

SCHOOL MENUS

The following school lunch menus are for the week of Sept. 28. All lunches include milk.

DALLAS SCHOOLS

Elementary
THURSDAY - Ravioli stuffed w/ricotta cheese-garlic bread, American deli hoagie, tossed salad, chilled diced pears.

FRIDAY - Grilled cheese sandwich, American deli hoagie, tomato soup/crackers, seasoned green beans, fresh orange slices.

MONDAY - Labor Day. No school.

TUESDAY - Stromboli stuffed w/pepperoni-cheese, side of Italian sauce, BBQ rib sandwich, glazed carrot coins, fruit Shape-Up.

WEDNESDAY - Cheesy chipsteak hoagie, bbq rib sandwich, French fries, chilled cinnamon applesauce.

Middle School
THURSDAY - Mexican Bar. Ravioli stuffed w/ricotta cheese-garlic bread, tossed salad, chilled diced pears.

FRIDAY - Pasta Bar. Grilled cheese sandwich, hot tomato soup/crackers, seasoned green beans, fresh orange slices.

MONDAY - Labor Day. No school.

TUESDAY - Breakfast Bar. Stromboli stuffed w/pepperoni-cheese, side of Italian sauce, glazed carrot coins, fruity Shape-Up.

WEDNESDAY - Cheesy Chipsteak Bar. BBQ rib sandwich, French fries, cinnamon applesauce.

High School
THURSDAY - Mexican Bar. Ravioli stuffed w/ricotta cheese-garlic bread.

FRIDAY - Pasta Bar. Grilled cheese sandwich, hot tomato soup/crackers.

MONDAY - Labor Day. No school.

TUESDAY - Breakfast Bar. Stromboli stuffed w/pepperoni-side of Italian sauce, glazed carrots.

WEDNESDAY - Cheesy Chipsteak Bar. BBQ rib sandwich, vegetable soup.

LAKE-LEHMAN SCHOOLS

Elementary
THURSDAY - Chicken patty/bun, Sloppy Joe/bun w/cheese cube, golden corn, fruited jello.

FRIDAY - French bread pizza, ham bbq/bun, glazed carrots, rosy applesauce.

MONDAY - Labor Day. No school.

TUESDAY - Chicken nuggets w/roll, dipping sauce, bbq rib sandwich, mashed potatoes, chilled pears.

WEDNESDAY - Italian dunkers, w/sauce, three meat hoagie w/ lettuce-tomato, golden corn, fruit crisp.

Middle School
THURSDAY - French Fry Bar. Rotini w/meat sauce-dinner roll, tossed salad/dressing, fruited jello.

FRIDAY - Deli Bar. Grilled cheese sandwich, tomato soup, glazed carrots, pineapple tidbits.

MONDAY - Labor Day. No school.

TUESDAY - Chicken Fajita Bar. BBQ chicken sandwich, potato wedges, orange smiles.

WEDNESDAY - Hot Dog Bar. French bread pizza, fresh veggies w/dip, chilled peaches.

High School
THURSDAY - French Fry Bar. Rotini w/meat sauce-dinner roll, tossed salad/dressing, fruited jello.

FRIDAY - Breakfast Bar. Grilled cheese sandwich, tomato soup, glazed carrots, pineapple tidbits.

MONDAY - Labor Day. No school.

TUESDAY - Hot Dog Bar. BBQ chicken sandwich, potato wedges, orange smiles.

WEDNESDAY - Chicken Fajita Bar. French bread pizza, fresh veggies w/dip, chilled peaches.

WEST SIDE TECH

Breakfast
THURSDAY - Sausage/cheese on roll or cereal, juice, pastry.

FRIDAY - Cereal, coffee cake, fruit juice.

MONDAY - Labor Day. No school.

TUESDAY - Fruit, cereal, juice, pastry.

WEDNESDAY - Hot ham/cheese or cereal, juice, pastry.

Lunch
THURSDAY - Pasta/meat sauce, tossed salad/dressing, roll, soft pretzel.

FRIDAY - Pizza, fresh relish cup/ranch dip, apple.

MONDAY - Labor Day. No school.

TUESDAY - Cheesesteak hoagie w/lettuce-tomato, seasoned pasta, chilled fruit.

WEDNESDAY - Pork Rib bbq w/sauce, roll, pasta salad, chilled pears, yellow cake/frosting.

Celebrity Luncheon Series launches sixth season Sept. 17

The Celebrity Luncheon Series is announcing the four speakers that will headline its sixth season. They are Tweed Roosevelt, Rita Moreno, Wally Amos and Lesley Stahl.

Roosevelt will thrill the audience on September 17 with the adventurous telling of his 1992 trip down the River of Doubt, a remote tributary of the Amazon. His great-grandfather Teddy Roosevelt, first explored it in 1914. Two other expeditions have attempted it since 1926, both ending in failure.

Rita Moreno will come to town October 15. Moreno is the only female performer to have won all four of the most prestigious show business awards: the Oscar, the Emmy, the Tony and the Grammy. Her many anecdotes on her career will demonstrate how she has broken the rigid role of Latino stereotyping.

On April 14, 2000, Wally Amos will inspire the membership with his story of his roller-coaster ride to success with his Famous Amos

cookie. He is described as resembling these cookies—a humble beginning; full of quality, uniqueness and substance; sweetness and incredible success.

The season will conclude on May 12, 2000 with Lesley Stahl. Her presentation will include her many observations of the world of politicians, first ladies, White House correspondents and her tenure on 60 minutes.

All events will be held at the Woodlands Inn, Plains Township. They begin with the speaker's presentation at 11 a.m., immediately followed by questions directly from the audience at noon. Lunch begins at 12:30 and the audience is invited to stay as long as their schedules permit. Any proceeds from the luncheons benefit the Celebrity Luncheon fund of the Luzerne Foundation. This fund gave its first community grants following the 1998-99 season. Subscriptions for the series of four are available by calling Mary Reddy at 696-3967.



Dr. Gil Griffiths, Superintendent, demonstrates safe driving methods at the Dallas school complex.

Dallas takes steps to slow traffic

The Dallas School District has installed a series of speed bumps throughout the campus. The yellow painted bumps are designed to keep drivers from exceeding the posted 5 mph speed limit.

"We had discussed on many occasions ways to protect students on the property without

changing access to the grounds," said Dr. Gil Griffiths, superintendent of schools.

The district contacted the Department of Transportation and downloaded specifications for the speed bump from PennDOT's website. Work crews installed the bumps this summer.

Amy Withers wins scholarship

Amy Withers, 15, of Dallas recently competed in the annual Pittston Tomato Festival Queen Scholarship Contest. Amy was named 1st runner up in the contest and was awarded a monetary scholarship.

Part of the contest included a one-on-one interview with three judges including the present Miss Pennsylvania, Angela Patla. Another part of the contest was talent which Amy performed a vocal to the Battle Hymn of the Republic.

Amy will be entering her sophomore year at Dallas High School where she is a member of the marching band, Guard, indoor Guard, chorus and select girls chorus. Amy will write for the Dallas Post this year as the Dallas High School correspondent.



AMY WITHERS

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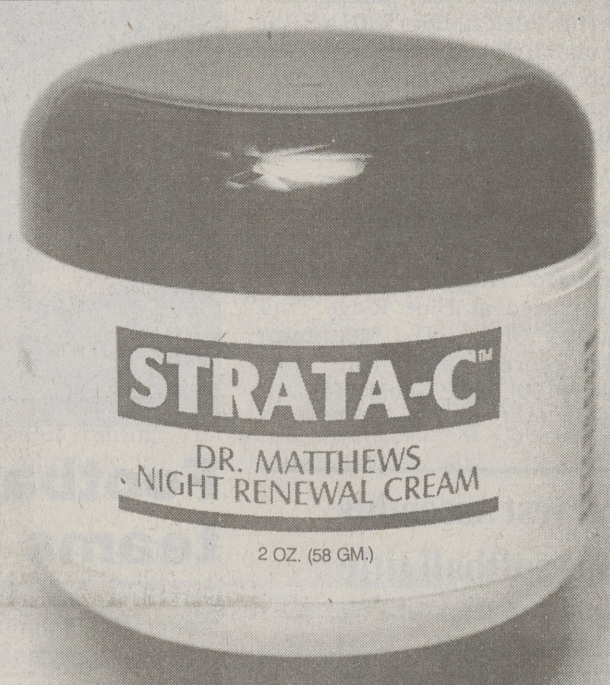
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