

## SCHOOL MENUS

The following school lunch menus are for the week of Nov. 4-10. All lunches include milk.

### DALLAS SCHOOLS

#### Elementary

**THURSDAY** - Grilled chicken sandwich, cheese steak hoagie, au gratin potatoes, chilled applesauce.

**FRIDAY** - Early dismissal. chicken nuggets w/sauce, dinner roll, cheese steak hoagie, oven baked fries, jello.

**MONDAY** - Chicken parmesan sandwich, bbq rib sandwich, green beans, apple slices.

**TUESDAY** - Turkey club sandwich, bbq rib sandwich, tator tots, chilled pears.

**WEDNESDAY** - Cheese ravioli w/tomato sauce, dinner roll, bbq rib sandwich, tossed salad w/dressing, Shape-Up.

#### Middle School

**THURSDAY** - Pizza bar. Grilled chicken sandwich, au gratin potatoes, chilled applesauce.

**FRIDAY** - Early dismissal. No lunch.

**MONDAY** - French fry bar. Chicken parmesan sandwich, green beans, apple slices.

**TUESDAY** - Double burger bar. Turkey club sandwich, tator tots, chilled pears.

**WEDNESDAY** - Mexican bar. Cheese ravioli w/tomato sauce, dinner roll, tossed salad/dressing, chilled pears.

#### High School

**THURSDAY** - Pizza bar. Grilled chicken sandwich, au gratin potatoes, jello parfait.

**FRIDAY** - Early dismissal. No lunch.

**MONDAY** - French fry bar. Chicken parmesan sandwich, green beans, pudding.

**TUESDAY** - Double burger bar. Turkey club sandwich, tator tots, jello parfait.

**WEDNESDAY** - Mexican bar. Cheese ravioli w/tomato sauce, dinner roll, tossed salad w/dressing, Shape-Up.

**GATE OF HEAVEN SCHOOL**  
**THURSDAY** - Chicken nuggets w/honey & bbq sauce, fries, carrot sticks w/dressing, pudding.  
**FRIDAY** - 11:15 dismissal. No lunch.

**MONDAY** - Stuffed pizza sticks w/sauce, salad, cookie.

**TUESDAY** - Chicken croquettes, mashed potatoes/gravy, corn, rice krispie treat.

**WEDNESDAY** - Hamburg/bun, chips, pickles, jello.

### LAKE-LEHMAN SCHOOLS

#### Elementary

**THURSDAY** - Turkey w/noodles, dinner roll or hamburger/bun, steamed broccoli, rosy applesauce.

**FRIDAY** - Italian dunkers w/sauce, tuna hoagie w/lettuce-tomato, sweet peas, chilled pears.

**MONDAY** - Chicken nuggets w/sauce, roll or meatball hoagie w/cheese, French fries, pineapple tidbits.

**TUESDAY** - Nachos w/cheese, roll or bbq rib sandwich, golden corn, Mandarin oranges.

**WEDNESDAY** - Hot dog/bun or ravioli w/meat sauce, tossed salad/dressing, chilled peaches.

#### Middle School

**THURSDAY** - Hot dog bar, French bread pizza, winter blend, Mandarin orange.

**FRIDAY** - Pizza bar. Fish sandwich w/tartar sauce, creamy macaroni/cheese, stewed tomatoes, French fries, mixed fruit.

**MONDAY** - Pasta bar. Meatball hoagie w/cheese, buttered corn, mixed fruit.

**TUESDAY** - Burger bar. Sautéed pierogies w/peanut butter celery, steamed broccoli, pineapple tidbits.

**WEDNESDAY** - Hot dog bar, BLT sandwich, parsley potatoes, cinnamon applesauce.

#### High School

**THURSDAY** - Baked potato bar. French bread pizza, winter blend, Mandarin oranges.

**FRIDAY** - Breakfast bar. Fish sandwich w/tartar sauce, creamy macaroni/cheese, stewed tomatoes, potato rounds, mixed fruit.

**MONDAY** - Hot dog bar. Meatball hoagie w/cheese, buttered corn, mixed fruit.

**TUESDAY** - Burger bar. Sautéed pierogies w/peanut butter celery, steamed broccoli, pineapple tidbits.

**WEDNESDAY** - Pasta bar. BLT sandwich, parsley potatoes, chilled peaches.

#### WEST SIDE TECH

##### Breakfast

**THURSDAY** - Pancakes/syrup or cereal, juice, pastry.

**FRIDAY** - Oatmeal cookies, cereal, juice, fruit.

**MONDAY** - Spice bars, cereal, juice, fruit.

**TUESDAY** - French toast sticks/syrup or cereal, juice, pastry.

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

##### Lunch

**THURSDAY** - Pasta/meatsauce, tossed salad/dressing, roll, apple/oatmeal bar.

**FRIDAY** - Pizza, fresh veggies/creamy dip, apple.

**MONDAY** - Chicken nuggets, mashed potatoes, roll, chilled fruit.

**TUESDAY** - Italian meatballs/tomatoes sauce, hard roll, steamed pasta, green beans, Tandy cake.

**WEDNESDAY** - Hamburg/cheeseburg-lettuce-tomato on soft bun, vegetable beef soup/crackers, apple, soft pretzel.



Governor's Schools alumni assist Lisa Rivello, Coordinator, with presentation: Nichole Seitz, Lisa Rivello, PGSE Coordinator, and Leanne George.

## Bishop O'Reilly students learn about Gov's Schools

Lisa Rivello, Pennsylvania Governor's School Coordinator, recently presented information about the schools of excellence to sophomore and junior students at Bishop O'Reilly High School.

The Pennsylvania Governor's Schools of Excellence offer students a unique learning experience. Students spend five weeks during the summer months on a college campus working with leading experts and educators. The governor's schools started in 1972 with the Pennsylvania Governor's Schools for the Arts. Since that time, six academic scholarship programs were added.

The schools include: agricul-

tural sciences; arts; health care; international studies; sciences; information technology; and teaching.

Ms. Rivello spoke to the students about the application process, eligibility, and scholarship information. A special visit was made to each class presentation by Leanne George and Nichole Seitz, both seniors at Bishop O'Reilly High School. Both students are alumni of the Pennsylvania Governor's School for the Arts in the dance program. They answered questions by the students and shared with them their experiences while attending the program.



## DMS students step back in time

The students of the Dallas Middle School were presented a program on President Theodore Roosevelt. The title of the assembly was Theodore Roosevelt Today. "TR Today" used examples from the president's life as bridges to understand today's challenges. Keith McGough's portrayal of TR was inspiring and believable. McGough showed TR's qualities of courage, persistence, responsibility, and vision defined America in the 20th Century. Pictured are, Megan Vodzak, Kelly Corbett, Keith McGough, Daniel Pockevich and Matthew Brokenshire.

## Bishop Hoban H.S. schedules open house

Monsignor David L. Tressler, principal at Bishop Hoban High School, announces the annual open house is scheduled for Sunday, Nov. 14 at 2 p.m.

The afternoon activities will include tours of the building by teachers, parents and students. Teachers and students will conduct academic sessions, and mini displays pertaining to club activities will be set up throughout the school. Coaches and teams will be present in the gymnasium and the weight room to discuss their respective programs.

Administrators and staff will be available to answer questions in reference to the program of studies and the student activities programs. A social will be held in the cafeteria following the program.

Send The Post to a friend  
It makes a great gift  
Call 675-5211  
for details

## Anna Kozlowski earns scholarship from University of Alabama

Anna Kozlowski has been awarded the Paul G. Orr Memorial Scholarship for the 1999-2000 academic year from the College of Education at The University of Alabama.

The Dallas native is a doctoral student in instructional leadership. She earned her master's degree through the College of Education's International Programs in San Salvador where she served as the IP site coordinator.

Kozlowski received a bachelor of arts degree in government/political science and French from King's College. She received a master of arts in secondary edu-

cation from the University of Alabama in 1996. Kozlowski has taught school in El Salvador, Guatemala and Pennsylvania.

Friends and family established the scholarship to honor Dr. Paul G. Orr, Professor and Dean of the College of Education from 1969-1981.

Dr. Orr was a pioneer for the cause of multicultural education and believed that education was the means of improving world relations. The scholarship is given to an applicant who plans to teach or work in American-Sponsored Overseas Schools or other school systems.



## LL Band members receive jackets

Ten senior members of the Award-Winning Lake-Lehman Band were awarded jackets on Sunday, Sept. 26. The 18th annual "March of Champions" was hosted by the band and the senior members were honored for their hard work and dedication. The jackets were given by the Lake-Lehman Band Sponsors and presented to each senior by Band Director, Edward A. Richards and Assistant Band Director, Mrs. Maureen Richards. Pictured, kneeling is Kimberly Bronson. Second row, from left, Adrienne Rigez, Amanda Estus, Katie Boice. Back row, Nathan Matusek, George Maille, Jeremy Yakus, Ryan Mariner, Bill Metzger and Matt Keller.



## Lake-Lehman captures battle of bands

The award-winning Lake-Lehman Band recently competed at the Wyoming West Valley Stadium, Kingston in the Tournament of Bands Competition. The band captured first place award in Group II competition. This year's field show is entitled "American Faces". The band is under the direction of Edward A. Richards and assistant band director, Mrs. Maureen Richards. The drum major is Breean Davies. Colorguard captain is Katie Boice. Accepting the award are from left, Ryan Mariner, Katie Boice, Breean Davies, Amanda Estus and Jeremy Yakus.

## More of the news you want The Dallas Post

Choose the Open House for You

PENNSTATE

Wilkes-Barre

— Learn about all programs, facilities, resources available on campus  
— Talk with faculty, admissions counselors, and staff

Learn all about us

THURSDAY, NOVEMBER 11  
6:30 p.m., Center for Technology

Learn all about our associate degree programs and the Information Sciences and Technology (IST) program

WEDNESDAY, NOVEMBER 17  
7:00 p.m., Center for Technology

www.wb.psu.edu

Call 570-675-9238 or 800-966-6613 to register or to schedule a Saturday appointment with admissions staff for November 6, 13, or 20.

PENN STATE

Making Life Better®

Send or bring your sports reports to  
The Dallas Post  
607 Main Rd.  
Dallas PA 18612  
(across from Offset Paperback)

OMEGA

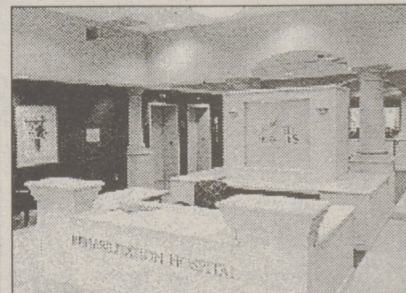
MEDICAL LABORATORIES  
the blood test centers

WORKS FOR YOU

When you need blood tests, bring your prescription to OMEGA.

Dunmore 347-5010  
Comprehensive Health Services Center  
(1416 Monroe Avenue)  
Mon. - Fri. 8 am - 1 pm  
Also located in Wilkes-Barre

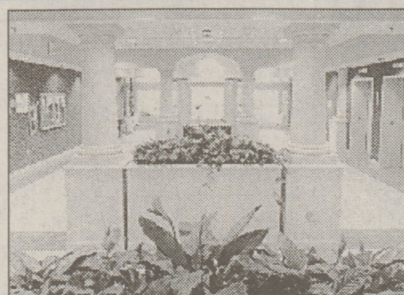
## Construction Excellence



- Construction Managers
- Developers
- General Contractors

Allied Services Rehabilitation Hospital, Scranton, PA

- Commercial
- Industrial
- Institutional



Distribution of Varco Pruden Metal Buildings

(570) 346-1546

www.mastriani.com • email: build@mastriani.com

MASTRIANI

A Professional Company since 1946