

November Lunch Menus For Kings Mountain Schools

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,

Rice, Lima Beans, Tossed Salad, Roll, Milk.

Nov. 17: Fish Sticks, French Fries, Peach Half, Whole Wheat Roll, Milk.

Nov. 18: Vegetable Beef Soup, Peanut Butter Sandwich, Fresh Apple, Milk.

Nov. 19: Pinto Beans, Cheese Wedge, Cole Slaw, Corn on Cob, Cornbread, Milk.

Nov. 20: Hot Dog w/Chili, French Fries or Tater Tots, Cole Slaw, Milk.

Nov. 21: Meat Loaf, Rice and Gravy, Green Beans, Glazed Carrots, Roll, Milk.

Nov. 24: Cheeseburger, Tater Tots, Baked Beans, Milk.

November 25-December 1 -Manager's Choice.

Grades 6-12

Nov. 3: Pinto Beans or Fish,

Cole Slaw, Potato Tots, Corn Muffins, Milk.

Nov. 4: Fried Chicken or Sloppy Joe w/Cheese, Potato Salad, Green Beans, Whole Wheat Roll, Milk.

Nov. 5: Vegetable Beef Soup, Grilled Cheese Sandwich, Fresh Apple, Milk.

Nov. 6: Meat Loaf or Cheeseburger, French Fries, Cole S, Whole Wheat Roll, Milk.

Nov. 7: Pizza or Hot Dog, Tossed Salad, Fresh Apple, Milk.

Nov. 10: Meat Loaf or Fish Sandwich, French Fries, Garden Peas, Roll, Milk.

Nov. 11: No School.
Nov. 12: Submarine Sandwich or Fried Chicken, Potato Salad, Green Beans, Peanut Butter Sandwich, Roll, Milk.

Nov. 13: Chicken Pot Pie or

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.



MONDAY-TUESDAY SPECIALS

★ SPECIAL

Men's or Ladies 2 piece

SUITS OR DRESSES

2 for \$4.49

Must be picked up same week for SPECIAL

Laundered crisp, bright Folded or on hangers

SHIRTS 5 for \$1.89

★ SPECIAL

Trousers, plain skirts or sweaters

Mix or Match ANY 3 for \$3.49

Must be picked up same week for SPECIAL

CHILDREN'S
DINGO
WESTERN
BOOTS

Just Arrived. Several Styles To Select From.
Sizes Small 8 1/2 Up



DOWNTOWN KINGS MOUNTAIN

THE TOP
RETURNS

30-MONTHS
Money Market Certificates

ANNUAL RATE
12.00%

\$500.00 MINIMUM

RATE EFFECTIVE THROUGH 11-12-80

There is a Substantial Penalty
for Early Withdrawal

6-MONTHS
Money Market Certificates

NOW EARN
12.534%

RATE EFFECTIVE THROUGH 11-5-80

REGULATIONS PROHIBIT
INTEREST COMPOUNDING

\$10,000 MINIMUM



HOME SAVINGS
and Loan Association

700 W. King St., Kings Mountain, N.C. 28086
206 E. Mtn. St., Kings Mountain, N.C. 28086
215 E. Va. Ave., Bessemer City, N.C. 28016

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.

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

JERRY NATION
CHEVROLET

Downtown Kings Mountain

124 S. Railroad Ave. Kings Mountain 739-5471



ICENHOUR

VOTE IN
1980

WHAT DO YOU WANT IN YOUR CONGRESSMAN?
HOW WOULD YOU VOTE?

COMPARE!

ICENHOUR vs BROYHILL

<p>INFLATION</p> <p>Stop Inflation . . . Balance the Budget . . . End Wasteful Programs</p>	<p>Protects Special Interests.</p>
<p>NATIONAL DEFENSE</p> <p>Foot Soldier to Lt. Colonel . . . 23 years active Army & Air Force service . . . Flew 40 different aircraft</p>	<p>No Military Service</p>
<p>JOBS</p> <p>Supports Full Employment</p>	<p>Abandoned Own District Workers . . . Sold Out Business to Absentee Owners</p>
<p>TAXES</p> <p>Tax Relief for Average Americans</p>	<p>Supports Tax Breaks for High Brackets</p>
<p>PUBLIC RECORD</p> <p>Soldier . . . Pilot . . . Diplomat . . . Teacher</p>	<p>18 years in Congress . . . No Significant Legislative Record</p>
<p>CAMPAIGN FINANCES</p> <p>No Special Interest Money</p>	<p>Out-of-state finances . . . See His Official Reports</p>

VOTE JIM ICENHOUR

"Fighting for ALL the people"

DEMOCRAT for CONGRESS
10th. District

PAID FOR BY ICENHOUR FOR CONGRESS COMMITTEE.