

Area school menus

NORTHERN VALLEY

Tuesday, Sept. 2 — For breakfast there will be monkey bread, scrambled eggs and banana slices, or cereal, and milk. Lunch will be Texas Straw hats, tossed salad with dressing, buttered cauliflower and mandarin oranges.

Wednesday, Sept. 3 — Breakfast will be sausage gravy and biscuits, hashbrowns and apple slices, or cold cereal, and milk. Lunch will be chicken tetrazzini, a garlic stick, tossed salad with dressing, butterscotch pudding and a snickerdoodle cookie.

Thursday, Sept. 4 — Breakfast will be waffles and syrup, sliced ham and grapes, or cold cereal, and milk. Lunch will be nachos with ground beef, tossed salad with dressing, buttered corn and a fruit cup.

Friday, Sept. 5 — For breakfast there will be a breakfast taco, hashbrowns and mixed fruit, or cold cereal, and milk. Lunch will be Salisbury steak, mashed potatoes, a hot roll, buttered broccoli, and a brownie.

Monday, Sept. 8 — Breakfast will be sausage in a blanket, hashbrowns and apple juice, or cold cereal, and milk. Lunch will be weiner wagons, a tri-tater, baked beans and chocolate pudding.

Tuesday, Sept. 9 — Breakfast will be ham-n-cheese bagel, cantaloupe, or cold cereal, and milk. Lunch will be shaved ham on a bun, potato salad, relish plate and applesauce cake.

Wednesday, Sept. 10 — For breakfast there will be a cinnamon raisin biscuit, a sausage link and watermelon, or cold cereal, and milk. Lunch will be sierra chicken, tossed salad with dressing, buttered spinach, and watermelon or cantaloupe.

Thursday, Sept. 11 — Breakfast will be a pizza bagel, hashbrowns and orange juice, or cold cereal, and milk. Lunch will be mac-n-cheese, little smokies, a hot roll, buttered peas and carrots, and rosy applesauce.

EISENHOWER ELEMENTARY

Tuesday, Sept. 2 — For breakfast there will be a breakfast burrito and fruit cocktail, or cereal and toast with peanut butter, and milk choice. Lunch will be baked ham, scalloped potatoes, pineapple chunks and dinner roll and milk.

Wednesday, Sept. 3 — Breakfast will be golden waffles with warm

maple syrup and fruit cocktail, or cereal and toast with peanut butter, and milk. Lunch will be roast beef, whipped potatoes, gravy, corn, peppers strips and banana bread, or chef salad, and milk.

Thursday, Sept. 4 — Breakfast will be Canadian bacon with cheese, a biscuit and apple juice, or cereal and toast with peanut butter, and milk. Lunch will be an Ike burger on a homemade bun, french fries, a dill spear, pears and no-bake cookies and milk.

Friday, Sept. 5 — For breakfast there will be warm pumpkin bread and rosy applesauce, or cereal and toast with peanut butter, and milk. Lunch will be baked chicken, whipped potatoes, gravy, green beans, strawberry fruit cup and french bread and milk.

Monday, Sept. 8 — Breakfast will be a rolled-up sausage link, tater tots and orange juice, or cereal and toast with peanut butter, and milk. Lunch will be a peanut butter and honey sandwich, cottage cheese, warm peas, celery stick and mandarin oranges and milk.

Tuesday, Sept. 9 — Breakfast will be a blueberry muffin and peaches, or cereal and toast with peanut butter, and milk. Lunch will be pizza roll-ups, tossed salad, peaches, a cookie and milk.

Wednesday, Sept. 10 — For breakfast there will be homemade pancakes with warm syrup and apple juice, or cereal and toast with peanut butter, and milk. Lunch will be potato boats, baked beans, fruit cocktail, a whole wheat roll and milk.

Thursday, Sept. 11 — Breakfast will be a breakfast cake and grape juice, or cereal and toast with peanut butter, and milk. Lunch will be macaroni and cheese, little smokies, mixed veggies, rosy applesauce, french bread and milk.

Friday, Sept. 12 — Breakfast will be a hard cooked egg, warm toast and apple juice, or cereal and toast with peanut butter, and milk. Lunch will be sloppy joes on a homemade bun, corn, tater tots, banana spears and milk.

NORTON JR. / SR. HIGH

Tuesday, Sept. 2 — For breakfast there will be a breakfast burrito with fruit or juice, or cereal and toast with margarine and jelly, and milk. Lunch will be chicken noodles, whipped potatoes, carrots, french bread and fruit, or chef salad, and milk.

Wednesday, Sept. 3 — Breakfast will be coffee cake and fruit or juice, or cereal and toast with margarine and jelly, and milk. Lunch will be a Mr. Rib Sandwich, lettuce and chopped tomato, corn and rosy applesauce, or chef salad, and milk.

Thursday, Sept. 4 — Breakfast will be chocolate chip muffin squares with fruit or juice, or cereal and toast with margarine and jelly, and milk. Lunch will be sloppy joe on a bun, potato salad, fruit and cherries jubilee, or chef salad, and milk.

Friday, Sept. 5 — For breakfast there will be a cinnamon bun with fruit or juice, or cereal and toast with margarine and jelly, and milk. Lunch will be a corn dog, frozen peas, rolls and yellow cake, or chef salad, and milk.

Monday, Sept. 8 — Breakfast will be a pancake and sausage on a stick with syrup and fruit or juice, or cereal and toast with margarine and jelly, and milk. Lunch will be

a chicken strip sandwich, baked beans, carrots and fruit salad, or chef salad, and milk.

Tuesday Sept. 9 — Breakfast will be scrambled eggs and a sausage patty with fruit or juice, or cereal and toast with margarine and jelly, and milk. Lunch will be an enchilada, lettuce and chopped tomato, corn, fruit, rolls and a brownie, or chef salad, and milk.

Wednesday, Sept. 10 — For breakfast there will be a breakfast casserole with sausage and fruit or juice, or cereal and toast with margarine and jelly, and milk. Lunch will be a hamburger with fixings, sliced cheese, lettuce and tomato, tater tots and fruit, or chef salad, and milk.

Thursday, Sept. 11 — Breakfast will be a hard boiled egg, sausage links and fruit or juice, or cereal and toast with margarine and jelly, and milk. Lunch will be chicken fajitas and toppings, cheese, lettuce and tomato, french bread and applesauce with cinnamon,

or chef salad, and milk.

Friday, Sept. 12 — Breakfast will be a banana bread square with fruit or juice, or cereal and toast

with margarine and jelly, and milk. Lunch will be a peanut butter and honey sandwich, carrots, cottage cheese, pork-n-beans and jell-o, or chef salad, and milk.

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PRAIRIE VIEW - 207 Holland, 4 Bedroom House (2) One Car Garages — **\$32,000**

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Meals on Wheels

The schedule for Meals on Wheels volunteers for Sept. 1 through Nov. 9 has been decided as follows:

Sept. 1 to 7 community volunteers will deliver the meals.

Sept. 8 to 12, the Northwest Kansas Library System will deliver the meals. The contact person is Leslie Bell, at 877-5148.

Sept. 13 and 14 will be community volunteers again.

Sept. 15 to 21, the Norton Correctional Facility will deliver the meals. The contact person is Kelly Gill, 877-3389 extension 252.

Sept. 22 to 28, the Church of God will deliver the meals. The contact person is Marilyn Colip at 877-2461.

Sept. 29 to Oct. 12 will be the Norton Federated Study Club, and the contact person is Eunice Neiltopp at 877-2539.

Oct. 13 to 26 will be Norton PEO. The contact person is Ada Arford at 877-3052.

Oct. 27 to Nov. 9 will be the United Methodist Women. The contact person is Vida Perrill at 877-2674.

Please remember it is important for each group to have three people, each with their own car, to deliver the noon meal. Volunteers should report at 11:30 a.m. for the noon delivery, and meals are to be delivered every Monday through Sunday.

Also, please be sure to turn in the list of volunteers to Alice Hawks at the Norton County Hospital by Friday of the week before your group starts their delivery.



Dr. Anthony Hornick
Surgeon



Dr. Afaq Zaman Khan
Surgeon



Dr. Charles Schultz
Surgeon



Dr. Zurab Tsereteli
Surgeon

Introducing the Newest Members Of Our Surgical Team!

Welcome, Drs. Hornick and Khan

Hays Medical Center welcomes Dr. Anthony Hornick and Dr. Afaq Khan to our general surgery team, joining Dr. Charles Schultz and Dr. Zurab Tsereteli.

Anthony Hornick, MD. Dr. Hornick has previously served as a visiting surgeon for Hays Medical Center and now permanently joins the surgical medical staff. He earned his medical degree from the University of Kansas and completed his internship and residency at Maricopa Medical Center in Phoenix. He served a fellowship at St. Vincent's Hospital in Toledo. Dr. Hornick is board certified.

Afaq Zaman Khan, MD, FRCS. Dr. Khan completed his medical training in Pakistan, Scotland and Ireland. He completed his residency at Michigan State University, Grand Rapids, Michigan. This was followed by a foregut fellowship at the University of Southern California, Los Angeles, California.

Dr. Hornick and Dr. Khan are now accepting appointments for new patients. For referrals contact your primary care physician, or for more information, call 785-623-5000.



HaysMedicalCenter

2220 Canterbury Drive - Hays
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YOU!