

# SCHOOL MENU

## Norton Jr.-Sr. High Schools Menu

### Monday, Jan. 28

Breakfast-Pancake and sausage on a stick, fruit or juice, or choice of assorted cereal, toast w/margarine and jelly, and milk.

Lunch-Chicken strip sandwich, lettuce and tomato, potato salad, banana, or chef salad and milk.

### Tuesday, Jan. 29

Breakfast-Hot cereal, hash brown patty, fruit or juice, or choice of assorted cereal, toast w/margarine and jelly, and milk.

Lunch-Taco, lettuce, tomato and shredded cheese, refried beans, apples, or chef salad and milk.

### Wednesday, Jan. 30

Breakfast-Pancakes w/syrup, sausage patty, fruit or juice, or choice of assorted cereal, toast w/margarine and jelly, and milk.

Lunch - Pepperoni pizza, combo salad, peaches, no bake cookie, or chef salad and milk.

### Thursday, Jan. 31

Breakfast-Yogurt, bagel and cream cheese, fruit or juice, or choice of assorted cereal, toast w/margarine and jelly, and milk.

Lunch-Chicken Alfredo, Carnival Salad, green beans, apple-sauce, or chef salad and milk.

### Friday, Feb. 1

Breakfast-Bacon, egg and cheese biscuit, fruit or juice, or choice of assorted cereal, toast w/margarine and jelly, and milk.

Lunch-Hamburger gravy, whipped potatoes, rolls w/margarine, carrots, pears or chef salad and milk.

### EES Menu

#### Monday, Jan. 28

Breakfast-Homemade pancakes, warm syrup, apple juice, milk and toast with peanut butter.

Lunch-Peanut butter and honey sandwich, cottage cheese, warm peas, celery stick, Mandarin oranges and milk.

#### Tuesday, Jan. 29

Breakfast-Blueberry muffin, peaches, orange juice, milk and toast with peanut butter.

Lunch-Pizza roll-ups, tossed salad, pears, green beans and milk.

#### Wednesday, Jan. 30

Breakfast-Rolled-up sausage links, tater tots, apple juice, milk and toast with peanut butter.

Lunch-Potato boats, baked beans, fruit cocktail, whole wheat roll and milk.

#### Thursday, Jan. 31

Breakfast-Breakfast cake, grape juice, milk and toast with peanut butter.

Lunch-Macaroni and cheese, little smokies, cooked carrots, rosy applesauce, pepper strips, french bread and milk.

### Friday, Feb. 1

Breakfast-Hard cooked eggs, warm toast, apple juice, milk and toast with peanut butter.

Lunch-Sloppy Joe, homemade bun, half corn, sweet potato tots, kiwi and milk.

### Northern Valley Menu

#### Monday, Jan. 28

Breakfast-Ham-n-cheese bagel, hash browns, apples or assorted cold cereal.

Lunch-Corn chips, relish plate, cinnamon bun and oranges.

#### Tuesday, Jan. 29

Breakfast-Pancake on a stick, syrup, eggs, juice or assorted cold cereal.

Lunch-Turkey-n-Swiss sub., ranch wedges, buttered carrots and applesauce cake.

#### Wednesday, Jan. 30

Breakfast-Breakfast casserole, toast, fruit cup, or assorted cold cereal.

Lunch-Hot beef sandwich, mashed potatoes, buttered broccoli, and pineapple ring.

#### Thursday, Jan. 31

Breakfast-Cinnamon coffee-cake, links, hash browns, grape juice or assorted cold cereal.

Lunch-Burrito, sauce, cheese, tossed salad w/dressing, buttered corn and cherry crisp.

### Friday, Feb. 1

Menu unavailable at time of printing deadline.

# Chicken soup for the goal



On Tuesday, Northern Valley High School hosted a soup supper fund-raiser in the cafeteria for its post prom party. (Pictured) Larry Land serves Nicci and Matt Stutsman their choice of soup before tip-off of the girls and boys varsity basketball games. The homemade chicken noodle soup was provided by Amy Chandler (and her mother) and several parents contributed to making the chili. Approximately \$750 was raised for the party. There was also a fund-raiser for the Hall family. Christopher Hall died Sunday in a car crash and his wife Regina is in the hospital. The 5th Grade class raffled off a TV with all the proceeds going to the Hall family (Zack Hall is in the 5th grade) and the 4th Grade class is accepting donations for the family (Ashton Hall is in the 4th grade), and they plan on purchasing a gas card for the family so the children can visit their mother in Kearney, Neb. To help with medical and other expenses, donations can be sent to First National Bank in Phillipsburg; Hall Family Fund.

—Telegram photo by Mike Stephens

# SCHOOL CALENDAR

## NCHS

Monday, Jan. 28  
Honor band and choir at UNK

N.H.S. meeting, A.P.  
NCHS Invitational Scholars Bowl Tournament, 4 p.m.

Tuesday, Jan. 29  
Jay Singers, 7:30 a.m.

B.A.S.S. meeting  
FFA to EES: Little Red Hen Project, 12:45 p.m.

C/JV/V BB at Smith Center, 4 p.m.

Wednesday, Jan. 30  
Ag Science Field trip to Kensington, 8:45 a.m.

FCCLA Star Events at Goodland, 9:30 a.m.

S.A.C. meeting, A.P.  
Thursday, Jan. 31  
Jay Singers, 7:30 a.m.

MTSS BLT at USD Office, 8:30 a.m.

Regional Scholar's Bowl at Russell, 4:15 p.m.

Friday, Feb. 1  
MCL Art Show begins at Dane G. Hansen Museum; Logan

FCCLA Carnation Sales begin

National Honor Society Prospective Member meeting, A.P.  
Post Prom Soup Supper: Cafeteria, 4 p.m.

C/JV/V basketball vs. Hill City, 4 p.m. (1983 Lady Jays State Champs and Coach Jilka recognition)

Wrestling at Smith Center, 6 p.m.

Saturday, Feb. 2  
Regional Piano Festival at FHSU

Forensics at Oberlin, 8 a.m.  
JV/V wrestling at Phillipsburg, 9 a.m.

JV/V basketball at Atwood-Rawlins County, 5:30 p.m.

## NJHS

Wednesday, Jan. 30  
MTSS BLT at USD Office, 8:30 a.m.

Norton County Spelling Bee at East Campus, 4 p.m.

Thursday, Jan. 31  
Wrestling at Hoxie w/Hill City, Trego, Oakley, 5 p.m.

## EES

Monday, Jan. 28  
Power Panther Presentation, 9:30 a.m.

Wednesday, Jan. 30  
MTSS BLT at USD Office, 8:30 a.m.

Norton County Spelling Bee at East Campus, 4 p.m.

Thursday, Jan. 31  
Security DRILL, 1:30 p.m.

Friday, Feb. 1  
Grades 1 and 2 vocal concert rehearsal at East Campus, 12:30 p.m.

## Northern Valley

Monday, Jan. 28  
I-Pad training in Phillipsburg from 8:30 a.m.-3:30 p.m.

Early Childhood Program in Phillipsburg

HS Scholars Bowl in Norton, 4 p.m.

HS UNK Honor and Band Choir Clinic at UNK Campus in Kearney, Neb. Concert at Health and Sports Center, 6 p.m.

FFA chapter meeting, 7 p.m.  
Junior High Spirit Week  
Tuesday, Jan. 29

PDC committee meeting in HS Tech Lab, 7:45 a.m.

HS BB at Alma, 4:30 p.m.  
Kansas Day Exhibits in Logan, 1 p.m.

Wednesday, Jan. 30  
Norton County Spelling Bee in Norton, 4 p.m.

Activity Period for KAY  
Thursday, Jan. 31  
JH BB vs. Cheylin in Alma, 4 p.m.

Animal Science Field Trip in Phillipsburg, 9 a.m.

Regional Scholars Bowl in Wilson, 4 p.m.

Friday, Feb. 1  
ECD meeting in Phillipsburg, 9:30 a.m.

HS BB vs. Cheylin at McDonald, 4:30 p.m.

K-2nd Grade 100th day of school celebration from 8:15 a.m.-3:35 p.m.

Saturday, Feb. 2  
Forensics in Oberlin, 7:30 a.m.

GS Dance Camp in the HS Gym from 9 a.m.-noon

# Low income energy assistance available

The Kansas Department for Children and Families (DCF) will be accepting applications for the Low Income Energy Assistance Program (LIEAP) from Tuesday, January 22 through Friday, March 29, 2013.

LIEAP provides an annual benefit to help qualifying households pay winter heating bills. Individuals with disabilities, elderly persons, and families with children are the primary groups assisted. An average benefit of \$520.81 was provided to 53,683 households in 2012.

To qualify, applicants must be responsible for direct payment of their heating bills. Income eligibility guidelines are set at 130 percent of the federal poverty level. Persons with incomes within the following guidelines may receive LIEAP benefits:

Persons living at the address	Maximum allowable
1. ....	\$1,210
2. ....	\$1,639
3. ....	\$2,068
4. ....	\$2,497
5. ....	\$2,926

\*\*Add \$429 for each additional person.\*\*

The level of benefit varies according to household income, number of persons living at the address, type of dwelling, type of heating fuel, and utility rates. Applicants must demonstrate they have made payments on their heating utility bill two out of the last three months and those payments must be equal to or exceed \$80 or the total balance due on their energy bills whichever is less.

Applications for the program have been mailed to households

who received energy assistance last year. LIEAP applications are available at local DCF offices or can be requested by calling toll-free 1-800-432-0043. Visit [www.dcf.ks.gov](http://www.dcf.ks.gov) to apply online.



## CORRECTION

Due to reporter error in the Tuesday, January 22 issue of the Telegram in the story titled "Rates to go up soon at the Norton County Landfill" some information was incorrect. In the Landfill Fee Schedule it incorrectly stated that the new cost for construction and demolition's was \$40 per ton. It is actually \$45 per ton. Another error in the schedule incorrectly stated the new tire fees. The cost for a small car tire is \$4, truck tires are \$5, pivot, small tractor and regular truck tires are \$10, big rear tractor tires are \$20 and the bigger grader and loader tires will be \$45. The gate fee also needed to be better explained. Basically, other than trees, grass and recyclable items the gate fee is \$3 for 50 pounds of trash or less and over 100 pounds is \$75 a ton.

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The Norton Telegram will correct or clarify any mistake or misunderstanding in a news story. Please call our office at 877-3361 to report errors.

We believe that news stories should be fair and factual and appreciate your calling to our attention any failure to live up to this standard.

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