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## **November Lunch Menus For**

Rice, Lima Beams, Tossed Salad,

Nov. 17: Fish Sticks, French

Nov. 18: Vegetable Beef

Nov. 19: Pinto Beans, Cheese

Nov. 20: Hot Dog w/Chili,

Nov. 21: Meat Loaf, Rice and

Nov. 24: Cheeseburger, Tater

November 25-December 1

Grades 6-12

Nov. 3: PInto Beans or Fish,

Gravy, Green Beans, Glazed

French Fries or Tater Tots, Cole

Wedge, Cole Slaw, Corn on Cob,

Soup, Peanut Butter Sandwich,

Fries, Peach Half, Whole Wheat

Roll, Milk.

Roll, Milk.

Fresh Apple, Milk.

Cornbread, Milk.

Carrots, Roll, Milk.

-Manager's Choice.

Tots, Baked Beans, Milk.

Slaw, Milk.

## **Kings Mountain Schools**

Nov. 4: Fried Chicken or Slop-

py Joe w/Cheese, Potato Salad,

Green Beans, Whole Wheat

Nov. 5: Vegetable Beef Soup,

Nov. 6: Meat Loaf or

Cheeseburger, French Fries, Cole S, Whole Wheat Roll, Milk.

Nov. 7: Pizza or Hot Dog,

Nov. 10: Meat Loaf or Fish

Nov. 12: Submarine Sandwich

or Fried Chicken, Potato Salad,

Green Beans, Peanut Butter

Nov. 13: Chicken Pot Pie or

Sandwich, French Fries, Garden

Nov. 11: No School.

Sandwich, Roll, Milk.

Tossed Salad, Fresh Apple,

Grilled Cheese Sandwich, Fresh

Muffins, Milk.

Roll, Milk.

Apple, Milk.

Peas, Roll, Milk.

Milk.

#### Grades K-5

Nov. 3: Hot dog w/chili, French Fries, Baked beans, Milk.

Nov. 4: Pinto Beans, Cheese Wedge, Cole Slaw, Corn on Cob, Cornbread, Milk. Nov. 5: Macaroni & Cheese,

Baked Ham, Green Beans, Peach Half, Roll.

Nov. 6: Fish Sticks, Cheese Wedge, Lima Beans, Applesauce, Whole Wheat Roll, Milk.

Nov. 7: Fried Chicken, Rice/Gravy, Garden Peas, Chilled Fruit, Roll, Milk.

Nov. 10: Sloppy Joe, Cheese Wedge, Cole Slaw, Green Beans, Vanilla Cookie, Milk.

Nov. 11: Holiday.

Nov. 12: Spaghetti, Tossed Salad, Peach Half, French Bread, Milk.

Nov. 13: Cream of Tomato Soup, Peanut Butter Sandwich, Fresh Apple, Milk. Nov. 14: Turkey A La King,

**Dance Class** 

#### **Is Scheduled**

The Kings Mountain Parks and Recreation Department will be hosting an Aerobic Dance class, which will be held in the Mountaineer Room of the Kings Mountain Neighborhood Facility Center. This 10 week course will meet every Tuesday and Thursday, starting November 11 from 7:30 to 9:30 p.m.

Aerobic Dancing combines exercises which strengthen the cardiovascular system, with vigorous dance movements. The result is a figure-shaping program for those who want to enjoy exercise.

Pre-registration will be taken Monday through Thursday from 8 a.m. to 12 noon, 1 p.m. to 5 p.m. and 6 p.m. to 10 p.m. at the office of the Kings Mountain Neighborhood Facility Center, room 102, 208 North Cleveland Avenue. Registration will also be taken the first night of class if space is still available. Participants will be asked for a nominal \$10.00 fee at the time of registration.

Participants are asked to wear any loose fitting sports clothing or leotards. Tennis shoes, support stockings and cotton sport socks are also recommended. Judy Ford will instruct.

For more information on this and other ongoing programs, call 739-3549.

Cole Slaw, Potato Tots, Corn Hamburger w/Chili, Cole Slaw,

French Fries, Apples, Milk. Nov. 14: Losagna or Toasted Cheese Sandwich, Tossed Salad, Corn on Cob, French Bread, Cinnamon Crispie, Milk.

Nov. 17: Vegetable Beef Soup, Toasted Cheese Sandwich, Fresh Apple, Milk.

Nov. 18: BBQ Chicken or Pinto Beans, Cole Slaw, Potato Tots, Cornbread, Milk.

Nov. 19: Steak and Gravy or Fish Sandwich, Buttered Rice, Garden Peas, Tossed Salad, Roll, Milk.

Nov. 20: Pizza or Sloppy Joe Cheesewedge, Corn on Cob, Cole Slaw, Apple Crisp, Milk.

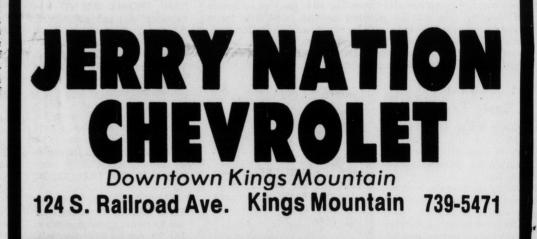
Nov. 21: Chicken Pot Pie or Hot Dog w/Chili, French Fries, Roll, Milk.

November 24-December 1 -Manager's Choice.

# Kings Mountain..... **The Difference Is Worth The Distance** We Will Pay You \$10.00 For Travel Expense

If We Fail To Beat Any Bonified

### **Deal You Now Have**



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