

Lunch Menus

Kings Mountain District School's lunch menus for September.

Friday, September 1 - school planned menu.

Monday, September 4 - Labor Day holiday.

Tuesday, September 5 - corn dog, slaw, baked beans, fruit of choice and milk.

Wednesday, September 6 - Lasagna, mixed green salad, green peas, fruit of choice, bread sticks and milk.

Thursday, September 7 - Turkey sandwich, lettuce, tomato, potato salad, crispie okra, fruit and milk.

Friday, September 8 - Hamburger or cheeseburger with lettuce and tomato, French fries, fruit of choice and milk.

Monday, September 11 - Pizza, garden salad, corn, French fries, choice of fruit and milk.

Tuesday, September 12 - Macaroni cheese, ham, green peas, sweet potatoes, fruit, roll and milk.

Wednesday, September 13 - Taco salad with Nachos, corn on cob, choice of fruit and milk.

Thursday, September 14 - Country-style steak with gravy, creamed potatoes, okra, roll fruit and milk.

Friday, September 15 - Hot dog with chili, oven fries, fruit or choice and milk.

Monday, September 18 - Chicken nuggets, cole slaw, French fries, fruit and milk.

Tuesday, September 19 - Meat loaf, creamed potatoes, steamed broccoli, roll, fruit of choice and milk.

Wednesday, September 20 - Grilled cheese or peanut butter and jelly sandwich, vegetable soup, crackers or cornbread and milk.

Thursday, September 21 - Spaghetti, mixed green salad, green peas, bread sticks, fruit and milk.

Friday, September 22 - Chicken filet sandwich, lettuce and tomato, French fries, choice of fruit and milk.

Monday, September 25 - Pizza, tossed salad, corn on cob, choice of fruit and milk.

Tuesday, September 26 - Hamburger or cheeseburger, French fries, choice of fruit and milk.

Wednesday, September 27 - Baked chicken, rice and gravy, chopped broccoli, roll, fruit and milk.

Thursday, September 28 - Barbecue with slaw, French fries, choice of fruit and milk.

Friday, September 29 - Fish crispie, cole slaw, whole white potatoes, cornbread, fruit and milk.

Local artists display work at Arts Center

Three Cleveland County artists - Polly Ledford, Bonnie Hartford Price and A. B. Snow -- are exhibiting a variety of paintings at The Arts Center, 111 S. Washington Street on the Square in Shelby, through September 8.

The Arts Center is open Monday through Friday from 10 a.m.-4 p.m.

"I love to paint, paint, paint and I find painting very rewarding," says Ledford who paints subjects in any medium usually with realistic style.

One of her paintings is part of a permanent collection at Cleveland Pines Nursing Home. She also has paintings hanging in a private home in Germany. Her work has also been exhibited at Presbyterian Hospital. She enjoys painting, "Old Home Places" and landscapes on commission, but she will tackle any subject.

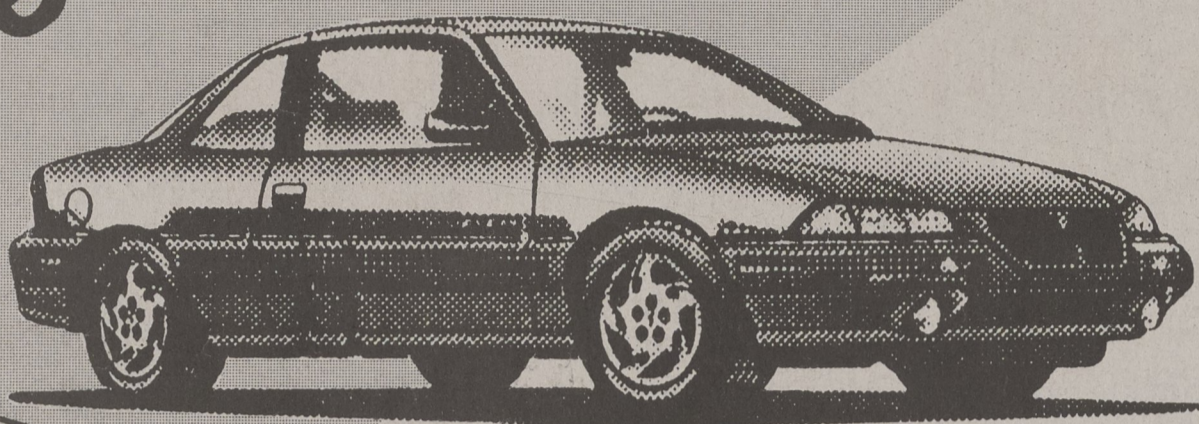
Price has received extensive training in a variety of media by studying with excellent instructors from the region as well as nationally. She enjoys creating in a variety of media which contributes to versatile and imaginative outcomes. She has taken part in one woman shows and over 35 group shows in the two Carolinas and won numerous awards including Best of Show. Each year since 1985 she has designed a page for the Southern Arts Society annual calendar.

"If I can get another person to pause, for even a few seconds and be enriched by seeing a new place or thinking a new thought then I have been successful," says Snow.

Snow has studied with such noted instructors as Zoltan Szabo, Carole Barnes and Gerald Bromme and continues to find her own personal stimulation in exploring new materials and techniques. Snow's work is shown in private, public and corporate collections throughout the United States and abroad. Her repertoire includes miniatures along with larger sizes in watercolor, acrylics and a wide range of other materials.

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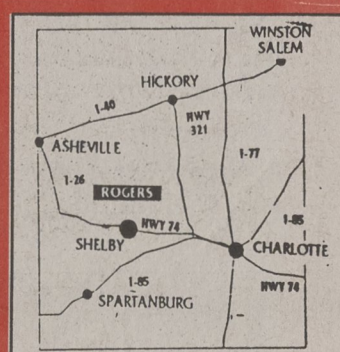
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