

School lunches are a bargain

School lunches provide the calories needed to sustain a child's energy through the day, yet parents may have difficulty deciding whether to pack a lunch for their child or rely on local school food service programs.

The U. S. Department of Agriculture's National School Lunch Program typically provides low-cost - or, for those who qualify, free lunches to students in more than 100,000 public and nonprofit private schools annually.

The bargain-priced lunch program serves more than 28 million lunches on a typical school day and also is considered among the safest of food providers.

Meal costs for Kansas students have increased slightly this year and are typically up from 10 to 25 cents per meal, though prices vary from one school district to another. The cost for school breakfasts also has increased, but is typically only about a dime more than last year.

Packing a lunch at home may - or may not - be less expensive than



Home Time

By Tranda Watts
Multi-county Extension Agent

buying a meal at school. Try pricing foods needed to prepare a lunch: bread, roll or tortilla (for a wrap); sandwich fillings and condiments (such as mustard); fresh, canned or frozen fruits and vegetables, crackers or chips, yogurt or other dessert and beverage, such as juice or milk, and a lunch box or bag and food storage containers.

Choosing reusable food storage containers and buying frequently-used foods in bulk and re-packaging them as single servings can help trim the costs of packing a lunch.

Add in the cost of the time that will be spent (15 to 30 minutes per day) preparing the lunches. Costs for planning and preparing a lunch

at home can yield a savings, but often are comparable to the cost of a purchased meal.

While packing a lunch may cater to a picky eater, participating in school food programs often is credited with helping children grow in their knowledge about food, nutrition and health, while also deriving health benefits from eating a greater variety of foods.

Participating in school food service programs can reduce food safety concerns. Parents should be encouraged to ask what time their child's class is scheduled to eat lunch and how - and where - packed lunches are stored prior to meal time.

If a child is picked up on the school bus route at 7:15 a.m., but not scheduled for lunch until 12:30 p.m., some method of keeping a meal cold prior to lunch time is needed to maintain food safety and quality.

Your school district may also experience other benefits if children participate in the local school lunch program, particularly if students are eligible for the free or reduced cost lunches. Learn more about how participating might help your local school by visiting with your local district's administrator.

If you have further questions, please feel free to contact your local K-State Research and Extension Office or e-mail twatts@oznet.ksu.edu.

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Herndon News

By Julie Hafner

Voni Sattler would like to say thank you to the Herndon community for contributing news items for the past year. Julie Hafner is the new Herndon correspondent and can be reached by leaving messages at 322-5219 on the answering machine or e-mailing her at kompusgal@yahoo.com. Thank you to our loyal readers in the area.

Danny J. and Jean Ann Leitner, Herndon and Jennifer Leitner of Wichita recently visited Jeffrey and Danielle Leitner of Colorado Springs, making the new acquaintance of their infant daughter, Isabelle Eryn, born on Aug. 6.

Les and Myrna Pettera, Loveland, Colo., Alyssa Pettera, Lakewood, Colo., and Colette Kramer, Coeur d'Alene, Idaho, came on Monday to visit Edie Pettera at the Cedar Living Center in Oberlin and returned on Wednesday to Colorado. They also visited Helen Marintzer and other Herndon residents at the Good Samaritan in Oberlin.

Visitors this past week of Esther Pennington were Myrna Pettera, Loveland, Colo.; Alyssa Pettera, Lakewood, Colo.; Colette Kramer, Coeur d'Alene, Idaho; and Voni Sattler, Chris Wood and Julie Hafner.

Julie Hafner returned home from Parker, Colo., on Saturday after visiting the Dave Foxhoven family and Marlene and Tom Cook the past week. Julie, Bob and Janice Sattler enjoyed Sunday dinner with their aunt, Edie Pettera, in Oberlin.

Sharon, Lavern and Kyle Frick took Kyle and Ashlie to Denver to catch the plane home to Seattle this last weekend after visiting this summer.

Please contact Jo Harris, treasurer, to reserve the Herndon Senior Center by calling 322-5248.

Wednesday dinner guests of Don and Joan Grafel were Kirsten and Kameron Clapp, also Karolyn Martin, all of Culbertson. Karolyn and Steve Martin will be moving to Colorado. Thursday luncheon guest was Keith Grafel of Council Grove.

A pizza party was made possible by Mark Pennington, Arvada, Colo., for the St. Mary's choir, held at the Herndon Pool hall with pizza being furnished by Roger's Bar and Grill on Saturday evening. Beverages were served by Chris Wood and hosts were Ann and Alan Solko.

Those attending were Vicky and Bud Mumm, Rita Marintzer, Sharon Ecker, Theresa and Richard Rippe, Voni Sattler, Julie and Bob Hafner, Deanna and Brad Williams, Ann and Alan Solko, Chris Wood, Pat and Charles Solko and Cheri Kastens.

Don Pettera, Mesa, Ariz., has spent the past several weeks visiting his mother, Edie Pettera, a resident of Cedar Living Center in Oberlin, as well as family and friends in Herndon.

The St. Mary's Christian Mothers Altar Society women volunteered at the Good Samaritan Center in Atwood on Aug. 1 and Aug. 14 helping in the beauty shop.

Recent visitors of Sharon Ecker were Bart Ecker, and Troy and Brandi Ecker, Hays. They all enjoyed the fair in Oberlin.

Supper guests last Sunday of Don and Joan Grafel were Steve and Susan Nelson and Makenzie, Oberlin, to help her son, Steve, celebrate his birthday.

Father Daniel Scheetz celebrated Mass the evening of Aug. 14 at St. Mary's Catholic Church in Herndon for the feast of the Assumption of the Blessed Virgin Mary.

Julie and Bob Hafner held a garden party last Friday evening to welcome Mike Backus and Emma Lou Sattler to the neighborhood. Others attending were Voni Sattler, Pat and Kathy Monahan, and Alan and Ann Solko.

A meeting was held at the Herndon High School with James Foster of the office of Rural Opportunity, Kansas Department, to involve all those interested in options for the

school building. Another informational meeting will be held in the near future. Contact Dave Franke for more information.

David and Bonnie Franke have returned home after visiting their son, Brian and Tracy Franke and Ellen in Albuquerque, N.M. They met Karen (Craen) and Jan DeVoeght, Sofie, and Joris of Antwerp, Belgium. Karen Craen was a foreign exchange student who lived with the Franke family during the 1981-1982 school year. Dean and Carrie Franke of Jefferson City, Mo., also flew down to see them.

Karen and her family are spending the month of August touring Colorado, Utah, Arizona and New Mexico in a camper. The Frankes accompanied them through eastern Colorado, visiting Taos, Fort Garland, the Great Sand Dunes and Colorado Springs. All met Leah (Grafel) Atchley of Knoxville, Tenn., a former classmate, at the Denver airport and they spent three days together at Rocky Mountain National Park. En route home, the Frankes visited the Chad Franke family in Keenesburg, Colo., Joan and Kaprice Franke near Akron, Colo., and Jim and Linda Kinison near Yuma, Colo., and also stopped by the Beecher Island battleground.

BERGER REUNION

The Berger family reunion was held Aug. 2 with 43 members attending from Texas, Iowa, Colorado, Nebraska and Kansas. This was a celebration of the 125th year since the homestead was settled, so it was held on the original home-

stead, which is the Lloyd Berger farm northwest of Herndon. Three cousins had not been back in over 25 years. The day included cards, basketball, bean bags, frisbee, croquet, pool, darts, golf, guitar, mandolin, running through the sprinkler and reviewing family history and pictures.

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