#### SCHOOL MENUS

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menus are for October 11-17. All chicken caesar wrap. lunches include milk.

#### DALLAS ELEMENTARY

THURSDAY: Pasta shells w/broccoli & cheese w/roll, chicken patty on bun, tossed caesar salad, trail mix. FRIDAY: Pepperoni pizza,

pork bbq on bun, crispy fries, juicy cherries. MONDAY:

Fun Food Fare. Cloudy with a Chance of Meatball Subs, Chilly Chicken Nuggets w/roll, Winterblend of Vegetables, Raisin Raindrops.

TUESDAY: Detective Dinner. Nancy Drew Drumstick w/a Detective Dinner Roll, Hide Out Hot Dog on Bun. P.I. Potatoes, Carrot Clues, On-The-Case Fruit Cup. WEDNESDAY: Classic Creations. Little Miss Muffet Muffin (w/egg, sausage, & cheese), Three Little Pig Pizza, Humpty Dumpty Hash Brown, Little Boy Blueberries, Mother Goose Milk, Georgie Porgie Pudding-n-Pie.

#### **MIDDLE SCHOOL**

THURSDAY: Shells w/broccoli & cheese, tossed caesar salad, trailmix, fresh baked cookie.

FRIDAY: Pizza bar, pork bbq al, juice, fruit, pastry. on bun, broccoli w/cheese sauce, juicy cherries.

MONDAY: Meatball sub. w/mozzarella, winterblend of or cereal, juice, fruit, pastry. vegetables, plump raisins.

TUESDAY: Hot dog bar, oven baked chicken, fresh dinner roll, parsley potatoes, carrot coins, fruit cup.

WEDNESDAY: Sausage, egg & cheese muffin, golden tator tots, fresh juice.

#### **HIGH SCHOOL**

Soup of the week: Cream of broccoli

THURSDAY: Pasta bar, grilled cheese sandwich, chicken salad pita. FRIDAY: Pizza bar, Chicken cordon bleu sandwich, fresh veggie bagel w/cheese.

Soup of the week: Chicken noodle

MONDAY: Hot dog bar, hot

The following school lunch ham & cheese on pretzel bun,

TUESDAY: Mexican bar, buffalo chicken wing sandwich.

WEDNESDAY: Breakfast bar, bbq rib sandwich, turkey & cheese on wheat w/lettuce, tomato.

#### GATE OF HEAVEN

Alternative: Cheese steak hoagie, pizza, salad. THURSDAY - J & J Deli pizza, salad, donut.

Grilled cheese FRIDAY sandwich, pickles, chips, pudding cup.

Alternative: Macaroni & cheese w/roll, pizza, salad.

MONDAY -Chicken croquettes, mashed potatoes, gravy, corn, cookie.

TUESDAY Stromboli w/sauce, salad, donut.

WEDNESDAY - Ziti w/meat sauce, salad, italian bread, butter, pears. Hot pretzel, ¢50.

#### WEST SIDE TECH

Breakfast THURSDAY - French toast

sticks, syrup, or cereal, juice, fruit, pastry. FRIDAY - Pumpkin bars, cere-

MONDAY - Oatmeal cookies,

cereal, juice, fruit.

TUESDAY - Pancakes, syrup WEDNESDAY - Sausage, cheese

or cereal, juice, fruit, pastry. Lunch

THURSDAY - Grilled cheese, tomato rice soup, crackers, orange wedge, yellow cake, frosting.

FRIDAY - Pierogies, sauteed onions, tossed salad, dressing, rolls, fruit.

MONDAY - Cheese steak hoagie, lettuce, tomato, chicken vegetable soup, crackers, warm apples w/raisins.

TUESDAY - Pork rib b que sauce, soft bun, oven ready fries, fresh fruit, spice cake.

WEDNESDAY - Chicken patty on roll, lettuce, tomato, seasoned green beans, potato, salad, soft pretzels.

## for SAT course

High school junior and seniors anticipating taking the SAT college entrance examinations can hone their skills during a preparation course scheduled at Penn State Wilkes-Barre in Lehman.

The seven week prep course for the Dec. 1 and January 26 SAT will be held on Tuesday evenings from 6-9 p.m. starting on Oct. 16. It will include instruction and practice designed to help students develop the skills they need to improve SAT scores.

Students are encouraged to register early, class size is limited. For more info. call Continuing Education at 675-9219.

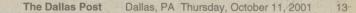
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**Dallas students** 

attend Celebrity

Arun Gandhi, grandson of Ma-

hatma Gandhi, spoke at the

Woodlands Inn as part of the

Celebrity Luncheons series.

School heard Gandhi speak

Six students from Dallas High

on nonviolence, first row, from

left: Sylena Marmo, Sunanda

Gandhi, Arun Gandhi, Michelle

Luksh, Jacob Kovalchik.

Standing: Samantha Spa-

ciano, Matthew Stretanski,

Christopher Mounce, Megan

Vodzak. The next Celebrity

Luncheon will feature Henry

Haller, White House chef for

five presidents, at the Wood-

lands on Oct. 18. For more

info, call 696-3967.

Luncheon



### **Open registration Open house October 20 at Penn State**

hold its "Be A Penn Stater for a Day" Open House on Saturday, Oct. 20. Registration will begin at 9 a.m. in gymnasium of the Athletics and Recreation Building. High school juniors and seniors, parents, transfer students, and any persons interested in furthering their education are invited to take part in sam-

Penn State Wilkes-Barre will ple college courses, attend a ness, and Information Sciences scholarship and financial aid enjoy a complimentary lunch.

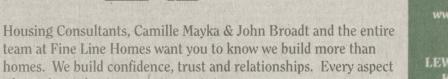
A Career Development Panel will discuss career paths and information will be available on new baccalaureate degrees in Administration of Justice, Busi- www.wb.psu.edu.

& Technology. Students can program, tour the campus, and complete the first two years of most of the University's 160+ degree programs at Penn State Wilkes-Barre.

For more information, or to the campus two- and four-year register, call (570) 675-9238, edegree programs, including the mail bjk8@psu.edu, or register at the campus web site:



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