



Anticipation runs high as Hide-Away at Cameron Lane begins its fall riding sessions. As usual the sessions are being held at the Kit Carson County fairgrounds with individuals bringing in their horses for the event. Volunteers are ready and eager to help the individuals as they improve and hone their riding skills. The sessions are held on Sunday afternoons at 3 p.m. Anyone is welcome to come out and observe. We encourage returning veterans to come out and ride, or perhaps work with the horses and help with the children. There is something about the outside of a horse that is good for the inside of a man (woman or child). We appreciate any and all support the members of our community might offer. (Hide-Away at Cameron Lane photo)

School Menus

BES lunch menu

Burlington Elementary School lunch menus for Sept. 13 to Sept. 17:

Monday, Sept. 13: Bosco sticks, corn, fruit

Tuesday, Sept. 14: Salisbury steak, mashed potatoes, gravy, mixed vegetables, peaches

Wednesday, Sept. 15: Corn dogs, salad, pears, cookie

Thursday, Sept. 16: Chicken patties, mashed potatoes, gravy, mixed vegetables, cake

Friday, Sept. 17: Ham, cheesy potato casserole, pineapple and orange salad

All meals include milk.

BMS and BHS lunch menus

Burlington middle and high Sept. 13 to Sept. 17:

Monday, Sept. 13: Chicken pot pie, broccoli with cheese sauce, diced pears

Tuesday, Sept. 14: Pizza, tossed salad, peaches

Wednesday, Sept. 15: Breaded chicken sandwich, green beans, spice cake

Thursday, Sept. 16: Smothered burritos, corn, whipped Jell-o

Friday, Sept. 17: Peanut butter and jelly sandwiches, potato chips, Rice Krispy treats

All meals are served with milk.

Stratton Elementary nutrition break menu

Stratton Elementary nutrition break menu for Sept. 13 to Sept. 17:

Monday, Sept. 13: Sausage, hashbrowns

Tuesday, Sept. 14: French toast

Wednesday, Sept. 15: Eggs, ham

Thursday, Sept. 16: Sausage pockets

Friday, Sept. 17: Sausage biscuits

All nutrition breaks are served with juice or milk.

Stratton Elementary lunch menu

Stratton Elementary lunch menus for Sept. 13 to Sept. 17:

Monday, Sept. 13: Sloppy joes

Tuesday, Sept. 14: Chicken and noodles

Wednesday, Sept. 15: Burritos

Thursday, Sept. 16: Ham sandwiches, nachos

Friday, Sept. 17: Pepperoni sticks

All lunches are served with half pint milk and vegetables and fruit.

Stratton MS and HS breakfast menu

Stratton middle and high school breakfast menu for Sept. 13 to Sept. 17:

Monday, Sept. 13: Sausage, hash browns

Tuesday, Sept. 14: French toast

Wednesday, Sept. 15: Ham strata

Thursday, Sept. 16: Sausage pockets

Friday, Sept. 17: Sausage biscuits

All breakfasts are served with juice or milk.

Stratton MS and HS lunch menu

Stratton middle and high school lunch menu for Sept. 13 to Sept. 17:

Monday, Sept. 13: Sloppy joes

Tuesday, Sept. 14: Chicken and noodles

Wednesday, Sept. 15: Burritos

Thursday, Sept. 16: Ham sandwich and nachos

Friday, Sept. 17: Pepperoni sticks

All meals are served with half pint of milk and fruit and vegetables.

Hi-Plains ES and HS breakfast menus

Hi-Plains elementary and high school breakfast menus for Sept. 14 to Sept. 17:

Friday, Sept. 14: Banana bread, sausage patties, apple

Wednesday, Sept. 15: Oatmeal, peanut butter and jelly sandwich, oatmeal toppings

Thursday, Sept. 16: Brunch

Friday, Sept. 17: French toast strips, syrup, yogurt, bananas

All breakfasts served with fruit juice and milk.

Peanut butter and jelly sandwiches offered at the high school each day.

Hi-Plains ES and HS lunch menus

Hi-Plains elementary and high school lunch menus for Sept. 14 to Sept. 17:

Tuesday, Sept. 14: Nachos with meat or cheese, corn, tossed salad with dressing, cinnamon buns, fruit cocktail, pudding

Wednesday, Sept. 15: Hot turkey sandwiches, mashed potatoes, peas, fresh vegetables, dressing, peaches

Thursday, Sept. 16: Brunch 10:30 a.m.

Friday, Sept. 17: Spaghetti with meat sauce, tossed salad with dressing, green beans, Italian bread, applesauce

All lunches served with milk.

Bethune School breakfast menus

Bethune School breakfast menu for Sept. 13 to Sept. 17:

Monday, Sept. 13: No school

Tuesday, Sept. 14: Breakfast burrito

Wednesday, Sept. 15: Late start, no breakfast

Thursday, Sept. 16: Cheese wrap

Friday, Sept. 17: Cereal, muffin

All meals served with fruit, juice, and milk.

Menus subject to change without notice.

Bethune School lunch menus

Bethune School lunch menu Sept. 13 to Sept. 17:

Monday, Sept. 13: No school

Tuesday, Sept. 14: Beirocks

Wednesday, Sept. 15: Smothered burritos

Thursday, Sept. 16: Spaghetti

Friday, Sept. 17: Barbecue chicken sandwich

All menus served with vegetables, fruit, milk.

Menus subject to change without notice.

Idalia School breakfast menus

Following is the breakfast menu for Idalia School students for Sept. 13 to Sept. 17:

Monday, Sept. 13: Danish, pears

Tuesday, Sept. 14: Pancake on a stick, fruit cocktail

Wednesday, Sept. 15: Long johns, apricots

Thursday, Sept. 16: Cereal, toast, applesauce

Friday, Sept. 17: Biscuits, sausage gravy, fruit

All meals served with yogurt, milk or juice.

Idalia School lunch menus

Following is the lunch menu for Idalia School students for Sept. 9 to Sept. 17:

Thursday, Sept. 9: Chicken wraps, lettuce, tomato, pineapple, white cake

Friday, Sept. 10: Sloppy joes, tater tots, carrots, pears, dessert

Monday, Sept. 13: Chicken fried steak, mashed potatoes, gravy, corn, rolls, fruit cocktail, cherry crisp

Tuesday, Sept. 14: Hamburger/cheeseburger, french fries, carrots, apricots, caramel cookies

Wednesday, Sept. 15: Taco pinwheels, tossed salad, cinnamon apples, Fastest Cake in the West

Thursday, Sept. 16: Scalloped potatoes/ham, rolls, green beans, applesauce, chocolate chip cookies

Friday, Sept. 17: Beef fingers, baked beans, carrots, fruit, dessert

All meals served with milk or juice.

Hello, world!

Kit Carson County Memorial Hospital congratulates:

Justin and Erin Euler of Burlington on the birth of Henry Christopher Euler on Thursday, Aug. 26, 2010 at 8:04 a.m. He weighed 8 pounds 2 ounces and was 20.25" long.

Jennifer Sisson, of Stratton, on the birth of Izaya Ray Sisson on Friday, Aug. 27, 2010 at 7:51 a.m. He weighed in at 9 pounds and 6 ounces and was 21.5" long.

Card of thanks

Thank you

Thanks to Julia Strobel Liufau, Pat and Don Hodge, Carol Haughey Taylor, Dennis and Dianne Vance for your hospitality to members of Burlington High School Class of 1955. You hosted a very successful reunion. We appreciate all you did to make the weekend special. Thank you from all of us. - 23-1c

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