



Tam's Front Porch Ponderings
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The first day of school-I'm up early. With butterflies in my stomach I begin

The first day of school . . .

my day. I sit alone at the kitchen table, sipping a cup of coffee thinking back on all those 'first' mornings. Sarah Beth fussing with her long, curly hair, trying to make it smooth and flat. Dylan quickly eating breakfast, his buddy Chad the Bear, sitting by his back pack ready to go. Me, running around with the camera, posing them both in front of the big Maple tree in our front yard. Now, all these years later, I'm sitting alone, sipping my coffee, wondering what my children are doing this 'first' day of school.

Sarah Beth and Jake are

preparing to close on their first home. Married four years, my son-in-law's orders to move to Hawaii were pulled due to our lovely President's budget cuts. Isn't he a peach?!? They've decided if they must stay in Louisiana to spend their money wisely and buy, instead of rent. For me that means my future grandchildren will be Cajun! Seventeen hours is a loooooonnnng way to travel and I ain't no spring chicken, so I better have grand-babies soon! I guess we'll be vacationing down South for the next few years.

Dylan is working for now and finishing up college as soon as he returns from Germany with the Kentucky Army National Guard. I can't even begin to talk about that! We visited with him last night and I cried all the way home. First day of school nerves, I suppose.

I better get myself dressed and head to work. Don't want to be late on my first day back. The Maple tree sure looks lonely this morning. I know! "Hey Chad, let's take your picture for the first day of school!" Here's to a great First Day!



Chad

ESTILL COUNTY SCHOOLS MENUS

Milk is included with every meal; plus assorted juices included with breakfast

MONDAY August 11	TUESDAY August 12	WEDNESDAY August 13	THURSDAY August 14	FRIDAY August 15
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SOUTH IRVINE BREAKFASTS

Blueberry Mini Pancakes, apple	Chicken Biscuit Cantaloupe	French Toast Stick Banana	Trix Cereal, Toast Peaches, Juice	Yogurt, Cinnamon Toast Crunch Bar
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SOUTH IRVINE LUNCHES

Chicken Nuggets Mashed Potatoes Peas Peaches Milk	Pepperoni Pizza Romaine Salad w/Dip, Corn Apples Milk	Spaghetti Sauce w/Meat, Texas Toast Green Beans Cooked Carrots Tropical Fruit	Bosco w/Marinara Sauce Grape Tomatoes Pork 'n Beans Grapes, Milk	Hamburger on Bun Lettuce/Tomato Potato Smiles Cole Slaw Oranges, Milk
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ESTILL SPRINGS BREAKFASTS

Blueberry Mini Pancakes, Apple	Chicken Biscuit Cantaloupe, Juice	French Toast Stick Syrup, Banana	Trix Cereal Toast, Peaches	Yogurt, Cinnamon Toast Crunch Bar
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ESTILL SPRINGS LUNCHES

Chicken Nuggets/ Roll Mashed Potatoes Peas Sliced peaches	Pepperoni Pizza Romaine Salad/ Ranch Dressing Apple	Spaghetti/Texas Toast Green Beans Cooked Carrots Tropical Fruit	Bosco Sticks Marinara Sauce Grape Tomatoes Pork 'n Beans Grapes	Hamburger/Bun Lettuce/Tomato Potato Smiles Slaw Oranges
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WEST IRVINE BREAKFASTS

Blueberry or Banana Muffin, Pineapples	Mini Blueberry Pancakes, Syrup	Chicken Biscuit Cantaloupe	French Toast Stixs, Syrup, Banana	Toast, Trix Cereal, Peaches, Milk
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WEST IRVINE LUNCHES

Chicken Nuggets WG Roll Peas Mashed Potatoes Peaches, Milk	WG Pepperoni Pizza Corn, Cauliflower w/Dip Apple Milk	WG Spaghetti w/Meat Sauce WG Breadstick Cucumber/Dip Normandy Veg.	WG Bosco Sticks Marinara Sauce Romaine Salad Grape Tomatoes Grapes, Milk	Hamburger WG Bun Lettuce & Tomato Potato Smiles Slaw, Ketchup Ice Cream Bar
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ESTILL COUNTY MIDDLE SCHOOL BREAKFAST

Blueberry or Banana Muffin or Raison Bran Cereal, Poptart	Mini Pancakes w/ syrup or Cinnamon Toast Crunch Cereal	Chicken Biscuit or Lucky Charms Cereal, Cantaloupe	French Toast Sticks w/syrup or Frosted Flakes	Trix or Cpcoa Puffs Cereal, Diced Peaches
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ESTILL COUNTY MIDDLE SCHOOL LUNCH

Popcorn Chicken WG Biscuit Mashed Potatoes Normandy Blend. Veg., Apple Tropical Fruit	Bosco w/Marinara Sauce or Chicken Quesadilla, Corn Broccoli Bites Peas, Cantaloupe	Grilled Chicken or Turkey on Bun, Potato Wedges, Applesauce, Banana Mr. Rib on Bun or	Corn Dog Baked Beans Red Pepper Slices Diced Peaches Pineapple Tidbits Milk or Juice	Ravioli or Spaghetti wmeat sauce, Breadstick Roomaine Salad Cooked Carrots Watermelon
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ESTILL COUNTY HIGH SCHOOL BREAKFAST

Cereal, Pop Tarts Yogurt, Juices Banana or Apple	Sausage Biscuit, Cereal, Yogurt Banana or Apple	Chicken Biscuit Cereal, Pop Tart, Yogurt, Fruit	Egg & Cheese Biscuit, Cereal Pop Tart, Yogurt	Breakfast Pizza Cereal, Pop Tarts Yogurt, Juices
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ESTILL COUNTY HIGH SCHOOL LUNCH

Chili Cheese Wrap or Chili Crispito Salsa, Corn Refried Beans Pineapples Peaches, Milk	Hamburger or Bun or Grilled Cheeses Lettuce, Tomato Potato Wedges, Applesauce, Grapes, Milk.	BBQ on Bun or Mr. Rib Mashed Potatoes Peas Oranges, Apples Milk Choices	Corn Dog or] Fish on Bun Baked Beans Slaw Tropical Fruit Applesauce, Milk	Spaghetti w/Meat Sauce, Breadstick or Burrito w/Salsa Romaine Salad Normandy Veggies. Peaches, Peas
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ESTILL COUNTY SCHOOLS MENUS

Milk is included with every meal; plus assorted juices included with breakfast

WEDNESDAY August 6th through Friday, August 8th
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Estill Springs Wednesday, August 6

Breakfast: Scrambled Eggs, Toast, Bananas. Juice and Milk

Lunch: Hamburger on Bun, Lettuce/Tomato, Baked Beans, and Sliced Peas.

Thursday, August 7

Breakfast: Strawberry Pop Tart, Fruit Loop Cereal, Fresh Pears, Juice and Milk.

Lunch: Chicken Fajita Soft Shell, Corn, Shredded Lettuce, and Mandarin Oranges/.

Friday, August 8

Breakfast: Blueberry Or Banana Muffin, Pineapple Tidbits, Juice, and Milk.

Lunch: Pizza Munchable, Carrots/Dip, Celery Sticks, Raisons.

Middle School Wednesday, August 6

Breakfast: Toast w/Jelly, Cinnamon Toast Crunch Cereal, Scooby Doo Cereal, Strawberry Poptart, Grapes, Assorted Juice, and Milk.

Lunch: Hamburger or Deli Turkey on Bun, Lettuce & Tomato, Diced Peaches, Banana. Milk or Juice.

Thursday, August 7

Breakfast: Biscuit w/ Gravy or Trix Cereal, Brown Sugar Cinnamon Pop Tart, Banana, Assorted Juice, Milk.

Lunch: BBQ Pork or Fish on Bun, Sweet Potato Fries, Slaw, Applesauce, Fresh Pear, Milk or Juice.

Friday, August 8

Breakfast: Reese Puffs

Cereal, Frosted Flakes Cereal, Strawberry Poptart, Fresh Pears, Assorted Juice, Milk.

Lunch: Taco or Chicken Fajita w/Shell, Lettuce, Tomato & Cheese. Refried Beans, Salsa, French Oranges, Pineapple Tidbits, Milk or Juice.

West Irvine Wednesday, August 6

Breakfast: Toast, Cinnamon Taste Crunch Cereal, Grapes, Juice, and Milk.

Lunch: Hamburger w//WG Bun, Lettuce, Tomato, Potato Wedge, Pork & Beans, Peas, Ketchup, Milk.

Thursday, August 7

Breakfast: Scrambled Eggs, Toast, Banands Juice, and Milk.

Lunch: Chicken Fajita WG shell or WG Chicken Quesadilla, Refried Beans, Normandy Blend Veg., Mandarin Oranges, Milk.

Friday, August 8

Breakfast: Strawberry Poptart, Froot Loop Cereal, Pear, Juice, and Milk.

Lunch; Pepperoni Pizza Munchable, Carrots, Marinara Sauce, Mozz. Cheese, Ranch Dip, Raisins, Milk.

Wednesday, August 6

Breakfast: Scrambled Eggs, Toast, Bananas, Juice, Milk.

Lunch: Hamburger on Bun, French Fries ,Baked Beans, Diced Peas, Milk.

Thursday, August 7

Breakfast: Strawberry Pop Tart, Fresh Pears, Juice,

Milk. Lunch: Chicken Fajita Soft Shell, Salsa, Corn, Mandarin Oranges, Milk.

Friday, August 8

Breakfast: Blueberry or Banans Muffin, Pineapple Tidbits, Juice, Milk.

Lunch: Pepperoni Pizza Munchable, Loco Bread, Shredded Cheese, Marinara Sauce, Celery/Baby Carrots, Raisins, Milk

Estill County High School Wednesday, August 6

Breakfast: Chicken Biscuit, Cereal, Pop Tarts, Yogurt, Assorted Juices, Banana or Apple, Milk Choice.

Lunch: Hot Dog or Mr. Rib on Bun, Baked Beans, French Fries, Applesauce, Tropical Fruit, Milk Choices.

Thursday, August 7

Breakfast: Egg & Cheese Biscuit, Cereal, Pop Tarts, Yogurt, Assorted Juices, Oranges or Apples, Milk Choice.

Lunch: Taco w/Soft Shell or Chicken Fajita Wrap, Lettuce, Tomato, Cheese, Refried Beans, Salsa, Peas, Oranges, Milk Choice.

Friday, August 8

Breakfast: Breakfast Pizza, Cereal, Pop Tarts, Yogurt, Assorted Juices, Oranges or Apples, Milk Choice.

Lunch: Chicken Patty or Spicy Chicken on Bun, Green Beans, Lettuce and Tomatoes, Peaches, Mandarin Oranges, Milk Choice..

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HELP & HEALING IS COMING!

Ravenna Church of the Nazarene will have two special services.



Evangelist Dan Bohi

Do you or does someone you know need physical healing, deliverance from an addiction, help with a financial or family problem, strength to get through grief or battle a mental illness? Then you won't want to miss this very special event!

Dan Bohi is an anointed evangelist that God has used to bring help and healing to many people in recent years. People have received deliverance, physical healing, spiritual help and revival by simply attending his services. Won't you come?

Wednesday, August 13th & Thursday, August 14th at 7:00 PM
 The church is across the street from Ravenna park
530 Main Street, Ravenna, KY 40336
 606-723-4259 | robsteinbrook@gmail.com