

Schools Celebrating School Lunch Week

Schools will be joining schools across the nation in celebrating National School Lunch Week (NSLW) during October 9-15. "School Lunch; American's No. 1 Energy Source" is the 1982-1986 program theme developed by the American School Food Service Association that will be observed.

Special emphasis for NSLW 1983 is "Programmed For Power." Now more than ever, Americans are concerned about good nutrition and physical fitness. One way to be healthy is to develop healthy habits early in life since these habits will stay with children all of their lives. A school lunch is an excellent example of good nutrition.

This year is the 21st year that the second week in October has been proclaimed as National School Lunch Week. When the celebration was first observed in 1962, we, as a nation, were exuberant because astronaut John Glenn completed three orbits around the earth. Today we have seen so many advances that even the space shuttle is becoming a familiar occurrence.

Many things change in twenty-one years and the school lunch program has changed also. Many schools offer multiple choice menus, and food service programs using salad bars, soup bars, a la carte lines, buffet lines, and scramble systems are not uncommon. Students now have an input in the lunch program through YAC's (Youth Advisory Councils) and many are actively involved in nutrition education programs.

What's in store for tomorrow? We don't know, but this year's theme, "Programmed For Power," gives us a hint. The computer age has arrived. "Power" is what the school lunch can provide, and we in North Carolina are going to take a look at "Power Then... Power Now" when two special menus are featured.

The state menu represents "Power Then" by featuring a typical past style of family meals using the state's well-known agriculture products; Roasted Turkey, Old Fashion Cornbread Stuffing, Home Grown Sweet Potato, Seasoned Green Beans, Buttermilk Biscuits with honey butter, and Sweet Milk. This menu will be served Thursday, October 13. The menu served nationwide is an example of a meal from which students get their "Power Now": Power Source Burger, Printout Potatoes, Vegetables Chips, Apple Bytes, and Basic Milk. Students can look forward to this school lunch on Friday, October 14. These meals represent a basic school lunch that includes items from the four basic food groups; meat or meat alternative, fruit and/or vegetables, bread or bread alternative, and milk. A school lunch also provides on a third of the recommended daily allowance for children.

The NSLW menus offer a taste of nutritious foods while keeping in mind the likes and dislikes of school students. Join in the NSLW fun and try some of the school lunch recipes that have been scaled down to home size quantities!

HOME SIZE SCHOOL LUNCH WEEK RECIPES

Old Fashion Cornbread Stuffing

Ingredients:

3 tablespoons chooped onion
 1/2 cup chooped celery
 1/4 cup butter or margarine
 4 cups dry bread cubes (leftover bread and corn bread)
 1/4 teaspoon salt
 1/4 teaspoon pepper
 1/2 teaspoon poultry seasoning
 1/2 teaspoon ground sage
 2 to 4 tablespoons water or chicken broth.

Directions:
 Cook onion and celery in butter.

Combine with bread and seasonings. Toss with enough liquid to moisten. Makes about 3 cups stuffing.

BUTTERMILK BISCUITS

Ingredients:

2 cups sifted all-purpose flour
 3 teaspoons baking powder
 1/4 teaspoon soda
 1/2 teaspoon salt
 1/3 cup shortening
 3/4 cup buttermilk

Directions:
 Sift dry ingredients into bowl. Cut in the shortening til like coarse crumbs. Make a well; add milk all at once. Stir quickly with fork just til dough follows fork around bowl. Turn onto lightly floured surface. (Dough should be soft.) Knead gently 10 to 12 strokes. Roll or pat dough 1/2 inch thick. Dip 2 1/2 inch biscuit cutter in flour; cut dough straight down. Bake on ungreas-

ed baking sheet at 450 degree about 12 minutes. Make 10.

HONEY BUTTER

Ingredients:

1 cup butter
 1 1/2 cup North Carolina Honey

Directions:
 Cream butter and slowly add honey. Cream well. Store tightly covered in refrigerator. Serve on hot rolls or biscuits, pancakes, waffles or toast.



STUDENT JEANS LEVIS & LEE'S

All Cotton Pre-Washed **\$16⁸⁸**
 Polyester & Cotton Unwashed **\$14⁸⁸**
 Corduroys **\$14⁸⁸**

WIDE SELECTION OF MEN'S TIES

By Beau Nance & D. Burton
 Values To \$6.00

Special Mountaineer Price

4 For \$1⁰⁰

BOYS JEANS

By Levi & Lee
 Sizes 8-14 Slims & Regulars

All Cotton Prewashed **\$13⁸⁸**
 Polyester & Cotton Unwashed **\$12⁸⁸**
 Corduroy **\$12⁸⁸**

Mc Ginnis

DEPARTMENT STORE

KINGS MOUNTAIN, N. C.

DOWNTOWN KINGS MOUNTAIN

MOUNTAINEER DAYS SALE

October 5th - 8th

LADIES SHOES

By Bass

Large Selection Of
 Reg. \$37.50 **\$25⁰⁰**
 Reg. \$35.00 **\$19⁹⁵**

Group Of LADIES SHOES

Broken Sizes
 Values To \$25.00

\$2⁹⁸

PRE-TEEN SKIRTS & BLOUSES

Sizes 3-11 Petite
 By Izod & Russ Teen
 Values To \$22.00

Sale Price

\$8⁵⁰ \$12⁰⁰

Group Of LADIES SHOES

By Connie
 Values To \$36.00

MOUNTAINEER DAY PRICE

\$8⁸⁸ To \$12⁸⁸

CHILDRENS CANVAS & LEATHER SHOES

By Nike - All Sizes

Canvas Reg. \$19.95 **\$15⁸⁸**
 Leather Reg. \$32.00 **\$24⁸⁸**



LEVI JR. JEANS

Reg. \$29.00
 Super Straights
 Sale

\$19⁹⁵

STUDENT OVERALLS

By Dee Cee & Levi
 Red, Green, Khaki, Gold, Denim
 Not All Sizes - Values To \$19.95

Sale \$5⁰⁰

TODDLER & KIDDIES JEANS

By Levi & Lee
 Sizes 2T-4T 4-7

All One Price

\$9⁹⁵

GIRLS JEANS

By Levi

Sizes 4-6X - Slim & Regular
 7-14 Slim & Regular - Values To \$22.00

\$12⁸⁸ To \$14⁸⁸
 Sale Prices

Large Selection Of LADIES SWEATERS

\$3⁰⁰ Off
 Regular Price
 For Mountaineer Days

Wrecks Reported

Kings Mountain police investigated five wrecks during the past week.

A car driven by Andrew Blanton of Route 4 struck a car owned by Dorothy White of 1301 Shelby Road Thursday at 10:12 a.m. in the parking lot of the Kings Mountain Plaza. Damage to Blanton's car was \$150 and damage to White's car was \$200.

Cars driven by Debra Benoy of 607 West Mountain Street and Lewis Curry of Route 1 collided Friday at 9:43 a.m. on King Street. Damage to Benoy's car was \$600. There was no damage to Curry's car.

Aleem Alugdah of Gastonia told police his brakes failed causing him to hit a tree as he attempted to stop at the intersection of East King and Oriental Avenue Friday at 3:22 p.m. Damage to his car was \$800.

A car driven by Patty Walker of Highway 29, Kings Mountain, struck a car driven by Clark Wilkerson Jr. of Route 1 Friday at 6:43 p.m. on West King Street. Damage to Wilkerson's car was \$100 and damage to Walker's was \$400.

A car driven by Sue Nance of Route 2 struck a car driven by Ruby Causby of 105 McGinnis Street Saturday at 2:37 p.m. at the intersection of McGinnis Street and Piedmont Avenue. Damage to Causby's car was \$75 and damage to Nance's was \$250.