

SCHOOL MENUS

The following school lunch menus are for January 4-10. All lunches include milk.

- DALLAS SCHOOLS**
Dallas Elementary
THURSDAY - Egg muffin w/ham & cheese, hot dog on bun, potato wedges, trail mix.
FRIDAY - Grilled cheese sandwich, hot dog on bun, golden corn, shape up.
MONDAY - Cheese steak hoagie, ham & cheese on roll, buttered peas, cinnamon applesauce.
TUESDAY - Deli Sub, ham & cheese on roll, steamed broccoli, sliced pears.
WEDNESDAY - French toast sticks w/sausage, ham & cheese on roll, tater tots, mixed fruit.
MIDDLE SCHOOL
THURSDAY - Egg muffin w/ ham & cheese, potato wedges, trail mix.
FRIDAY - Hot dog bar, grilled cheese sandwich, golden corn, shape up.
MONDAY - Hot ham & cheese on roll, buttered peas, cinnamon applesauce.
TUESDAY - French fry bar, cheese steak hoagie, steamed broccoli, sliced pears.
WEDNESDAY - French toast sticks w/sausage, tater tots, mixed fruit.
HIGH SCHOOL
THURSDAY - Egg muffin w/ham & cheese, potato wedges, pudding cups.
FRIDAY - Grilled cheese sandwich, golden corn, shape-up.
MONDAY - Ham & cheese on roll, buttered peas, pound cake.
TUESDAY - Chicken nuggets w/ sauce & roll, baked cookie.
WEDNESDAY - French toast sticks w/sausage, tater tots, pretzel.

- WEST SIDE TECH**
Breakfast
THURSDAY - Sausage/cheese or cereal, juice, fruit, pastry.
FRIDAY - Chocolate chip cookies, cereal, juice, fruit, pastry.
MONDAY - Cinnamon swirl coffee cake, cereal, juice, fruit, pastry.
TUESDAY - Waffles/syrup or cereal, juice, fruit, pastry.
WEDNESDAY - Sausage/cheese or cereal, juice, fruit, pastry.
Lunch
THURSDAY - Tacos/trimmings, sharp cheese, tangy sauce; vegetable rice casserole, gingerbread.
FRIDAY - Pizza, tossed salad, creamy dressing, fresh fruit.
MONDAY - Cheeseburger on soft roll, lettuce/tomato, macaroni salad, chilled fruit.
TUESDAY - Pork rib BBQ; BBQ sauce, soft bun, seasoned veggies, apple, Jell-O.
WEDNESDAY - Pasta/meat sauce, grated cheese, tossed salad w/dressing, vanilla cake w/chocolate frosting.

- GATE OF HEAVEN**
Alternative: Pizza, salad, chicken noodle soup, saltine crackers.
THURSDAY - Hot dog/bun, French fries, beans, cookie.
FRIDAY - Stuffed pizza stix, salad, brownie.
Alternative: Pizza, pasta salad, meatball hoagie.
MONDAY - Chicken pattie w/bun, lettuce, tomato, carrots & celery w/ dip, cookie.
TUESDAY - Pizza Hut, salad, fruit roll-up.
WEDNESDAY - Tomato soup, fish crackers, pickles, chips, grilled cheese sandwich. Churros .50 extra.



L-J's 'Secret Santa Shop'

The Lehman-Jackson Elementary PTA recently held its popular holiday program, "Santa's Secret Shop." PTA volunteers set up a special workshop where all students in kindergarten through 6th grade had the opportunity to purchase Christmas gifts for their families. Shown in the photo is Regan Bombick's kindergarten class doing their shopping. Left to right: Samantha Lindley, Lisa Hartman, Megan Davis, Bryan Raspen, Jeremy Sedarchuk, Jarod Ciehoski, Ricky Stayer, teacher Regan Bombick, Tommy Boyle, Lauren Melnick, Amanda Schall, Sierra Pall, Kate Yoniski, Brandon Abney, Major Moore, Jeffrey Carter, Dustin Zeiler, Anthony Shaffer.

WVHCS School of Nuclear Medicine class

Wyoming Valley Health Care System's School of Nuclear Medicine Technology is accepting applications for its next class, scheduled to begin in autumn, 2001. The School of Nuclear Medicine Technology is a one-year, hospital-based program that prepares students both clinically and theoretically for a career in the field. Applicants must have completed high school or the equivalent, and meet either of the following requirements: prior experience in a clinically-related allied health profession, with a minimum of two years' education in an accredited educational program, plus satisfying the necessary prerequisites and entrance details; or a bachelor's degree with credits in the following courses: anatomy and physiology, physics, mathematics, oral and written communications, and general chemistry. For more information, contact Mary Martin, Education Coordinator, at 552-2075 or 552-2087.

LCCC spring semester registration dates

Luzerne County Community College will hold registration for spring semester classes from Monday, Jan. 8 through Thursday, Jan. 11, 9 a.m. to 7:30 p.m., and on Saturday, Jan. 13 from 10 a.m. to noon. Registration will be held at the Registrar's Office, located in Building 5 at the College's campus in Nanticoke. Day and evening on-campus classes for the spring 2001 semester will begin on Tuesday, Jan. 16. Off-campus classes will begin on Monday, Jan. 22. Weekend classes begin on Saturday, Jan. 20. For more information, call 740-0337 or (800) 377-LCCC, ext. 337.

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DES students give to the less fortunate

Mr. Viglione's 5th grade class at Dallas Elementary decided to do something different this past holiday season. Instead of buying gifts for each other, the class bought gifts for less fortunate children, in a classroom project called "Holiday Angels." The program was sponsored by the Dallas Kiwanis and by Stan Hamilton of VISION. The gifts were distributed at the annual Dallas Kiwanis Christmas Eve Dinner at the Castle Inn in Dallas. For the students' efforts, the Kiwanis donated a plaque to Mr. Viglione's classroom.

Sem annual Winter Instrumental Concert

The Wyoming Seminary Music Department will present the music of Tchaikovsky, Smith, Khachaturian, and other classical and jazz composers on Friday, Jan. 19 as part of its annual Winter Instrumental Concert. The concert will be performed at 8 p.m. in the Buckingham Performing Arts Center on the Upper School campus on North Sprague Ave. in Kingston. It is free and open to the public. For more information, call 270-2190.

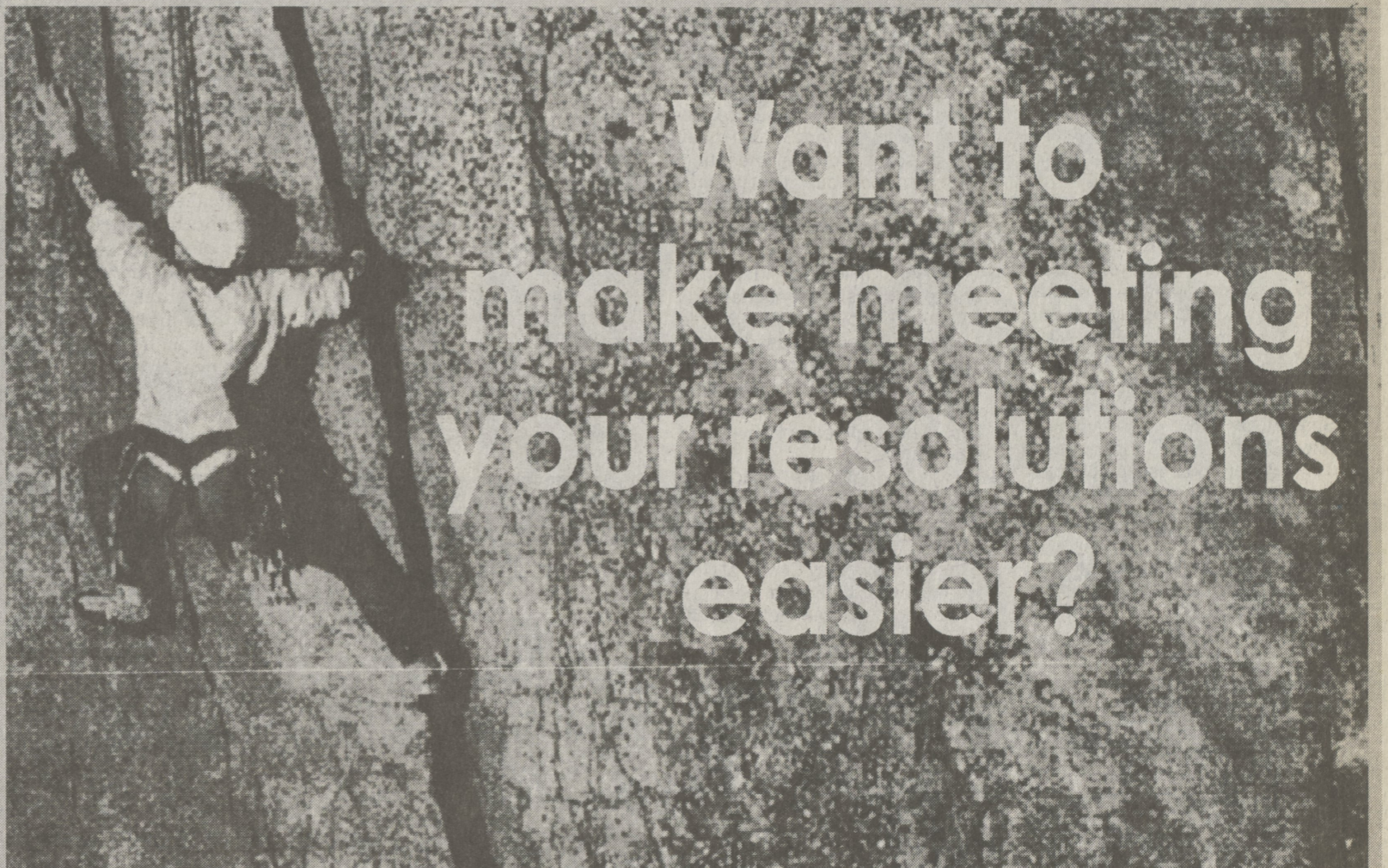


DMS students conclude food drive

The Dallas Middle School Student Council, under the direction of Ms. Norine Amesbury, recently concluded a successful food drive to benefit the Back Mountain Food Bank. The school-wide collection competition resulted in a record number of donations. Eighth grade homerooms 109 and 111 tied in the contest and each will have a pizza party to reward them for their efforts.

The members of the student council wish to thank the people of the Back Mountain for their continuing support of this worthwhile activity.

Shown in photo, from left: John Parulski, Dave Shultz, Gracjan Kraszewski, Jacob Kovalchik, Matt Kelly, Jamie Trocki, Anita Brennan, Jackie Bren, Jill Vanderhook, Winston Taylor, and Samantha O'Brien.



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