

Tam's Front **Porch Ponderings Tammy Terry** TamsFrontPorch@IrvineOnline.Net

The first day of school-I'm up early. With butter- day of school. flies in my stomach I begin

The first day of school.

my day. I sit alone at the preparing to close on their alone, sipping my coffee, chicken, so I better have wondering what my children are doing this 'first' we'll be vacationing down

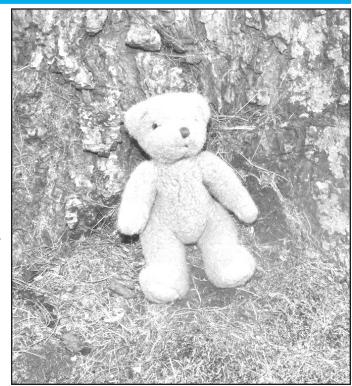
Sarah Beth and Jake are years.

Sarah Beth fussing with were pulled due to our her long, curly hair, try- lovely President's budget ing to make it smooth and cuts. Isn't he a peach?!? pack ready to go. Me, run- and buy, instead of rent. I suppose. ning around with the cam- For me that means my fuera, posing them both in ture grandchildren will be dressed and head to work. front of the big Maple tree Cajun! Seventeen hours in our front yard. Now, all is a looooonnnngg way to these years later, I'm sitting travel and I ain't no spring grand-babies soon! I guess South for the next few

Dylan is working for kitchen table, sipping a cup first home. Married four now and finishing up colof coffee thinking back on years, my son-in-law's or- lege as soon as he returns all those 'first' mornings. ders to move to Hawaii from Germany with the Kentucky Army National Guard. I can't even begin to talk about that! We visflat. Dylan quickly eating They've decided if they ited with him last night and breakfast, his buddy Chad must stay in Louisiana to I cried all the way home. the Bear, sitting by his back spend their money wisely First day of school nerves,

> I better get myself 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	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY		
August 11	August 12	August 13	August 14	August 15		
SOUTH IRVINE BREAKFASTS						
Blueberry Mini	Chicken Biscuit	French Toast Stick	Trix Cereal, Toast	Yogurt, Cinnamon		
Pancakes, apple	Cantaloupe	Banana	Peaches, Juice	Toast Crunch Bar		
SOUTH IRVINE LUNCHES						
Chicken Nuggets	Pepperoni Pizza	Spaghetti Sauce	Bosco w/Marinara	Hamburger on Bun		
Mashed Potatoes	Romaine Salad	w/Meat, Texas Toast	Sauce	Lettuce/Tomato		
Peas	w/Dip, Corn	Green Beans	Grape Tomatoes	Potato Smiles		
Peaches	Apples	Cooked Carrots	Pork 'n Beans	Cole Slaw		
Milk	Milk	Tropical Fruit	Grapes, Milk	Oranges, Milk		

ESTILL SPRINGS BREAKFASTS

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

ESTILL SPRINGS LUNCHES

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

WEST IRVINE BREAKFASTS

	TO I INVINCE DISEASE AS IN THE SECOND				
Blueberry or Banana Muffin, Pineapples			French Toast Stixs, Syrup, Banana	Toast, Trix Cereal, Peaches, Milk	
WEST IDVINE LUNGUES					

WEST IRVINE LUNCHES

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

Peas Mashed Potatoes Peaches, Milk	Apple	Cucumber/Dip	Grape Tomatoes	Potato Smiles Slaw, Ketchup Ice Cream Bar	
ESTILL COUNTY MIDDLE SCHOOL BREAKFAST		'			
Blueberry or Banana	Mini Pancakes w/	Chicken Biscuit or	French Toast	Trix or Cpcoa	

Blueberry or Banana Mini Pancakes w/ Chicken Biscuit or French Toast syrup or Cinnamon Lucky Charms Ce- Sticks w/syrup or Muffin or Raison Toast Crunch Cereal | real, Cantaloupe **Frosted Flakes** Bran Cereal, Poptart

ESTILL COUNTY MIDDLE SCHOOL LUNCH				
Popcorn Chicken WG Biscuit		Grilled Chicken or Turkey on Bun,		Ravioli or Spa- ghetti wmeat
			Red Pepper Slices	
Normandy Blend.	dilla, Corn	Wedges, Apple-	Diced Peaches	Roamaine Salac
Veg., Apple	Broccoli Bites	sauce, Banana	Pineapple Tidbits	Cooked Carrots
Tropical Equit	Poare Cantalouna	Mr Dib on Bun or	Milk or luico	Matermolen

Tropical Fruit	Pears, Cantaloupe	Mr. Rib on Bun or	Milk or Juice	Watermelon	
ESTILL COUNTY HIGH SCHOOL BREAKFAST					
Cereal, Pop Tarts	Sausage Biscuit,			Breakfast Pizza	

Banana or Apple Banana or Apple Yogurt, Fruit **ESTILL COUNTY HIGH SCHOOL LUNCH**

Chili Cheese Wr
or Chili Crispito
Salsa, Corn
Refried Beans
Pineapples
Peaches, Milk

or Grilled Cheeses Lettuce, Tomato Potato Wedges, Applesauce Grapes, Milk.

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Hamburger or Bun BBQ on Bun or **Mashed Potatoes** Peas Oranges, Apples Milk Choices

Corn Dog or] Fish on Bun **Baked Beans** Slaw **Tropical Fruit** Applesauce, Milk

Pop Tart, Yogurt

Spaghetti w/Meat Sauce, Breadstick Normandy Vegs.

Yogurt, Juices

Puffs Cereal.

Diced Peaches

or Burrito w/Salsa Romaine Salad Peaches, Pears

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407 Richmond Road Irvine, Kentucky

ESTILL COUNTY SCHOOLS MENUS

Milk is included with every meal; plus assorted juices included with breakfast Wednesday, August 6th through Friday, August 8th

Estill Springs

Wednesday, August 6 Eggs, Toast, Bananas. Juice Milk. and Milk

Lettuce/Tomato, Lettuce, Baked Beans, and Sliced Cheese. Refried Beans, Pears.

Thursday, August 7 Breakfast: Strawberry Juice. Pop Tart, Fruit Loop Cereal, Fresh Pears, Juice and

Soft Shell, Corn, Shredded Lettuce, and Mandarin Oranges/.

Friday, August 8

Banana Muffin, Pineapple Milk. Tidbits, Juice, and Milk.

Lunch: Pizza Munch-Sticks, Raisons.

Middle School

Wednesday, August 6 Cinnamon Toast Crunch Cereal, Scooby Doo Cereal, Mandarin Oranges, Milk. Strawberry Poptart, Grapes, Assorted Juice, and Milk.

Turkey on Bun, Lettuce & Pear, Juice, and Milk. Tomato, Diced Peaches, Banana. Milk or Juice.

Thursday, August 7

Gravy or Trix Cereal, South Irvine Brown Sugar Cinnamon Pop Tart Banana Assorted Juice, Milk.

Lunch: Pork or Fish on Bun, Sweet Potato Fries, Slaw, Bun, French Fries Baked Green Beans, Lettuce and Applesauce, Fresh Pear, Beans, Diced Pears, Milk. Milk or Juice.

Friday, August 8 Breakfast: Reese Puffs Pop Tart, Fresh Pears, Juice,

Cereal, Frosted Flakes Ce- Milk. real, Strawberry Poptart,

Lunch: Taco Lunch: Hamburger on Chicken Fajita w/Shell, Tomato Salsa, French Oranges, Pineapple Tidbits, Milk or

> West Irvine Wednesday, August 6

Breakfast: Toast, Cinna-Lunch: Chicken Fajita mon Taste Crunch Cereal, Grapes, Juice, and Milk.

Lunch: w//WG Bun, Lettuce, To-Breakfast: Blueberry Or & Beans, Pears, Ketchup,

Thursday, August 7

and Milk. Lunch: Chicken Fajita WG shell or WG Chicken

Normandy Blend Veg., Friday, August 8

Breakfast: Strawberry

Lunch: Hamburgeror Deli Poptart, Froot Loop Cereal,

Munchable, Carrots, Marinara Sauce, Mozz. Cheese, Breakfast: Biscuit w/ Ranch Dip, Raisins, Milk. Wednesday, August 6

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

Thursday, August 7 Breakfast: Strawberry

Lunch: Chicken Fajita Breakfast: Scrambled Fresh Pears, Assorted Juice, 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 Bis-Hamburger cuit, Cereal, Pop Tarts, Yogurt, Assorted Juices, mato, Potato Wedge, Pork Banana or Apple, Milk Choice.

Lunch: Hot Dog or Mr. Rib on Bun, Baked Beans, Breakfast: Scrambled French Fries, Applesauce, able, Carrots/Dip, Celery Eggs, Toast, Banands Juice, Tropical Fruit, Milk Choic-

Thursday, August 7 Breakfast: Egg & Cheese Breakfast: Toast w/Jelly, Quesadilla, Refried Beans, Biscuit, Cereal, Pop Tarts, Yogurt, Assorted Juices, Oranges or Apples, Milk Choice.

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

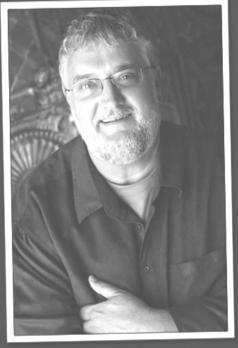
Friday, August 8

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

Lunch: Chicken Patty Lunch: Hamburger on or Spicy Chicken on Bun, Tomatoes, Peaches, Mandarin Oranges, Milk Choice...

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