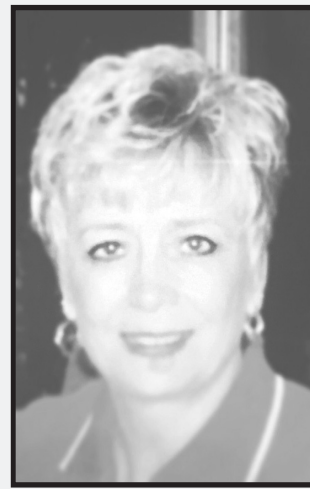


ESTILL COUNTY SCHOOLS MENUS

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

MONDAY May 13	TUESDAY May 14	WEDNESDAY May 15	THURSDAY May 16	FRIDAY May 17
SOUTH IRVINE EARLY LEARNING CENTER BREAKFASTS				
Sausage Biscuit Oranges Milk	Yogurt, Animal Crackers, Cheese Stick, Apples, Milk	Maple Waffles Peaches Milk	Biscuit & Gravy Hash Browns Milk	Chocolate Muffin Fruit Apple Juice, Milk
SOUTH IRVINE EARLY LEARNING CENTER LUNCHES				
Chicken Nuggets Roll, Green Beans Mashed Potatoes Pineapples	Turkey Sandwich Tater Tots Strawberry Cups Milk	Spaghetti w/Meat Sauce, Breadstick Garden Salad Mandarin Oranges	Pizza Hut Pizza Corn Sidekick Milk	Hamburger on Bun French Fries Mandarin Oranges Milk
ESTILL SPRINGS BREAKFASTS				
Cinnamon Pop Tart Cocoa Puffs Pears Asst. Juice Milk Choices	Ham/Cheese Slider or Cinn. Toast Crunch, Breakfast Bar, Applesauce Asst. Juice, Milk	Yogurt/Cheese Sticks or Frosted Flakes, Graham Snacks, Strawberry Cup, Juice, Milk	Biscuit/Sausage Pat- tie, Gravy or Lucky Charms, Mandarin Oranges, Asst. Juice Milk Choices	Choc. or Cinn. Muf- fins, Fruit Loops Peaches Asst. Juice Milk Choices
ESTILL SPRINGS LUNCHES				
Chicken Leg, Roll Mashed Potatoes Green Beans Mandarin Oranges Milk	Bologna Sandwich Chips Steamed Broccoli Grape Tomatoes/Dip Pineapple, Milk	Sloppy Joe/Bun French Fries Cole Slaw Applesauce Milk	Pizza Hut Pizza Corn Baby Carrots/Dip Pears Milk	Corn Dog Potato Smiles Pork 'n Beans Peaches Milk
WEST IRVINE BREAKFASTS				
Pancakes & Syrup or Cereal Strawberry Cup Juice, Milk	Dutch Waffles or Cereal Peaches Juice, Milk	Bacon, Egg & Cheese Biscuit or Cereal Banana Juice, Milk	Donut or Cereal Pears Juice Milk	Assorted Muffins or Cereal Apple Juice, Milk
WEST IRVINE LUNCHES				
Chicken Bites/Roll Mashed Potatoes Green Beans Strawberry Cup Milk	Taco/Wrap Shredded Cheese Salsa Refried Beans Peaches, Milk	Pork Roast/Corn Bread Mashed Potatoes Cooked Carrots Mandarin Oranges	Ham Sandwich Potato Salad Steamed Broccoli Fresh Pears Milk	Pizza Hut Pizza Corn Tomato/Dip Apple Milk
ESTILL COUNTY MIDDLE SCHOOL BREAKFAST				
Dutch Waffle, Choc. Mini Wheats, Poptart Cereal Bars, Mixed Fruit, Juice, Milk	Breakfast Bosco Frosted Flakes/Reese Puffs, Cereal Bars Pop Tarts, Sidekick	Biscuit & Gravy Lucky Charms, Cereal Bar, Poptarts Fruit Juice, Milk	Scrambled Eggs, Toast, Cocoa Puffs, Cereal Bars, Pop Tarts, Orange Slices	Donut, Apple Cinn. Cheerios, Cereal Bars Pop Tarts, Peaches Fruit Juice, Milk
ESTILL COUNTY MIDDLE SCHOOL LUNCH				
Popcorn Chicken, Roll Mashed Potatoes Steamed Broccoli Apple/Mixed Fruit Milk or Juice	Hot Dog on Bun or Turkey Sandwich Potato Wedges Cucumber Slices/ Dip, Oranges, Side- kick, Juice or Milk	Pizza Hut Pizza Corn Carrot Sticks w/Dip Grapes Strawberry Cups Juice or Milk	Chicken Pot Pie or Grilled Chicken/Bun Baked Beans Cole Slaw Banana/Applesauce Milk or Juice	Bosco or Chicken Quesadilla, Corn Marinara Sauce Broccoli & Cauli- flower bites, Fruit Milk or Juice
ESTILL COUNTY HIGH SCHOOL BREAKFAST				
Breakfast Honey Bun, Cereal Cereal Bars Pop Tarts Oranges or Apples	Pancake Porky Pop Tarts Donut Holes Oranges or Apples Pancake Porky	Bacon, Egg & Cheese Biscuit Pop Tarts Yogurt Parfait Apples or Oranges	Sausage Biscuit Pop Tarts Yogurt Parfait Donut Holes Apples or Oranges	Dutch Waffle Cereal, Cereal Bar, Pop Tarts, Mini Chocolate Donuts Oranges or Apples
ESTILL COUNTY HIGH SCHOOL LUNCH				
Boscos Calzones Marinara Sauce California Blend Corn, Sidekicks Tropical Fruit Juice Asst. Milk	Meatball Marinara on Bun, Chips Pizza Hut Pizza Let./Tom./Peppers Roasted Carrots Pineapples Baked Beans Strawberry Cup Applesauce	Pork Roast/Gravy Roll, Fish on Bun Mashed Potatoes Green Beans Pineapples Peaches Juice Asst. Milk	Chicken Pattie/Bun Let./Tom./Pickles Broccoli & Cheese Baked Potato Bar Pears Applesauce Juice Asst. Milk	Chicken Tenders Roll, Spicy Chicken on Bun Mashed Potatoes Green Beans Strawberry Cups Applesauce Milk/Juice



Times Remembered Betty A. Young

BYoung505@Outlook.com

Sunday is Mothers' Day and it brings back many memories of mothers; I know it does mine. She's been gone almost 13 years, but it seems like yesterday. I can hear her voice instructing me on how to do things and how she always took care of me when I was sick or troubled.

In Mom's last few years she had Alzheimer's; my sisters and I became caretakers along with my Dad, who later had dementia. Mom never became bedfast and was very agile. She could walk and do many things; she basically lost things and couldn't call my name. She loved getting all her clothes out and putting on two or three outfits at a time but never realized it. She became too careless to write checks and pay bills; and she couldn't cook anymore. It was too dangerous for her after she somehow burned one of the cabinet doors. We took their food to them; but they didn't seem to eat much; just Little Debbie cakes was all they wanted to eat. I've read you have more of a sweet tooth when you get older.

Still, I would worry about my mama all the time. Practically all the world at this time have or are worrying about their

Mothers' Day

mamas. I always wondered if she took her heart and blood pressure medicine correctly. My sister always prepared her pills in a pill box for her to take daily. But sometimes she would re-arrange them and insist she hadn't touched them.

We as baby-boomers have become parents of our parents; like Mom and Dad used to be; we were now taking care of them now. It was strange to be taking care of my parents after all the years, for the roles reversed.

Mom had an excellent cardiologist, Dr. Cary Blaydes, at Lexington Clinic, who is retired now that really took great care of her and followed her constantly. Mom had ataxia at 55 and A-Fib later on; then congestive heart failure and she passed a month before she turned 85. I credit her longevity due to having excellent doctors.

From what I've read about Alzheimer's disease, people can still sing and enjoy music. Mom loved singing and she could still write; I remember asking her to write my grocery list and she did, she only misspelled a few words.

I recall Mom's last Mother's Day. We attended her home church, Crooked Creek Christian, where she knew all the words to the songs and socialized with everyone and knew her family and friends. It was a grand day. It was just like nothing was wrong with her. She was so happy that day.

It was a sad day in June after that Mother's Day that Mom had to be admitted to the Nursing Home. It tore my heart apart to admit her; but we couldn't find trustworthy help and Daddy had been admitted

a few months earlier. We thought they would like being together, but no, they couldn't get along. It was funny; because Mom was always an agreeable person and would agree to whatever Dad said; but not now! They had to be separated.

Mom lived 4 months until October 5, 2006 at 9:30 a.m. She woke up early and got dressed after her breakfast. She went on her walk down the hall and as she was walking back she told the nurse she was a little tired and asked her to help get her back to the room; she was out of breath. The nurse took her into room and she laid down and she took her last breath. Mom's doctor thought she probably threw a blood clot because she had been off her blood thinner for another surgical procedure a few days before.

Mom's death was very devastating; I knew she was saved; but I suppose I just thought my parents would live forever. You know when your parents get up in age to try to prepare for their passing; but there is no preparing for such hurt.

We don't know when the Lord is going to call us home, young or old; that is why we must be ready to meet the Lord. I thank God that we have a Savior that died for our sins and made the way to heaven that if we confess and repent of our sins and believe in him and ask for his forgiveness and ask him to come into our heart that we will be we saved. Praise the Lord!

I have the assurance that someday I will see my Mother again in heaven and we can celebrate Mother's Day again together.

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†† As rated by Kawasaki, horsepower tested in accordance with SAE J1995 and rated in accordance with SAE J2723 and certified by SAE International. ©2019 Cub Cadet Bishop 5.37x10.5

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