

Children can help prepare their own school lunches

by SHERYL SPRINGER
Staff writer

Getting back into the school year routine after a carefree summer can be overwhelming at times.

Lazy days lunch schedules must transform into a fast-paced, fix it, wrap it, pack it, carry-it-out-the-door organized procedure in short order.

A well-planned and workable system for making and packing a family's lunches can mean the difference between early morning chaos and tranquility, says Renee Summers, a Troutdale mother of six.

With cafeteria lunch prices high and many school-age children at home, Summers has been "inspired" to develop a workable method to prepare and pack lunches for an entire week.

"I'm not a 'super mom,'" she confesses. Experience through the years has taught her to enlist the help of her children in preparing lunches. "Together, we mass produce," she says.

Usually on a Sunday evening, Summers and her children, Judy, Brian, Jackie, Kyle, and Nathan, (oldest daughter Kirstin is married), gather together in the kitchen and make "freezable" sandwiches for the week. In assembly line fashion, the Summers family turns lunch meats, peanut butter, jams, breads, and condiments neatly laid out on the counter, into ready-made sandwiches. Then they put them into sandwich bags and place them in the freezer.

"It works out great when each child can go to the freezer each weekday morning, reach in and grab their own sandwich for the day, and put it into a lunch sack along with a fruit and a homemade cookie, Summers says. "They're on their way in no time."

On special holidays, Summers "treats" her children with sugar-sweetened cereal put into a sealable bag. "We usually don't purchase the sugared cereal at our house, so on holidays such as St. Patrick's Day, I'll buy Lucky Charms for their lunches," she says. "They think it's fun."

A few ideas

The secret to a good school lunch



Staff photo by Dan Saddler

The children in the Summers home routinely help prepare their lunches.

is getting a child to eat it. Too often, sandwiches end up in the waste basket, desserts are eaten first, and "side dishes" are left on the side. By using creativity and a little variety in your school lunch menus, you can prepare nutritious sack lunches your child will eat instead of trading.

Here are some ideas:

- Try tucking neat things to eat into a pita-bread sandwich. Fill with your favorite filling. Chicken, tuna salad, egg salad, or peanut butter and honey work well.
- Make inside-out sandwiches. Roll a slice of luncheon meat and a slice of cheese around a bread stick. Stick toothpicks through the top to hold.
- Make a walking salad. Slice the top off a small apple. Hollow out the core, leaving bottom intact. Brush inside with lemon juice. Fill with assorted fruits, or cream cheese mixed with raisins and nuts.

- Pep up sandwiches by adding unusual ingredients. Add raisins, coconut, pineapple and nuts to peanut butter. Chopped nuts, celery, green relish, olives, and sunflower seeds or onions will perk up tuna filling.

- Fun-shaped breads can make lunch-time more exciting. Make bagel sandwiches. Put peanut butter, honey, and a long slice of banana on a hot dog bun. Use cookie cutters to turn square-shaped breads into bunnies, hearts, trees, or anything that suits the month's main holiday.

- Wrap luncheon meat, leftover sliced turkey or ham, and swiss cheese around a pickle for a different treat.

- If you're making homemade cookies, make larger sizes. You'll find that one large cookie has more "kid-appeal" than two smaller ones.

- Let children "customize" their own lunch sacks with crayons, markers, or their favorite stickers.

Bus routes

Continued from Page 4.

Langensand 7:35
Trubel 7:40
Bornstedt 7:45
Sandy Grade 7:50

SANDY HIGH SCHOOL ROUTES August 31 - Sept. 4, 1987

Bus No. 6
Same as listed
Bus No. 7
Keisecker - 427th - Firwood Rd. - Bornstedt

Bus No. 12
Highway 26 to Weber Rd. - Baty - Coalman - Sandy Ht's St.

Bus No. 18
Same & 312 - Kelso Rd. - 322nd - Jarl

Bus No. 5
Wildcat W. - Pagh McCabe - Music Camp - Firwood Rd. - Trubel

Bus No. 16
Weber Rd. - Terra Fern - Hiway 26 - To Brightwood Loop

Sleep Hollow - Hiway 26 to Sandy

Bus No. 22
Same & Orient Dr. to Compton

Bus No. 23
Same

Bus No. 24
Same

Bus No. 25
Same

Bus No. 32
Same & Dunn Rd. - 362nd - Kelso Rd. to Feed Store

Bus No. 9
Same & Kitzmiller - Firwood Rd. - Langensand
1987-88 morning bus routes for Bull Run School.

Bus 24
Bull Run (County Line) 8:20
Connet Road 8:25
Warriner Road 8:30
Lusted/Ten Eyck 8:45
Thomas 8:48
Bull Run School 8:50

Bus 32
Lusted (Green Valley) 8:05
Marsh 8:10
Lusted (Latigo) 8:20
Phelps 8:25
Shipley 8:30
Marmot 8:35
Ten Eyck (Bacon Creek) 8:40
Bull Run School 8:50

Bus 3
Bluff Road/high school 7:45
362nd 7:50
Dunn Road (352nd) 7:55
Bluff Road 8:00
Serban Road 8:05
Kelso Road 8:10
Nicholas/Ekland 8:13
Kelso Road (Feed Store) 8:17
Kelso School 8:20

Bus 16
Orient Drive (West of Store) 7:40
Compton 7:47
312th 7:50

Daphne Court 7:53
322nd 7:56
329th 8:00
Highway 26 8:03
Jarl 8:06
362nd at Dubarko 8:10
Royal Lane 8:11
Orient Drive 8:16
Kelso School 8:20

Bus 18
Highway 211 7:45
Highway 211 (Tickle Creek) 7:50
Sandy Heights (Dubarko) 8:10
Sunset (Playground) 8:15
Kelso School 8:20

Firwood School
Bus 22
367th 7:40
362nd at 211 7:45
Gunderson 7:50
Moonbeam 8:00
Colorado 8:05
362nd at Skogan 8:15
Kelso School 8:20

Firwood School
Bus 5
Kitzmiller 7:55
Wildcat West 8:05
Firwood Road 8:10
Firwood School 8:20

Bus 7
Boitano 7:50
Bornstedt 7:55
Rude 8:05
Firwood Road (Allgeier) 8:12
Keisecker (427th) 8:17
Firwood School 8:20

More People Reap Benefits From H&R Block Tax Course

Thousands of successful tax preparers started their careers with the H&R Block Income Tax Course.

H&R Block has been teaching income taxes for 30 years and this year is offering a basic income tax course starting September 14th with morning, afternoon and evening classes available.

Many of the most successful people in the tax preparation business started with this basic course which teaches all phases of income tax preparation. The 13-week course progresses from simple to complex tax problems. Students learn through classroom discussion and homework.

Qualified course graduates may be offered job interviews for positions with Block. Many of Block's employees find the flexible hours a plus. However, Block is under no obligation to offer employment, nor are graduates under any obligation to accept employment with H&R Block.

The course is ideal for those interested in tax preparation as a career or for those who want to learn about taxes for their own personal use. The course is challenging and, for those who are highly motivated, can prove to be profitable as well. No prerequisites are required for enrollment.

One low course fee includes all textbooks, supplies and tax forms necessary for completion of the course. Certificates and 7.5 continuing education units will be awarded upon successful completion of the course. Also, the cost of the course may be tax deductible.

Registration forms and a brochure for the income tax course may be obtained by contacting the H&R Block office at 38770 Proctor Blvd, Sandy, telephone 668-8433. Don't forget to ask about our early bird special tuition price.

Cruise-in brings out teen-ager in the adult

The hobby of collecting and restoring old cars is growing, according to Gale Meier, who is hosting the second annual Cruise-in this weekend.

"A lot of people are remembering the cars they used to wish they could have as kids," Meier said. Many of those people are now able to afford the cars they couldn't afford as teenagers.

The cruise-in will begin about 3 p.m. on Saturday, Aug. 22, at

Shorty's Corner, which is two miles east of Sandy on Highway 26. Meier said activities will be held all day. He expects people with convertibles to leave by dusk, but imagines there will be activity throughout the evening.

"It's a good opportunity for people to get together and exchange ideas about restoring cars," Meier said.

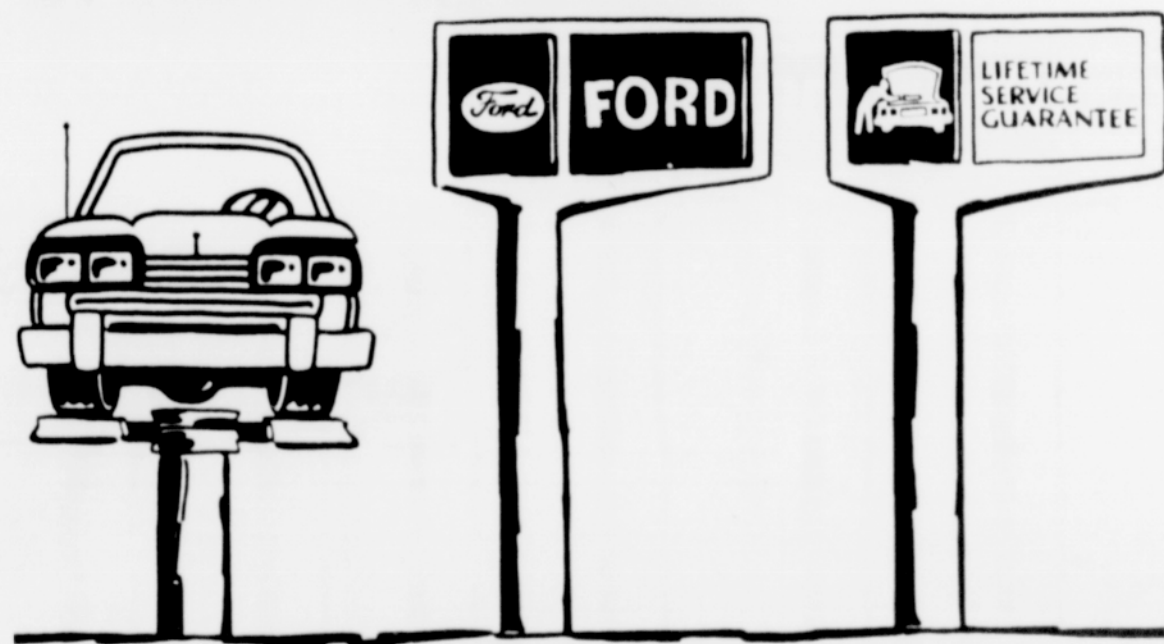
The Shorty's Corner Cafe will be open, offering a limited menu. Meier

said the restaurant is not quite ready to open full time. Outdoor seating will be available Saturday.

In addition to hot rods and restored cars from the 1930s and '40s, Meier said music from the '50s and '60s will be played. He said his son, Rod, had put together about five hours worth of music for the Cruise-in.

About 150 people and 100 cars were a part of the show last year, and the success of the event surprised Meier.

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