

ESTILL LIBRARY BOOKMOBILE SCHEDULE

246 Main Street Irvine, KY – Call 723-3030

OCTOBER 24-28, 2016

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Northwood Apts. Crestview Ct. Edgewater Dr., Winchester Rd.	Racetrack Rd. Harris Ferry Cressy Stacy Lane West Irvine	Wisemantown Station Camp Red Lick Crooked Creek	Sugar Hollow Buck Creek Doe Creek Barnes Mt.	West Irvine Elementary

"Mommie & Me" and Storytime Wednesdays, 10:00 a.m. & Fridays, 10:30 a.m.

New Opportunity School for Women in Berea Is Accepting Applications

The New Opportunity School for Women, Inc. (NOSW) in Berea is accepting applications for its free, flagship program, the Three Week Residency, a life-changing experience structured around three weeks of intensive, residential learning across a wide variety of subjects relevant to Appalachian women's lives, including self-esteem and wellness, career and education, Appalachian arts and culture, and community engagement. NOSW is currently recruiting Appalachian women to attend the next Three Week Residency, taking place March 19-April 8, 2017. A new one-week program is being piloted in 2017 in response to the mounting struggles Appalachian women face. A condensed version of NOSW's three-week residency in Berea, the one week programs will focus on recovering and building self-esteem while setting goals to improve their lives and their families'. NOSW issued an open call for community groups, organizations, and individuals to join their mission to meet the changing needs of Appalachian women in a recent Op-Ed in the Lexington Herald-Leader.

ESTILL COUNTY SCHOOLS MENUS

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Oct. 24	Oct. 25	Oct. 26	Oct. 27	Oct. 28

SOUTH IRVINE, ESTILL SPRINGS BREAKFASTS

Mini Cinnis Pears	Cereal/Toast/Jelly Applesauce	Pancakes/syrup Applesauce	Muffins Banana	Pop Tart/Cereal Grapes
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SOUTH IRVINE & ESTILL SPRINGS LUNCHES

Grilled Cheese Tater Tots Pork 'n Beans Applesauce Milk	Quesadilla Fresh Cauliflower Romaine Salad Ranch Dressing Peaches	Salisbury w/Gravy Roll Mashed Potatoes Green Beans Mandarin Oranges	Sausage Biscuit & Gravy Tater Tots Grape Tomatoes Cooked Apples	Round Pepperoni Pizza Corn Broccoli /Dip Pears, Milk
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WEST IRVINE BREAKFASTS

Dutch Waffle or Cereal Peaches, Juice	Yogurt, Cheese, Cracker or Blueberry Waffles, Applesauce	Biscuit & Gravy or Cereal Orange	Sausage Biscuit or Cereal Pineapple Tidbits	Muffins or Donuts, or Cereal Apple
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WEST IRVINE LUNCHES

Chicken Tenders w/Roll Mashed Potatoes Baked Beans Applesauce	Pizza Bites or Quesadilla Corn Romaine Salad Peaches	Chili, Crackers Grilled Cheese Carrots w/Dip Oranges Milk	Saus./Bis./Gravy or Deli Turkey Wrap Tater Tots Grape Tomatoes Cooked Apples	Round Pepperoni Pizza, Corn Green Beans Carrots /Dip Pears, Milk
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ESTILL COUNTY MIDDLE SCHOOL BREAKFAST

Pancake Porky w/ Syrup, Mini Wheats Cereal Bars Assorted Pop Tarts Apple Fruit Juices, Milk	Oatmeal & Toast Frosted Flakes Reese Puffs Cereal Cereal Bars Assorted Pop Tarts Pears	Cream Cheese Bagels Lucky Charms Cereal Bars Assorted Pop Tarts Peaches	Bacon, Egg & Cheese Biscuit Chex Cereal Cereal Bar Assorted Pop Tarts Pears	Choc. or Cinn. Muffins Cocoa Puffs Cereal, Cereal Bars Assorted Pop Tarts Fruit Juices, Milk
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ESTILL COUNTY MIDDLE SCHOOL LUNCH

Chicken Tenders or Buffalo Tenders Texas Toast Mashed Potatoes Steamed Broccoli Apple, M-Oranges	Stuffed Crust Pizza or Taco Snax Romaine Salad Corn Pineapples Strawberry Cup	Hamburger on Bun or Mr. Rib on Bun Let./Tom./Pickles French Fries Peaches Banana	Chicken Pot Pie or Chicken Patti/Bun Green Beans Slaw Mandarin Oranges Pears	Hot Dog on Bun or Deli Turkey on Bun Baked Beans Carrot Sticks/Dip Tropical Fruit Sidekicks
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ESTILL COUNTY HIGH SCHOOL BREAKFAST

Cereal, Pop Tarts Yogurt Orange or Apple Juices/Milk	Pancake Porky Cereal Pop Tarts, Yogurt Orange or Apple	Bacon/Egg/Cheese Biscuit, Cereal Pop Tart, Yogurt Banana or Apple	Chicken Biscuit Cereal, Pop Tart Yogurt Banana or Apple	Breakfast Pizza Cereal Pop Tarts, Yogurt Banana or Apple
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ESTILL COUNTY HIGH SCHOOL LUNCH

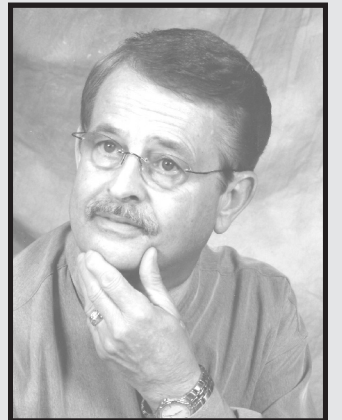
Hamburger on Bun Spicy Chicken/Bun Let./Tom./Pickle Normandy Blend Potato Wedges Fruit	BBQ Pork on Bun Fish on Bun Baked Beans Slaw Applesauce Sidekicks	Meatball Sub Chicken Patty/Bun Let./Tom./Cheese Peppers, Gl. Carrots Chips, Pears Strawberry Cup	Bosco w/Marinara Quesadilla w/Salsa Corn Steamed Broccoli Tropical Fruit Peaches	Chicken Noodle Soup, Crackers Grilled Cheese Carrots, Broccoli Mandarin Oranges Applesauce
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Offered Daily: Pizza Line Sandwich Box, Salad Box

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After Shelled On-Site

Ladies Night Out

For Breast Cancer Awareness

October is Breast Cancer Awareness Month

You're invited to a Ladies Night Out!

Join us for a free dinner and presentation by Vicki Blevins-Booth, Kentucky Cancer Link Executive Director Sharon Whitaker, Marcum & Wallace Hospital Radiology Director

Tuesday, October 25
5:30 p.m.

Estill County High School Cafeteria

Sign up for this free educational event by Friday, October 21 by calling 606-726-2106 (option 2).

All women who attend will receive a free dinner, gift and door prize chance. Educational booths will also be available.



Caring together. MERCYHEALTH

A Catholic healthcare ministry serving Ohio and Kentucky