

## LUNCH

Continued from 1

dents who can afford to pay full price for lunch as well as the majority who qualify for a free lunch but didn't want to eat what was served in the past.

For county taxpayers, the increase in cafeteria use means something. If school nutrition budgets can't be self-supporting, local taxpayers are required to make up the difference.

For Shirley Pelletier, the new nutrition director for the school system, the money is not the focus but it's something she watches daily.

"It's not about the money," she said. "It's about getting students fed. If I can break even if everybody eats at the cost they are paying now, I'm happy."

The school system did not raise lunch prices this year, which for paying patrons goes from \$2.35 for students at Central to \$2.60 for older students.

Lisa Lane, the new com-



SUBMITTED PHOTO

The grilled chicken salad in Perquimans County Schools has proven a hit among students.

munications director for the school system, agreed getting all students fed is the issue. Lane spent 20 years as a classroom teacher, including Perquimans Central before taking the new position.

"I really think this is going to impact on test scores," Lane said. "When a student is hungry, they can't focus."

Superintendent Matthew Cheeseman, who worked with Pelletier in Washington County Schools, is pleased that she joined the Perquimans County Schools system.

"I believe, and I'm not speaking for anybody else, but I believe we hired the number one nutrition director in the state. She is

innovative in her thinking and swift in her actions. It all goes a long way when it comes down to academics."

Now about 70 percent of students eat a school-prepared lunch. Last year it was about 51 percent.

Pelletier credits the introduction of "chicken and waffles" for some of the increase. It was added to the menu along with popcorn chicken made with fresh chicken and spicy wings for high school students. Another big seller that may surprise many people is — salad.

"I'm still amazed at the number of salads that are flying off the line," Pelletier said.

Schools were selling out of fresh salads every day during the first few weeks of school before every child was fed. It took a while to figure out just how much food to order.

The salads aren't just a pile of lettuce.

Some salads came with a tiny cup with a few pieces of bacon bits and another cup with three croutons.

Pelletier said while a few tiny bits of bacon bits and croutons could be viewed as a nutritional negative, in the big picture standpoint

they don't matter when considering the child ate a salad.

"Some days it's a grilled chicken salad or Cobb salad with boiled eggs," Lane said.

The tiny extras made a difference for some students.

"It's a quality chicken product and we're buying in bulk," Pelletier said.

"I'm spending money on a whole chicken product, but I'm spending less money on some of the side items that go with that product."

When Lane was still teaching second grade at Central she said at least one child in a table that seat four was eating salad.

"They loved the fact that it was fresh," Lane said.

When Pelletier was hired, her goal was to increase sales by 5 percent by the end of the year.

"We're averaging up about 8 percent a day," she said.

To keep students coming back, Pelletier knows that the menu can't stay the same. She's planning to rotate items every eight to 10 weeks.

"We've got to keep the momentum going," Pelletier said.

In November students

will start seeing more soups, salads and sandwiches on the menu.

"Chicken and waffles will not go away based on the popularity," Pelletier said.

She's already developed menus for Thanksgiving and Christmas, including turkey.

"Chili and corn muffins are coming back and soup and grilled cheese sandwiches are always popular," she said.

"Across the board we're seeing increases in everybody, plus we're picking up (school) staff. Staff is up about 25 percent from last year. That helps me with revenue."

"Often the central office people head over to the high school to eat lunch because it's that good," Lane said.

It may be good because it's real food, not something processed, Pelletier said.

"To sell more you have to spend more, and we're watching it (expenses)," Pelletier said.

Adults dining in a school cafeteria pay \$3.75 for lunch, Lane said.

"Overwhelmingly, the students I interviewed said they loved the popcorn chicken, the oranges, the carrots, and the Sun Chips."

"The best thing for me was about two weeks into the school year there was a little boy at the elementary school," Pelletier said. "He was standing there, wide-eyed in the lunch line."

The boy was looking at the grab-and-go menu items, and the menu of taco cups and salad.

"He couldn't decide. He said 'the salad looks so pretty,'" Pelletier said.

"When students can't decide which one they have to choose, you're doing the right thing," Pelletier said.

## SHOOTING

Continued from 1

Woodard told Webb that he was at a party that was later determined to be in the 1100 block of Grubb Street. As he was attempting to leave, he was approached by someone who shot him once. The suspect fled the area and the victim was taken to the Edenton hospital by private vehicle and then transferred to Pitt Memorial.

Freeman said he hopes to have warrants issued for the shooter sometime Tuesday. He said the victim's gunshot wound was not life threatening.

Anyone that has any information pertaining to the case is encouraged to call the Hertford Police Department at 426-5587.



**ICPTA**  
PUBLIC TRANSPORTATION

**ICPTA seeking  
Vehicle  
Operators**

This employee will operate a small or medium sized motor vehicle transporting a variety of cargo or people on an established route. Work involves the skilled and safe operation of a van or small bus transporting people to a designated location. Employees maintain operational records, perform routine preventive maintenance on the vehicle, and perform other duties as required. Work is performed under the general supervision of a higher level position. Employee must be knowledgeable of the proper operation and minor maintenance of the assigned vehicle; safe, defensive driving techniques; and traffic laws and regulations. Minimum Training and Experience: Completion of grammar school. A PRE-EMPLOYMENT DRUG TEST IS REQUIRED. Applicants must have a valid North Carolina CDL Driver's License with P endorsement, be willing to work with the public, and have good communication skills.

To apply visit [www.ncworks.gov](http://www.ncworks.gov) or [www.arhs-nc.org/contact/](http://www.arhs-nc.org/contact/) or call 252-337-6716. A State Application, DOT Statement & Copy of CDL is required. Incomplete applications will not be considered.

## Join Us at The Shed at Scotch Hall for a Great Time.

Enjoy Draft Beer, Pizza, Wings, Quesadillas, & More!  
**All Events Are Open to the Public.**  
Reservations suggested.

<b>Thursday, October 13</b>	7:30 pm	Pirate Night! ECU vs. Navy
<b>Friday, October 14</b>	6:00 pm - till	A Night with Adam Nixon Playing a mix of Blues, Folk, Vintage Country, Gospel, & Americana.
<b>Saturday, October 15</b>	4:00 - 8:00 pm	Dinner Special: Grilled BBQ Chicken, \$9.95
<b>Friday, October 21</b>	6:00 pm - till	A Night with Chuck Hodges Playing a mix of Bluesy, Folksy, Roots-Rock, guitar-centric music.
<b>Saturday, October 22</b>	4:00 - 8:00 pm	Dinner Special: Grilled Marinated Beef Medallions, \$12.95
<b>Thursday, October 27</b>	6:00 pm - till	A Night with Toby Tate Playing a spicy, bold mix of Bluegrass, Country, Rock, & Pop.
<b>Saturday, October 29</b>	4:00 - 8:00 pm	Dinner Special: Burgers & Dogs, \$9.95
<b>Saturday, October 29</b>	TBD	Halloween Party & Costume Contest



## Scotch Hall

877.847.3727  
[ScotchHallPreserve.com](http://ScotchHallPreserve.com)

BINOCULARS | DECOYS | LURES | SCENTS | AMMUNITION

APPAREL | KNIVES | GEORGIA BOOTS & MUCH MORE!



**YOUR ONE STOP SHOP FOR HUNTING!**

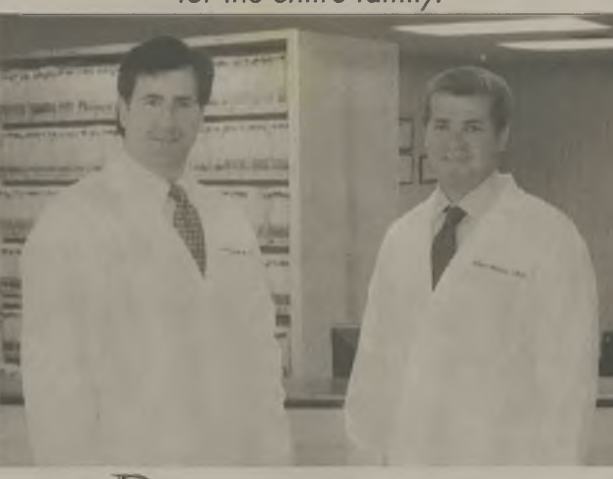
**W.E. NIXON  
WELDING & HARDWARE, INC.**


3036 ROCKY HOCK ROAD, EDENTON | 221-4348 OR 221-8343

*"We always welcome new patients."*

COMFORT • QUALITY • EXPERIENCE

Modern Dentistry in a relaxed environment for the entire family.





**ALBEMARLE  
DENTAL ASSOCIATES**  
General and Cosmetic Dentistry

DR. CHRIS KOPPELMAN, DDS  
DR. ETHAN NELSON, DDS

**482-5131**

103 Mark Dr. Edenton, NC  
(behind Chowan Hospital)

# Honoring Our Veterans

This Veterans Day send a word of thanks as we honor the men and women of the US Military. We invite you to share a personal message honoring these heroes on Veterans Day.

All greetings will appear in our special section on November 9th.

**Greeting & Photo \$15**

**Honoring Our Veterans**

YOUR NAME \_\_\_\_\_

YOUR PHONE \_\_\_\_\_

YOUR ADDRESS: \_\_\_\_\_

CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_

VETERAN'S NAME \_\_\_\_\_

MESSAGE \_\_\_\_\_

SUBMISSION DEADLINE: NOVEMBER 3RD

Send an optional photo along with your completed submission to:

**THE PERQUIMANS WEEKLY** 111 W. Market Street, Hertford, NC 27994  
or by email: [balexander@ncweeklies.com](mailto:balexander@ncweeklies.com)