

Lunch Menus

FORBES ROAD Lunch Menu

Monday, January 19: no school.

Tuesday, January 20: chicken patty, potato rounds, corn, applesauce, pineapple.

Wednesday, January 21: pig-in-a-blanket, baked beans, carrots and dip, fruit pushup.

Thursday, January 22: meatball hoagie, shredded cheese, vegetable blend, cinnamon apples.

Friday, January 23: baked chicken, mashed potatoes, carrots, peas, peaches or pears.

Breakfast Menu

Monday, January 19: no school.

Tuesday, January 20: pretzel or cereal choice, apple, grape or orange juice.

Wednesday, January 21: pancakes or cereal choice, apple, grape or orange juice.

Thursday, January 22: oatmeal or cereal choice, apple, grape or orange juice.

Friday, January 23: scrambled eggs or cereal choice, apple, grape or orange juice.

CENTRAL FULTON

Elementary Lunch

Monday, January 19: no school.

Tuesday, January 20: chicken nuggets w/roll or toasted cheese sandwich, tomato soup, cinnamon apple slices.

Wednesday, January 21: turkey and cheese deli hoagie or cheeseburger on a bun, cole slaw, grapes.

Thursday, January 22: chicken fritters w/biscuits or crunchy fish sandwich, mashed potatoes w/gravy, mixed fruit.

Friday, January 23: Italian dunkers or pepperoni pizza, green beans, peach slice.

Elementary Breakfast

Monday, January 19: no school.

Tuesday, January 20: assorted cereal or hot oatmeal, toast w/spreads, fruit or juice, milk.

Wednesday, January 21: assorted cereal or french toast sticks w/sausage and syrup, toast w/spreads, fruit or juice, milk.

Thursday, January 22: assorted cereal or blueberry muffins, toast w/spreads, fruit or juice, milk.

Friday, January 23: assorted cereal or soft pretzel with cheese-stick, toast w/spreads, fruit or juice, milk.

SOUTHERN FULTON

High School Breakfast

Monday, January 19: waffles.

Tuesday, January 20: apple cinnamon muffin.

Wednesday, January 21: breakfast burrito.

Thursday, January 22: scrambled eggs with sausage.

Friday, January 23: french toast sticks.

High School Lunch

Monday, January 19: fish patty or pasta bar, green beans, applesauce.

Tuesday, January 20: toasted cheese sandwich or pasta bar, tomato soup, pineapple tidbits.

Wednesday, January 21: hot turkey sandwich w/gravy or taco bar, mashed potatoes, peaches.

Thursday, January 22: meatball hoagie or taco bar, carrots, mixed fruit.

Friday, January 23: chicken nuggets or taco bar, green beans, peaches.

Elementary Breakfast

Monday, January 19: no school.

Tuesday, January 20: apple cinnamon muffin.

Wednesday, January 21: break-fast burrito.

Thursday, January 22: scrambled eggs w/sausage.

Friday, January 23: french toast sticks.

Elementary Lunch

Monday, January 19: no school.

Tuesday, January 20: toasted cheese sandwich or crispy chicken salad, tomato soup, pineapple tidbits.

Wednesday, January 21: hot turkey sandwich w/gravy or oriental chicken salad, mashed potatoes, peaches.

Thursday, January 22: meatball hoagie or chef's salad, carrots, mixed fruit.

Friday, January 23: round pizza or garden salad with cheese, green beans, peaches.

Farm Women Hold Elections



At the January 9 meeting of Fulton County Society of Farm Women, Marie Richards, left, was installed as president and Pam Glenn as secretary. Other officers this year are Beth Daniels as vice president and Mary Culler as treasurer. The group meets monthly in members' homes for speakers or crafts and visits area attractions. Fulton County is celebrating 50 years as part of PA Society of Farm Women this year and will host a convention on May 2.

Hissong Named President Of Professional Dairy Managers

Rod Hissong from Mercer Vu Farms, Mercersburg, became president of the Professional Dairy Managers of Pennsylvania (PDMP) on January 1, taking office for the 2009 term. He is part of the new leadership for the organization, which held elections for two board members during the annual membership meeting in November and elected officers at a board of directors meeting in December.

Hissong began his presidency by asking dairy producers throughout the state to join him "as PDMP works to help producers navigate through the difficult dairy climate."

His call to action pointed to a coming year that "looks to be difficult for most of us - too high of costs and too low of milk price, a down economy, and all of the other issues that are being placed on our plates." He stressed, "We won't be able to thrive in the next upturn, let alone survive the next downturn, unless we work together to effectively navigate whatever climate we find ourselves in."

A third generation on the dairy farm, Hissong has been a member of PDMP for 10 years and moves up from the position of vice president, which he has held for four terms. Although his family dairy farm is now one of Pennsylvania's largest, he notes that PDMP has been invaluable in all its stages of development, and he is especially vocal about the networking and learning experiences PDMP has presented as their farm has grown from having 100 cows in the early 1990s.

He points out, "One of the misconceptions about PDMP is that when we say we represent progressive dairy producers we mean big ... We dairymen and women are a shrinking population. There is enough fragmentation going on in the dairy industry that we cannot afford to separate ourselves from large or small."

Moving into the position of vice president for 2009 is Dale Hoffman, owner of Kar-Dale Acres, Shinglehouse, Pa. He was re-elected to the board by the membership in November.

Other officers serving during

the coming year are secretary Dina Zug, Zugstead Farm, Mifflintown and treasurer Gary Kline, Y Run Farms, LLC, Troy, Pa.

The 2009 board will also welcome newly elected member Glenn Gorrell. Glenn and his wife, Robin have a dairy farm in East Smithfield, Bradford County, Pa., with a herd of 590 cows and 440 heifers. They farm 1,100 acres of corn and 900 acres of hay. A member of Land O'Lakes cooperative, Glenn currently holds the unit delegate position. He also serves the ag industry as president of the Bradford County Extension Board, a member of Pennsylvania Farm Bureau, a representative for AgChoice Farm Credit, and chair of the annual dairy tour held by PDMP and the Penn State Dairy Alliance. He is a local board member of First Citizens National Bank in Troy.

Gorrell joins a board of producers and agribusiness representatives that also includes Mike Hosterman, of AgChoice Farm Credit, Chambersburg; Jeff Harding, Elanco, State College, and Duane Hershey, Ar-Joy Farm, Cochranville. Logan Bower, Pleasant View Farms, Blain, who had served for five terms as president, now assumes the role of immediate past president on the board.

Alan Novak of Novak Strategic Advisors, Harrisburg, serves as executive director of PDMP and The Heuser Group, based in Bellefonte, provides business office support.

PDMP is an organization of progressive, positive-minded dairy producers and agribusiness leaders. Its mission is to advance the dairy industry in Pennsylvania through improved productivity and profitability. For more information on PDMP, visit its Web site at www.pdmp.org or email info@pdmp.org.

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2002 Ford Mustang GT

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2004 Hyundai Tiburon GT

2.7L, AT, AC, Tilt, Cruise, PW, PL, PM, CD, Alloys, Rear Spoiler, Silver w/Cloth Int., Only 72K Mi. \$9,995

2003 Chevy Impala LS

3.8L, AT, AC, Tilt, Cruise, PW, PL, PM, PS, CD, Alloys, Dual Climate Ctrl., Rear Spoiler, Silver w/Leather Int. Only 44K Miles, Sharp \$9,995

2003 Ford Mustang GT

4.6L, AT, AC, Tilt, Cruise, PW, PL, PM, 6-Disc CD, Mach Sound System, Five Hundred Series Alloys, Blue w/Leather Int., Local One Owner Trade, Only 78K Miles \$9,995

2003 Pontiac Grand AM GT Coupe

3.4L, Ram Air, AT, AC, Tilt, Cruise, PW, PL, PM, Monsoon Cass. & CD, Pwr. Sunroof, Traction Ctrl., Alloys, Spoiler, Red w/Leather Int., Only 55K Orig. Miles, Must See \$8,995

2006 Dodge Stratus SXT

2.0L, AT, AC, Tilt, Cruise, PW, PL, PM, CD, Alloys, Red w/Gray Cloth Int., Only 52K Miles \$8,995

2005 Pontiac Sunfire GT

2.2L, AT, AC, Tilt, CD, Rear Spoiler, Beige w/Cloth Int., Only 31K Mi., Super Clean \$8,995

2003 Pontiac Grand Prix SE

3.1L, AT, AC, Tilt, Cruise, PW, PL, PM, PS, Dual Climate Ctrl., Traction Ctrl., Rear Spoiler, White w/Cloth Int., Only 68K \$7,995

2001 Buick Regal GS

3.8L, AT, AC, Tilt, Cruise, PW, PL, PM, PS, Cass. & CD, Dual Climate Control, Onstar, Alloys, Silver w/Heated Leather Seats, Only 71k mi. \$7,995

2004 Pontiac Grand Am SE

3.4L, AT, AC, Tilt, Cruise, PW, PL, PM, Pwr. Sunroof, Monsoon CD, Polished Alloys, Rear Spoiler, Maroon w/Tan Cloth Int., Local Trade, 60K Miles \$7,995

2004 Saturn Ion 2 Sedan

2.2L, AT, AC, Tilt, Cruise, PW, PL, PM, CD, Remote Access, Black w/Gray Cloth Int., Only 73K Miles, Great MPG \$7,995

2004 Pontiac Grand Am SE

3.4L, AT, AC, Tilt, Cruise, PW, PL, PM, CD, Remote Access, Alloys, Rear Spoiler, Silver w/Cloth Int., Only 67K Miles \$7,995

2003 Olds Alero GL

3.4L, AT, AC, Tilt, Cruise, PW, PL, PM, PS, Remote Access, Alloys, Rear Spoiler, Silver w/Cloth Int., Only 77K Miles \$7,995

2002 Pontiac Grand Prix GTP

40th Anniversary Edition, 3.8L, AT, AC, Tilt, Cruise, PW, PL, PM, PS, CD, Pwr. Sunroof, Traction Control, Remote Access, Heads Up Display, Smartwheel, Rear Spoiler, Polished Alloys, Maroon w/Heated Leather Int., Local Trade, Very Sharp, Must See \$7,995

2001 Honda Civic LX Coupe

1.7L, AT, AC, Tilt, Cruise, PW, PL, PM, New Tires, Remote Access, Silver w/Cloth Int., Great MPG \$7,995

2000 Chevy Impala LS

3.8L, AT, AC, Tilt, Cruise, PW, PL, PM, PS, Cass. & CD, Dual Climate Ctrl., Alloys, Rear Spoiler, Maroon w/Heated Leather Int., Only 87K Miles, Very Nice \$7,995

2004 Chevy Cavalier Coupe

2.2L, AT, AC, Tilt, CD, Rear Spoiler, Only 88K Miles, Red w/Gray Cloth Int. \$6,995

VANS, TRUCKS & 4X4s

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2004 Nissan Titan Quad Cab LE

5.6L, 4x4, AT, AC, Tilt, Cruise, PW, PL, PM, PS, Adj. Pedals, 6 Disc CD, Running Bds., Alloys, Tow Pkg., White w/Heated Leather Int., Off Road Pkg., Only 45K miles, Like New Condition \$17,995

2002 Ford F250 HD Super Crew XLT

7.3L PowerStroke Diesel, AT, AC, Tilt, Cruise, PW, PL, PM, Sliding Rear Glass, Spray-in Liner, Side Steps, Tow Pkg., Chrome Wheels, Black & Silver w/Cloth Int., Only 109K Miles \$16,995

2004 Dodge Ram 1500 Quad Cab SLT

4.7L, AT, 4x4, Tilt, Cruise, PW, PL, PM, CD, Bedliner, Tow Pkg., Alloys, Only 83K Miles, Blue & Silver, Local Trade \$16,995

2004 Chevy Avalanche Z-71

5.3L, 4x4, AT, AC, Tilt, Cruise, PW, PL, PM, PS, Bose System w/CD, Smartwheel, Adj. Pedals, Remote Access, Running Bds., Alloys, Red w/Gray Leather Int., Only 72K Miles, Awesome Truck \$15,995

2001 Toyota Sequoia SR5

4.7L, 4x4, AT, AC, Tilt, Cruise, PW, PL, PM, PS w/Lumbar, Cass. & CD, Rear AC, 3rd Row Seating, Running Bds., Alloys, Tow Pkg., White w/Gray Cloth Int., Only 71K Miles \$13,995

2004 Saturn VUE

V6, All Wheel Drive, AT, AC, Tilt, Cruise, PW, PL, PM, CD, Remote Access, Rear Entertainment Pkg., Alloys, Silver w/Heated Int., Great MPG, Only 84K Mi. \$11,995

2004 Chevy Silverado LS Quad Cab

5.3L, 4x4, AT, AC, Tilt, Cruise, PW, PL, PM, CD, Dual Climate Ctrl., Custom Alloys, Pro Comp Suspension, Bedliner, Flowmaster Exhaust, White & Silver Gray Cloth Int., Awesome Local Truck \$11,995

2001 GMC Sonoma SLS Crew Cab

4.3L, 4x4, AT, AC, Tilt, Cruise, PW, PL, PM, Cass. & CD, Sliding Rear Glass, Soft Tonneau Cover, Bedliner, Alloys, Red w/Gray Cloth Int., Local Trade, Only 75K Miles \$11,995

2003 Jeep Grand Cherokee Laredo

4x4, 4.0L, AT, AC, Tilt, Cruise, PW, PL, PM, PS, Cass. & CD, Pwr. Sunroof, Alloys, Tow Pkg., Charcoal w/Cloth Int., 86K Mi. \$9,995

1998 Ford F150 XLT

Ext. Cab, 3rd Door, 4.6L, AT, AC, Tilt, Cruise, PW, PL, Run-

2001 Ford Focus SE Sedan

2.0L, AT, AC, PW, PL, PM, AM/FM CD, Alloy Wheels, w/New Tires, 85K Miles, SALE PRICE \$6,495

2004 Chevy Cavalier

2.2L, AT, AC, Tilt, CD, Rear Spoiler, Silver w/Gray Cloth Int. \$5,995

2003 Pontiac Grand Prix SE

3.1L, AT, AC, Tilt, Cruise, PW, PL, PM, CD, Remote Access, Dual Climate Ctrl., Traction Ctrl., Burgandy w/Gray Cloth Int. \$5,995

2003 Hyundai Sonata

V6, AT, AC, Tilt, Cruise, PW, PL, PM, CD, Pwr. Sunroof, Custom Alloys, Maroon w/Tan Cloth Int., Local Trade \$5,995

2002 Saturn SC3

1.9L, AT, AC, Tilt, Cruise, PW, PL, PM, Pioneer CD, Red w/Beige Int., One Owner Car w/75K Miles \$5,995

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2000 Pontiac Grand AM GT

3.4L, Ram Air, AT, AC, Tilt, Cruise, PW, PL, PM, Cass. & CD, Remote Access, Traction Ctrl., Alloys, Rear Spoiler, Red w/Gray Cloth Int., Sharp One Owner Car \$5,995

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2000 Pontiac Grand Am SE

3.4L, AT, AC, Tilt, Cruise, PW, PL, PM, CD, Alloys, Traction Ctrl., Rear Spoiler, Maroon w/Gray Cloth Int., Local Trade \$4,995

2000 Chevy Cavalier

2.2L, AT, AC, CD, Rear Spoiler, Silver w/Gray Cloth Int. \$4,995

1999 Saturn SL2

1.9L, AT, AC, Tilt, One Owner w/80K Miles, Very Nice Car \$4,995

2000 Ford Taurus SE

V6, AT, AC, Tilt, Cruise, PW, PL, PM, PS, Remote Access, Alloys, Red w/Tan Cloth Int., Local Trade \$4,495

2000 Ford Taurus SE

3.0L, AT, AC, Tilt, Cruise, PW, PL, PM, PS w/Lumbar, Alloys, Local Trade \$3,995

2000 Dodge Neon

2.0L, AT, AC, Tilt, Cruise, PW, PL, PM, CD, Local Trade \$3,995

2000 Ford Contour SE

2.0L, AT, AC, Tilt, Cruise, PW, PL, PM, Pioneer CD, Alloys, White w/Navy Blue, Int. \$3,995

1999 Chevy Metro LSI

1.3L, AT, AC, New Tires, White w/Gray Cloth Int., Super Gas Saver \$3,995

1999 Buick Regal LS

3.8L, AT, AC, Tilt, Cruise, PW, PL, PM, PS, Pwr. Sunroof, Monsoon Cass. & CD, Beige w/Leather Int. Local Trade \$3,995