

School Menus

Elementary

Nov. 29 - Dec. 3
BREAKFAST:
Monday: Sausage Biscuit, Jelly, Applesauce, Milk. **Tuesday:** Oatmeal, Cinnamon Bun, Juice, Milk. **Wednesday:** Cheese Toast, Orange Half, Milk. **Thursday:** Poptarts, Fruit Cup, Milk. **Friday:** Waffle w/Syrup, Juice, Milk.

LUNCH:
Monday: Pork Steak w/Gravy, Sloppy Joe, Chef Salad, Creamed Potatoes, Simmered Green Beans, Chilled Applesauce, Hot Biscuit, Milk/Drink, Dessert.
Tuesday: Golden Fried Chicken, Cheeseburger, Chef Salad, Potato Salad, Seasoned Peas & Carrots, Chilled Fruit Cup, Hot Roll, Milk/Drink, Dessert.

Wednesday: Baked Meat Loaf w/Macaroni & Cheese, Pig in the Blanket or Hot Dog, Chef Salad, Buttered Corn, Fried Okra, Seasoned Green Beans, Angel Biscuit, Milk/Drink, Dessert.
Thursday: Mexican Taco w/lettuce, tomato, & cheese, Mexican Pizza Burger, Chef Salad, Applesauce, French Fries, Baked Beans.

Milk/Drink, Dessert.
Friday: Pizza, Turkey Salad on Lettuce w/crackers, Potatoes, Buttered Carrots, Lettuce & Tomato, Hot Roll, Milk/Drink, Dessert.
Middle & High
 Nov. 29 - Dec. 3
LUNCH:
Monday: Baked Turkey w/Gravy & Hot Roll, Grilled Cheese Sandwich, Chef Salad, Whipped

Potatoes, Fried Okra, Buttered Leafy Green, Cranberry Salad, Milk/Drink, Dessert.
Tuesday: Chic-Fillet, Fire Cracker Sandwich (Meatball), Chef Salad, French Fries, Shredded Lettuce w/Sliced Tomato Seasoned Beans, Sliced Peaches, Milk/Drink, Dessert.
Wednesday: Meat Loaf w/Tomato Sauce, and baked cornbread,

Bar-B-Que Pork in Bun, Chef Salad, Cabbage & Carrot Slaw, Seasoned Leafy Greens, Buttered Lima Beans, Congealed Fruit Salad, Milk/Drink, Dessert.
Thursday: Manager's Choice.
Friday: Spaghetti w/Meat Sauce & Garlic Bread, Luncheon Meat & Cheese Sandwich, Chef Salad, Tossed Green Salad, French Fries, Seasoned Mixed Vegetables, Spiced Applesauce, Milk/Drink, Dessert.

Holiday Leftovers Star in New Dishes

Thanksgiving dinner is over, and now it's the family that is stuffed. They are saying they won't want anything to eat for the next week, but you know better. Someone will probably be fixing a turkey sandwich in the next couple of hours.

If you have more than enough turkey for all those cold sandwiches, you may want to try some of the following recipes, say specialists with the North Carolina Agricultural Extension Service.

For safety's sake, remember that turkey must be refrigerated promptly. Any stuffing in the bird must be removed. You can freeze leftovers for up to four months; any meat in the refrigerator must be used within four days.

For a change of pace, try Turkey Corn Pudding, Turkey Gumbo or Turkey Red Devils.

Turkey Gumbo

2 small onions, diced
 2 T. fat
 4 c. turkey broth
 2 c. canned tomatoes
 4 c. cooked okra
 2 c. cooked turkey chunks
 2 T. chopped parsley
 ½ t. paprika
 2 c. cooked rice
 Cook onion in fat until it's tender but not brown. Add broth, tomatoes, okra, turkey, parsley and paprika. Heat and simmer 10 minutes. Taste for seasoning. Add cooked rice. Heat and serve. Makes 4 to 6 servings.

Turkey Red Devils

6 slices buttered toast
 6 slices sharp cheddar cheese
 6 slices tomato
 Salt and pepper
 6 slices cooked turkey
 1-1½ oz. can condensed cream of mushroom soup

¾ c. turkey broth, milk or water
 Cayenne and mustard, if desired
 Paprika

Arrange on shallow baking pan toast topped with cheese slices, tomato slices seasoned with salt and pepper and turkey slices. Blend soup with broth; season to taste with cayenne and mustard, if desired. Top each sandwich with 3 to 4 spoonful of soup. Sprinkle with paprika. Bake at 425 degrees for about 15 minutes, or until cheese begins to melt and top is browned. Makes 6 sandwiches.

Turkey Corn Pudding

6 slices or 2 cups diced cooked turkey
 1 small can sliced mushrooms
 1-4 c. margarine
 1-4 c. flour
 ½ t. salt
 1-4 t. pepper
 1 c. milk
 1-4 t. Worcestershire sauce
 2 eggs, separated
 1-8 ¾ oz. can cream-style corn

Arrange turkey and mushrooms in bottom of greased 1½ quart casserole. Set aside. Melt margarine in saucepan. Stir in flour, salt and pepper. Add milk gradually. Stir constantly over direct heat until sauce is thickened. Combine Worcestershire sauce with egg yolks and beat lightly with fork. Blend a little hot mixture into egg yolks, then stir into pudding. Cook 2 minutes. Remove from heat. Add corn. Beat egg whites until stiff but not dry. Gently fold into corn mixture until whites disappear. Pour over turkey and mushrooms. Bake in moderate oven at 350 degrees 30 to 40 minutes. Serves 6.

For EMERGENCY Fire & Rescue . . . Call **638-8566**

Fresh Whole Fryers



39¢ lb.

SUTTON'S Supermarket

Vanceboro, N.C. Ph. 244-0733

We reserve the right to limit quantities.

Plenty of FREE Parking

We Welcome Wic & Food Stamp Program

Pringle Potato Chips



\$1.19

Twin Pack

Specials begin Friday, Nov. 26th and goes thru Nov. 30th

<p>Gwaltney Bacon lb. \$1.59</p> <p>Western Cube Steak lb. \$2.89</p> <p>Western Rib Eye Steak lb. \$3.69</p> <p>Western Rib Steak lb. \$2.49</p>	<p>Kraft Mayonnaise qt. size \$1.19</p> <p>Limit 1 with a \$10.00 Food Order</p>
---	---

<p>Western Sirloin Steak \$2.69 lb.</p> 	<p>Del Monte Garden Peas 303 can 2/89¢</p> <p>Del Monte Green Lima Beans 303 can 65¢</p> <p>Pocahontas Field Peas w/snaps 303 can 3/79¢</p>
--	---

<p>Libby Corned Beef 12 oz. can \$1.29</p> <p>Red Stayman Apples 3 lb. bag 99¢</p> <p>French's Mustard 24 oz. jar 69¢</p> <p>Thousand Island Dressing 8 oz. jar 69¢</p> <p>Gibbs Pork & Beans 30 oz. can 69¢</p> <p>Del Monte Catsup 14 oz. bottle 59¢</p>	<p>Brawny Paper Towels Single roll 2/\$1.00</p> 
--	--

We have All Kinds of Animal Feed

We have all kinds of Mixed Nuts and Fruit Cake Mixes



We will be Closed Thanksgiving Day. Reopen for Business Friday as usual.

We reserve the right to correct errors.