

SCHOOL MENUS

The following school lunch menus are for October 11-17. All 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 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 on bun, broccoli w/cheese sauce, juicy cherries.

MONDAY: Meatball sub. w/mozzarella, winterblend of 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

ham & cheese on pretzel bun, chicken caesar wrap.

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.

FRIDAY - Grilled cheese 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, cereal, juice, fruit, pastry.

MONDAY - Oatmeal cookies, cereal, juice, fruit.

TUESDAY - Pancakes, syrup or cereal, juice, fruit, pastry.

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.



Dallas students attend Celebrity Luncheon

Arun Gandhi, grandson of Mahatma Gandhi, spoke at the Woodlands Inn as part of the Celebrity Luncheons series. Six students from Dallas High School heard Gandhi speak on nonviolence, first row, from left: Sylena Marmo, Sunanda Gandhi, Arun Gandhi, Michelle Luksh, Jacob Kovalchik. Standing: Samantha Spaciano, Matthew Stretanski, Christopher Mounce, Megan Vodzak. The next Celebrity Luncheon will feature Henry Haller, White House chef for five presidents, at the Woodlands on Oct. 18. For more info, call 696-3967.

Open registration 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.

Open house October 20 at Penn State

Penn State Wilkes-Barre will 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-

ple college courses, attend a scholarship and financial aid program, tour the campus, and enjoy a complimentary lunch.

A Career Development Panel will discuss career paths and information will be available on the campus two- and four-year degree programs, including the new baccalaureate degrees in Administration of Justice, Busi-

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

For more information, or to register, call (570) 675-9238, e-mail bjk8@psu.edu, or register at the campus web site: www.wb.psu.edu.

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