

Some good cookin' taking place in school kitchens

Wednesday, Oct. 15

Northern Valley — Breakfast — Scrambled eggs with sausage, hash browns and toast, or cold cereal, and milk — Lunch — Cavatini, french bread, tossed salad with dressing, buttered beets, fruity jell-o and milk.

Norton Jr./Sr. High — Breakfast — Breakfast burrito with salsa, fruit or juice, or cold cereal and toast with margarine and jelly, and milk — Lunch — Chicken alfredo, cheese broccoli, combo salad, hot roll, fruit crisp, or chef salad, and milk.

Eisenhower Elementary — Breakfast — Homemade pancakes, warm syrup, or cereal and toast with peanut butter, and apple juice and milk — Lunch — Potato boats, baked beans, fruit cocktail, whole wheat roll and milk.

Thursday, Oct. 16

Northern Valley — Breakfast — Sausage bagel, scrambled eggs, fruit punch, or cold cereal, and milk — Lunch — Beef vegetable soup with crackers, carrot and celery sticks, cheese sticks, cinnamon twists and milk.

Norton Jr./Sr. High — Breakfast — Scrambled eggs, bacon, fruit or juice, or cold cereal and toast with margarine and jelly, and milk — Monte Cristo with ham, green beans, fruit, brownie, or chef salad, and milk.

Eisenhower Elementary —

Breakfast — Breakfast cake, or cereal and toast with peanut butter, and milk and grape juice — Lunch — macaroni and cheese, little smokies, mixed vegetables, rosy applesauce, french bread and milk.

Friday, Oct. 17

NO SCHOOL

Monday, Oct. 20

Northern Valley — Breakfast — Streusel top muffin, scrambled eggs, orange slice, or cold cereal, and milk — Lunch — Chicken patty on a bun, ranch wedges, buttered peas and peach crisp.

Norton Jr./Sr. High — Breakfast — Biscuit and sausage gravy, fruit or juice, or cold cereal and toast with margarine and jelly, and milk — Lunch — Pizza, garden salad, fruit, brownie, or chef salad, and milk.

Eisenhower Elementary — Breakfast — Breakfast pizza, or cereal and toast with peanut butter, milk and apple juice — Lunch — Chicken fry, whipped potatoes, gravy, green beans, dinner roll, fruit cocktail and milk.

Tuesday, Oct. 21

Northern Valley — Breakfast — Pancakes, sausage patty, orange juice, or cereal, and milk — Lunch — Pizza, tossed salad with dressing, buttered corn, vanilla pudding and milk.

Norton Jr./Sr. High — Breakfast — Long john, fruit or juice, or

cold cereal and toast with margarine and jelly, and milk — Lunch — Burrito, lettuce and chopped tomato, shredded cheese, corn, hot roll, fruit, or chef salad, and milk.

Eisenhower Elementary — Breakfast — Scrambled eggs and ham, pears, or cold cereal and toast with peanut butter, milk and grape juice — Lunch — Western bean bake, cheese stick, corn, jell-o with pears, corn bread and milk.

Wednesday, Oct. 22

Northern Valley — Breakfast — Cinnamon butter-flake biscuits, ham slice, pineapple ring, or cereal, and milk — Lunch — Turkey and biscuits, mashed potatoes, cubed jell-o, sugar cookie and milk.

Norton Jr./Sr. High — NO SCHOOL

Eisenhower Elementary — NO SCHOOL

Thursday, Oct. 23

Northern Valley — Breakfast — Sausage in a blanket, hash browns, peach slices, or cereal, and milk. — Lunch — Corn dogs, french fries, buttered green beans, cherry cheesecake and milk.

Norton Jr./Sr. High — Breakfast — Yogurt, bagel with cream cheese, fruit or juice, or cold cereal and toast with margarine and jelly, and milk — Pigs in a blanket, pork and beans, coleslaw with red cabbage, jell-o with fruit, or chef

salad, and milk.

Eisenhower Elementary — Breakfast — Chilled yogurt, bagel with cream cheese, or cold cereal and toast with peanut butter, milk and apple juice — Lunch — Pigs in a blanket, french fries, dill spear, baby carrots, rosy applesauce and milk.

Friday, Oct. 24

Northern Valley — Breakfast — Breakfast casserole, toast, applesauce, or cereal, and milk — Lunch — Monterey Jack sandwich, tater tots, buttered cauliflower, spice cake and milk.

Norton Jr./Sr. High — Breakfast — Egg and sausage hot pockets, fruit or juice, or cold cereal and toast with margarine and jelly, and milk — Lunch — Corn dog, green beans, cauliflower and broccoli, rosy applesauce, or chef salad, and milk.

Eisenhower Elementary — Fruit crisps, or cold cereal and toast with peanut butter, apple juice and milk — Lunch — Cavatini, tossed salad, mandarin oranges, garlic bread and milk.

Monday, Oct. 27

Northern Valley — NO SCHOOL

Norton Jr./Sr. High — Breakfast — Waffle with syrup, bacon, fruit or juice, or cold cereal and toast with margarine and jelly, and milk — Lunch — Macaroni and cheese, green beans, garden salad, fruit, or chef salad, and milk.

Eisenhower Elementary — Breakfast — Monkey bread, or cold cereal and toast with peanut butter, grape juice and milk — Lunch — Taco crunch, corn, tossed salad, chocolate cake and

milk.

Tuesday, Oct. 28

Northern Valley — Breakfast — French toast with syrup, ham slice, mandarin oranges, or cold cereal, and milk — Lunch — Beef tamale pie, tossed salad with dressing, buttered peas and carrots, lemon pie and milk.

Norton Jr./Sr. High — Breakfast — Breakfast pizza, fruit or juice, or cold cereal and toast with margarine and jelly, and milk — Lunch — Chili soup, watergate salad, combo salad, cinnamon bubbles, or chef salad, and milk.

Eisenhower Elementary — Breakfast — Sausage gravy biscuit, or cold cereal and toast with peanut butter, orange juice and milk — Lunch — Ham and cheese on a home made bun, pepper strips, pork and beans, pears and milk.

Wednesday, Oct. 29

Northern Valley — Breakfast — Crumb-top muffin, scrambled eggs, apricots, or cereal, and milk — Lunch — Oven-fried chicken, mashed potatoes, gravy, french bread, buttered carrots, butterscotch pudding and milk.

Norton Jr./Sr. High — Breakfast — Breakfast burrito, tater wedge, fruit or juice, or cold cereal and toast with margarine and jelly, and milk — Lunch — Macaroni and cheese, green beans, garden salad, fruit, or chef salad, and milk.

Eisenhower Elementary — Breakfast — Banana bread, peaches, or cold cereal and toast with peanut butter, orange juice and milk — Lunch — Chicken supreme, green beans, baby carrots, fruit basket upset and milk.

Thursday, Oct. 30

Northern Valley — Breakfast — Apple coffeecake, hash browns, or cereal, grape juice and milk — Lunch — Sloppy joes on a bun, french fries, buttered spinach, pear half and milk.

Norton Jr./Sr. High — Breakfast — Tornadoes, fruit or juice, or cold cereal and toast with margarine and jelly, and milk — Lunch — Chicken enchilada, lettuce and chopped tomato, hot roll, fruit, or chef salad, and milk.

Eisenhower Elementary — Breakfast — Sausage patty with biscuit, or cold cereal and toast with peanut butter, apple juice and milk — Lunch — Ham and beans, celery stick, corn bread, applesauce jell-o, cookie and milk.

Friday, Oct. 31

(Halloween)

Northern Valley — Breakfast — Banana muffin, sausage patty, mixed fruit, or cereal, and milk — Lunch — Chicken fried steak, mashed potatoes and gravy, whole wheat french bread, buttered green beans, pumpkin bars and milk.

Norton Jr./Sr. High — Breakfast — Pancakes, sausage patty, fruit or juice, or cold cereal and toast with margarine and jelly, and milk — Lunch — Chicken wrap, shredded cheese, lettuce and chopped tomato, green pepper and onion, hot roll, fruit, or chef salad, and milk.

Eisenhower Elementary — Breakfast — Tombstones with goo, lizard lips, or cold cereal and toast with peanut butter, and milk — Lunch — Ghost eyeballs, reptile toenails, spider legs, monster moons, witches fingers, goblins goo and milk.

Winter weather: heed warnings

(Continued from Page 1)

all of the following are imminent or occurring: **snow** accumulations of three to five inches, or two to three inches early in the season; **sleet** accumulations below one-half inch; **blowing snow** occasionally reducing visibility between one quarter mile and one mile with sustained winds less than 35 miles per hour; **snow and blowing snow**, falling and blowing snow occasionally reducing visibility between one quarter mile and one mile with sustained winds less than 35 miles per hour; and if any of the above occur with freezing rain accumulations below one-quarter inch.

• **Wind Chill Advisory** — Wind chill temperatures expected to be a significant inconvenience to life with prolonged exposure. Local criteria: wind chill between 15 degrees Fahrenheit below zero and 24 degrees Fahrenheit below zero and wind speed at least 10 miles per hour.

• **Frost Advisory** — Surface air temperature between 29 and 36 degrees Fahrenheit with light winds and expected frost. Used primarily for events at the beginning and end of the growing season.

• **Wind Advisory** — Sustained winds of 30 to 39 miles per hour for three hours, or any gust at least 45 miles per hour.

• **Blowing Dust Advisory** — Any sustained wind resulting in widespread visibility between one quarter mile and one mile in blowing dust.

• **Dense Fog Advisory** — Fog

reducing visibility to one-quarter mile or less over a widespread area.

Winter season watches

• **Winter Storm Watch** — Issued when winter storm conditions (blizzard, heavy snow, heavy freezing rain, heavy sleet) are expected within 12 to 48 hours.

• **High Wind Watch** — issued when high wind warning conditions (sustained winds at or exceeding 40 miles per hour for at least one hour, or any wind gust at least 58 miles per hour) are expected within 12 to 48 hours.

Precipitation definitions

• **Snow flurries** — Light snow falling for short durations. No accumulation or light dusting expected.

• **Snow pellets** — (also called graupel). Precipitation consisting of white, opaque, approximately round ice particles having a snow-like structure. Snow pellets are crisp and easily crushed (they look like tiny pellets of styrofoam).

• **Snow showers** — Snow falling at varying intensities for brief periods of time. Some accumulation is possible.

• **Snow squalls** — brief, intense snow showers accompanied by strong, gusty winds. Accumulation may be significant. Snow squalls are best known around the Great Lakes.

• **Blowing snow** — Wind-driven snow reducing visibility and often causing significant drifting. Blowing snow may be falling snow and/or loose snow on the ground picked up by the wind.

• **Sleet** — (also called ice pellets). Precipitation consisting of transparent or translucent pellets of ice. Sleet forms when either rain, or largely melted snowflakes, (re)freeze before reaching the ground.

Sleet usually bounces when hitting a surface and does not accumulate and cause a hazard to motorists.

• **Freezing rain** — Rain falling onto a surface, the temperature of which is below freezing, resulting in a coating or glaze of ice on surfaces such as trees, cars and roads.

Even small accumulations create a significant hazard.

Stimulus check deadline arrives

Special from the IRS

Only one day remains until the Oct. 15 deadline for retirees and disabled veterans to file an income tax return that will allow them to receive an economic stimulus payment this year.

The Internal Revenue Service also reminds retirees and disabled veterans that the money received from the economic stimulus payment will generally have no impact on eligibility for Medicare, Medicaid or other benefits. In addition, the payment generally will not be counted as income or require the recipients to file future income tax returns. "This really is the last chance for people to still get their stimulus payments this year. Don't let the economic stimulus payment pass you by," said IRS Commissioner Doug Shulman.

The Internal Revenue Service's

latest estimate indicates as many as 4.3 million recipients of certain Social Security and Veterans Affairs benefits who may be eligible for the economic stimulus payment but who have not yet claimed their stimulus payments. People must file an income tax return in order to receive an economic stimulus payment. For people who have no tax liability and who have no requirement to file a tax return

because their income is too low or nontaxable, there is a stimulus payment of up to \$300 (\$600 for married couples) plus the \$300 payment for each qualifying child. However, people in this situation must have at least \$3,000 in qualifying income from any combination of earned income, nontaxable combat, and certain Social Security, Veterans Affairs and Railroad Retirement benefits.

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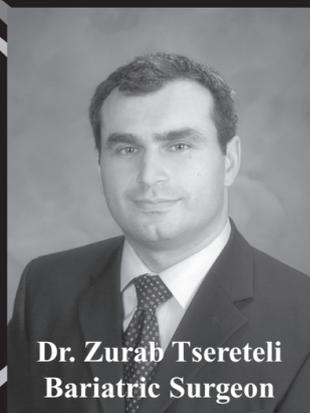
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