### SCHOOL MENU

The following school lunch menus are for February 28-March 6. All lunches include milk.

#### **DALLAS ELEMENTARY**

THURSDAY - Cheeseburger on bun, golden corn, plump raisins. FRIDAY - Happy Birthday Dr. Suess. Green eggs & ham, w/Whoville Muffin, Yertle-the-Turtle Tots, Grumpy Grinch Grapes. Birthday cake!!

MONDAY - Baked stromboli w/sauce, crispy green beans, chilled apricots.

TUESDAY - Turkey melt on bun, stewed tomatoes, petite banana.

WEDNESDAY - Spaghetti w/meat sauce, fresh dinner roll, tossed garden salad, pineapple tidbits.

#### **MIDDLE SCHOOL**

THURSDAY - Burger bar, golden corn, plump raisins. FRIDAY - Pizza bar, chicken

cordon bleu on bun, tater tots, fresh grapes. MONDAY - Baked stromboli

w/sauce, crispy green beans, chilled apricots. TUESDAY - Soft chicken tacos

w/roll, mixed vegetables, plump cherries.

WEDNESDAY - Spaghetti w/meatsauce, & fresh dinner roll, tossed garden salad, pineapple tidbits.

#### **HIGH SCHOOL**

Soup of the week: Beef noodle

THURSDAY: Bacon cheeseburger, pasta salad, fresh fruit. FRIDAY - Early dismissal.

Soup of the week: vegetarian cake. vegetable MC

MONDAY - Chicken Fryz, crispy fries, soft pretzel rod. TUESDAY - Corn dog on stick,

macaroni salad, shape-up juice bar. WEDNESDAY - Spaghetti

w/meat sauce w/roll, caesar spiced apple sauce, pretzel.

h salad, fresh fruit.

GATE OF HEAVEN Alternative: Pizza, pork bar-bque, salad.

THURSDAY - Spaghetti w/meatballs, salad, bread stix, fruit cup, cookie. FRIDAY - Pierogies, peas, roll,

fruit cup, cake.

Alternative: Pizza, salad. M-F. Turkey sandwich w/lettuce M-Thur.

MONDAY - Cheeseburg w/bun, sweet potato fries, corn, pudding cup. TUESDAY - Chicken parmesan w/bun, potato chips, salad, fruit, cookie. WEDNESDAY - Pizza Hut, salad, fruit, brownie.

#### WEST SIDE TECH

#### Breakfast

THURSDAY - French toast sticks, syrup, cereal, juice, pastry.

FRIDAY - Cutie pie, cereal, juice.

MONDAY - Banana bread, cereal, juice, fruit.

TUESDAY - French toast sticks, or cereal, juice, fruit, pastry. WEDNESDAY - Sausage,

cheese or cereal, juice, fruit, pastry.

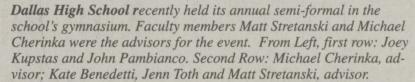
#### Lunch

THURSDAY - Grilled cheese, tomato rice soup, crackers, pasta, salad, strawberry shortcake. FRIDAY - Pierogies, sauteed onions, mini chef salad, tandy

MONDAY - Pork rib b que, sauce, soft bun, potato wedges, chilled fruit.

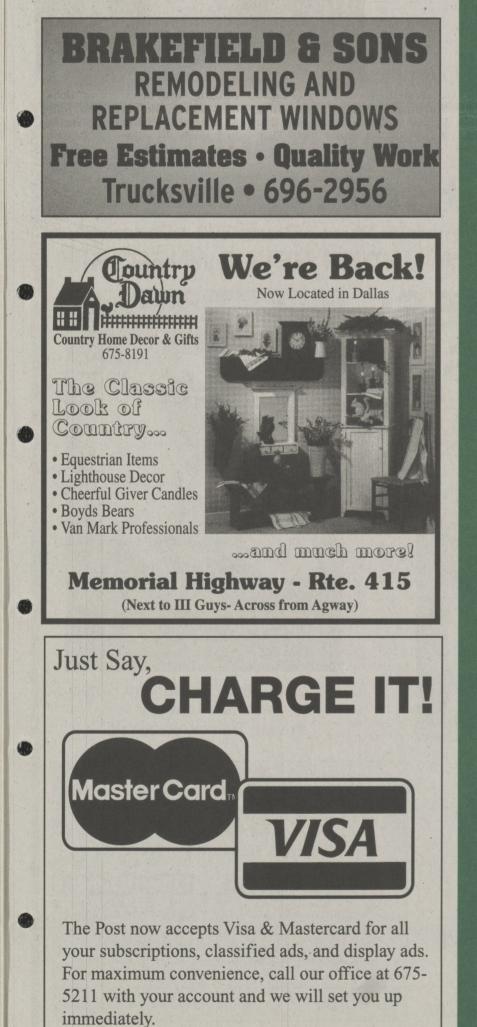
TUESDAY - Cheese steak hoagie, lettuce, tomato, veg. beef soup, apple sauce, pretzel. WEDNESDAY - Taco's, trim-

ming, salsa, veg. rice casserole, spiced apple sauce, pretzel.





The Lake-Lehman Holiday Semi-formal was held at the Irem Temple Country Club in Dallas on Friday, December 21, 2002. The annual event was sponsored by the Student Council organization. Members of the Snow Court are: front row, from left: Aaron Kubasik, Leigh Dodson, Greg Piazza, Snow King and Amanda Daubert, Snow Queen. Standing: William Evans and Lindsay Boris, Student Council President.



If it did any more,

, PA Thurso

8,2002

The Dallas Post 675-5211

7

# it would balance itself.



## Circle Checking

FREE CHECKS & REORDERS FREE ONLINE BANKING FREE SECOND ACCOUNT FREE ATMs

Finally, a checking account that does everything you need it to do. Introducing

Circle Checking with free savings overdraft protection, great rates on CDs and

home equity loans, and more. Try it. There's no minimum balance requirement for

3 months and, after that, if you are not completely satisfied, we'll give you \$50.

To open your account today, stop by Citizens or call 1-877-360CIRCLE anytime.



Free checks are select design only. ATM Card required for online banking. Second account free until primary Circle account closes, then regular monthly service charges apply. Other fees may apply. Other banks may charge for the use of their ATMs. All accounts subject to individual approval. \$50 given upon request to persons closing a Circle Checking account within 90 days of opening, limit one per customer. Overdraft protection available from your linked savings account or overdraft line of credit. Monthly maintenance fee waived for 3 months then standard monthly fee applies. Member FDIC.