tortilla 5 Cup Salad 4/10	Liver & Onions in Gravy Mashed Potatoes Wax Beans Bread Peaches 4/11	Chef Salad Watergate Salad Café Crackers Brownie 4/12
Ground Beef Stroganoff Over Noodles California Blend Vegetables Bread Emerald Pears 4/15	White Chicken Chili Coleslaw Crackers Fruit Cobbler or Crisp 4/16	Sloppy Joe Tater Tots or Triangles Peas Bun Mixed Fruit 4/17	Smothered Steak Mashed Potatoes Corn Bread Strawberry Shortcake 4/18	Baked Fish Scalloped Potatoes Beets Bread Pineapple 4/19
Pork Cutlet Hash Brown Casserole Winter Mix Vegetables Bread Plums 4/22	Shepards Pie Side Salad Pineapple Bread Cookie 4/23	Oven Baked Chicken 3 Bean Salad Tropical Fruit Bread Pudding 4/24	Hamburger Patti w/Lettuce, Onion, Tomato, Pickle Potato Salad Bun Mandarin Oranges 4/25	BBQ Meatballs Baked Potato Broccoli Bread Rosy Applesauce 4/26
Beef Frank Mashed Potatoes Sauerkraut Bread Mixed Fruit 4/29	Turkey Ala King Green Beans Blushing Pears Biscuit Brownie 4/30			
<h1>APRIL 2019</h1> 				

Requested Contribution: \$3.25 per meal. Please make checks payable to HOMESTEAD Nutrition Project. Guests under 60 must pay full cost of the meal, which is \$6.00 at the site and \$6.00 for home delivered.