

SEPTEMBER 2023

Capon Valley View: 304-856-3650

Administration Office: 304-822-2465

All meals include milk.
Lunch served at 12 noon.

THE OLDER AMERICANS ACT NUTRITION PROGRAM – Please give whatever you can; help us help others.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p>goodbye, august</p> <p>hello, september</p>			<p>1 Tuna Salad Sandwich Potato Salad Cherry Tomatoes Cottage Cheese Pineapple Chunks, Dessert</p>
<p>4 HAPPY LABOR DAY! NO MEAL SERVICES</p>	<p>5 Meatball Sub w/Sauce & Cheese Pea Salad Potato Wedges Fruit, Pudding</p>	<p>6</p>	<p>7</p>	<p>8 Salisbury Steak w/Gravy Mashed Potatoes Broccoli Wheat Roll Grapes, Dessert</p>
<p>11</p>	<p>12 Beef Tip Stroganoff Egg Noodles California Blend Veggies Lima Beans Applesauce, Cookie</p>	<p>13</p>	<p>14</p>	<p>15 Chicken Noodle Soup w/ Veggies Egg Salad Sandwich Cherry Tomatoes Fruit, Brownie</p>
<p>18</p>	<p>19 Chili Dog w/Bun Baked Beans Potato Wedges Yogurt Fruit Cocktail</p>	<p>20</p>	<p>21</p>	<p>22 Hobo Beans Stewed Tomatoes Broccoli Biscuit Orange Juice, Dessert</p>
<p>25</p>	<p>26 Cheeseburger w/Lettuce & Tomato Crinkle-Cut Fries 3 Bean Salad Potato Chips</p>	<p>27</p>	<p>28</p>	<p>29 BBQ Beef Riblets Au Gratin Potatoes Salad w/Tomatoes Tropical Fruit Wheat Bread Cookie</p>
<p>If schools are closed due to road conditions, senior centers and meal services are closed. If schools are on a 2 hour delay, we will be open. If schools are dismissing early, we will be closed.</p>				<p>Menu is subject to change.</p>