### Sbisa Hall, Duncan Hall & Commons Meal Schedule Week Beginning November 11 Thru. November 17, 1973

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THE PARTY OF	M	aster Menu No	o. 2	
*Tang, *Coffee, *Milk *Grape, Apple & Peach Jelly *Ast L Dry Cereal 1. Fried East Fried Ham and Sausage Toat - Olco	*2. Blueberry Hotcakes Fried Ham and Sausage Syrup	Breakfast		Grape Drink, Hot Cocoa, Hot Tea, Cola, Sprite, Grapefruit Juice, Pineapple Juice
ENTREES AND SOUPS *Roast Turkey Breast 2-Oz. & Seconds *Cranberry Sauce *Dressing (1) 3-Oz. & Seconds *Giblet Gravy Lasagna 4-Oz. & Seconds	VEGETABLES AND FRUITS  *Candied Sweet Potatoes (2) w/Orange Glaze Sauce Buttered Carrots w/Pineapple Chunks  *Whole Green Beans w/Pimentos	Dinner SALADS, RELISHES, DRESSINGS Strawberry Jello w/Miniature Marshmallows Fruited Orange Jello w/Whipmate Star Whipped Grape Jello Parfait Fluffy Fruit Salad *Lettuce Wedges, Cottage Cheese, and Sexton Italian Tomatoes	DESSERTS AND BREADS *Hot Rolls - Oleo *Strawberry Pie *Oleo	BEVERAGES  *Iced Tea,, Coffee, Hot Chocolate, Tang, Grape Drink, Grapefruit Juice, Sprite, Cola, Pink Lemonade, Fruit Punch, Pine- apple-Grapefruit Juice, Hot Tea
		Dressings: 1,000 Island, *Bleu Cheese Russian Supper NO EVENING MEAL		
*Coffee, Milk, Tang *Ass't Dry Cereal Grape, Strawberry & Peach Jelly *I. Doughhuts Pan Fried Bacon Oleo	*2. French Toast Ham Syrup Grape, Apple & Peach Jelly Oleo	MONDAY Breakfast 3. Continental Breakfast Doughnuts Coconut Rolls Nut Rolls Raisin Bread	4. Fried Eggs Scrambled Eggs Toast - Oleo Ham	Grape Drink, Grapefruit Juice, Pineapple Juice, Hot Cocoa, Hot Tea, Coke, Sprite,
ENTREES AND SOUPS *Beef Turnovers and Cream Gravy *Braised Beef and Gravy (4-Oz.)	VEGETABLES AND FRUITS *Mashed Potatoes *Buttered Mixed Vegetables Ranch Style Barbecue Beans (canned)	Dinner SALADS, RELISHES, DRESSINGS Whipped Strawberry Jello w/Cottage Cheese *Health Salad Strawberry Jello w/Fruit Cocktail Orange Jello w/Pear Halves Tossed Green Salad, Cottage Cheese and Sexton Italian Tomatoes	DESSERTS AND BREADS Open Ice Cream Bar *Fruit Bar *Bread Oleo Strawberry Tapioca Parfait	BEVERAGES *Iced Tea, Hot Tea, Coffee, Hot Chocolate, Tang, Grape Drink, Grapefruit Juice, Sprite, Cola, Pink Lemonade, Fruit Funch, Pineapple-Grapefruit Juice
*Navy Bean Soup - Crackers *Pullman Ham Sandwich *Grilled Cheese Sandwich	*Potato Chips - Frito Chips	Dressings: French, Green Goddess, 1,000 Island *Relishes: Pickle Relish, Mustard, Salad Dressing, Catsup Supper	*Whole Wheat, Rye and White Bread	The Contraction
*Spaghetti w/Porcupine Meatballs Polish Sausage 1 ea. & Seconds	Fordhook Lima Beans w/Ham Pieces Harvard Beets *Green Beans w/Ham Base	Lime Jello Jewels w Star Lemon Jello w Whip-mate Star Carrot & Raisin Salad Waldorf Salad "Tossed Salad, Cottage Cheese and Sexton Italian Tomatoes Dressings: French, *1,000 Island, Vinego	Open Ice Cream Bar *Milk Chocolate Cake *Garlic Toast *Oleo Whipped Grape Jello Parfait w/Whip-mate Star	*Fruit Punch, Iced Tea, Hot Tea, Coffee, Hot Chocolate, Tang, Grape Drink, Grapefruit Juice, Sprite, Cola, Pink Lemonade, Pineapple-Grapefruit Juice *Milk, Chocolate and Low Fat Milk at Commons
		TUESDAY Breakfast		
*Grapefruit Juice, Coffee, Milk *Ass*t. Dry Cereal Grape, Strawberry & Apricot Preserves *1. Hotcakes - Syrup - Oleo Link Sausage	*2. Dougnuts Bacon	3. Continental Breakfast Doughnuts Cinnamon Rolls Cherry Rolls Raisin Bread, White Bread	4. Scrambled Eggs Fried Eggs Toast - Oleo Bacon French Toast - Syrup	Grape Drink, Pineapple Juice, Grapefruit Juice, Hot Cocoa, Hot Tea, Coke, Sprite
ENTREES AND SOUPS  *Barbecue Beef on Buns 4-0z, and 2-0z. Seconds  *Fresh Water Catfish w/Tartar Sauce 2 ea. & 1 for Seconds  *Corn Beef Sandwich  *Grilled Cheese Sandwich	VEGETABLES AND FRUITS *French Fried Potatoes *Collard Greensw/Ham Base Brown Beauty Beans  *French Fried Potatoes	Dinner SALADS, RELISHES, DRESSINGS *Cottage Cheese & Pear Halves Lime-Cherry 2-Layered Jello Whipped Strawberry Jello Pineapple-Marshmallow Cole Slaw Green Salad, Cottage Cheese, and Sexton Italian Tomatoes  Dressings: French, Bleu Cheese, 1,000 Isjand	DESSERTS AND BREADS Open Ice Cream Bar *Coconut Cake *Buns *Bread Oleo White, Rye & Whole Wheat Bread	BEVERAGES  *Fruit Punch, Iced Tea, Hot Tea, Coffee, Hot Chocolate, Tang, Grape Drink, Grape- fruit Juice, Sprite, Cola, Pink Lemonade, Pineapple-Grapefruit Juice
*Pried Chicken ¼ ea. No Seconds *Cream Gravy Shrimp Creole (4-0z.) Over Rice and Seconds	*Mashed Potatoes *Wax Beans w/Ham Base Buttered Squash Rice	*Relishes: Sweet Pickle Relish, Mustard, Catsup, Salad Dressing Supper Grape & Lemon Jello Jewels w/Toppin, Macaroni Salad Strawberry Whipped Jello w/Marshmallow Top Banana Nut Salad *Combination Salad, Cottage Cheese and Sexton Italian Tomatoes	g Open Ice Cream Bar *CherryCobbler *Hot Rolls - Oleo Chocolate Rice Pudding w/Whip Star	*Iced Tea, *Milk, Fruit Punch, Hot Tea, Coffee, Hot Chocolate, Tang, Grape Drink, Grapefruit Juice, Sprite, Cola, Pink Lemonade, Pineapple-Grapefruit Juice, Chocolate and Low Fat Milk at Commons
Hamburgers - Buns Franks - Buns	Potato Chips - Frito Chips	and Sexton Italian Tomatoes  Dressings: 1,000 Island, *Russian, French Relishes: Pickle Relish, Mustard, Catsu Salad Dressing SJiced Tomatoes Leaf Lettuce	Hamburger Buns Hot Dog Buns	
*Pineapple Juice, Milk, Coffee *Ass't. Dry Cereal *Grape, Apple & Strawberry Jelly *1. Cream of Wheat Snicerdoodle Bacon	*2. Scrambled Eggs Hash Brown Potatoes Grilled Ham Toast - Oleo	WEDNESDAY  Breakfast  Continental Breakfast Doughnuts Apple Strudel Rolls Pineapple Rolls Raisin Bread	4. Scrambled Eggs Fried Eggs Hotcake - Syrup Toast - Oleo Ham	Tang, Grapefruit Juice, Pineapple Juice, Grape Drink, Hot Cocoa, Hot Tea, Coke, Sprite
ENTREES AND SOUPS  *Beef & Vegetable Stew 6-Oz. & 3-Oz. Seconds *Corn Dogs w/Mustard 1 ea. & Seconds	VEGETABLES AND FRUITS *Broccoli Chopped Hash Brown Potatoes *Pinto Beans w/Dry Salt Pork	Dinner SALADS, RELISHES, DRESSINGS *Beet & Onion Sajad Fruit Cocktail Cups Waldorf Salad Layered Strawberry & Grape Jello Green Salad, Cottage Cheese, and Sexton Italian Tomatoes	DESSERTS AND BREADS  *Open Ice Cream Bar *Aas't, Cookies *Bread Yellow Pineapple Tapioca w/Pineapple Chunk Topping *Oleo	BEVERAGES  *Iced Tea, Hot Tea, Coffee, Hot Chocolate Tang, Grape Drink, Grapefruit Juice, Sprite, Cola, *Pink Lemonade, Fruit Punch, Pineapple-Grapefruit Juice
*Beef & Noodle Soup *Roast Beef Sandwich *Grilled Cheese Sandwich Crackers Pinanto Cheese Sprand	*Potato Chips - Frito Chips	Dressings: French, Bleu Cheese, Russia *Relishes: Mustard, Catsup, Salad Dressi		
Pimento Cheese Spread  *T-Bone Steak 1 ea. & No Seconds Chili & Macaroni 4-Oz. & 3-Oz. Seconds	*French Fried Potatoes (1) 3 *Whole Kernal Corn Buttered Kitchen Cut Green Beans w/Ham Base	Supper Whipped Raspberry Jello w/Whipped- Mate Fuited Rice Salad Lemon Jello w/Minature Marshmallows *Lettuce, Apple & Celery Salad Green Salad, Cottage Cheese and Italian Tomatoes Dressings: French, 1,000 Island, *Salad Dressing Catapy	Ice Cream *Cream Puffs *Hot Rolls *Oleo	*Iced Tea, Milk, Fruit Punch, Hot Tea, Hot Chocolate, Coffee, Tang, Grape Drink, Grapefruit Juice, Sprite, Cola, Pink Lemonade, Pineapple-Grapefruit Juice, Chocolate & Low Fat Milk at Commons *Chocolate Milk
		THURSDAY Breakfast		
*Tang, Coffee, Milk *Ass't. Dry Cereal 'Grape, Apple & Strawberry Jelly *Toast - Oleo	*1. Stewed Prunes \$2. Snic Scrambled Eggs Back Hash Brown Potatoes Hot Biscuits Sausage Patties.	ckerdoodle 3. Continental I Doughnuts Cinnamon Re Nut Rolls Raisin Bread White Bread	Greakfast 4. Fried Eggs Toast - Oleo Bacon Hotzakes Syrup	Grapefruit Juice, Pineapple Juice, Grape Juice, Hot Tea, Hot Cocoa, Coke, Sprite
ENTREES AND SOUPS *Manicoti 4-Oz. & Seconds *Bratwurst - Mustard 1 ea. & Seconds  *Pullman Ham	VEGETABLES AND FRUITS *Steamed Rice *Mixed Vegetables Buttered Boiled Cabbage Tater Tota  *Potato Chips - Frito Chips	Dinner SALADS, RELISHES, DRESSINGS Whipped Lime Jello w/Star Stuffed Celery and Radish Salad Fruit Salad Original Carrott Salad Original Cottage Cheese and Italian Tomatoes  Dressings: French, 1,000 Island,	Open Ice Cream Bar *Chocolate Brownies Bread - Oleo	BEVERAGES  *Pink Lemonade, Grape Punch, Iced Tea, Hot Tea, Hot Chocolate, Coffee, Tang, Grape Drink, Grapefruit Juice, Sprite, Cola, Pineapple-Grapefruit Juice
Grilled Cheese Sandwich Chicken Rice Soup  Lasagna Enchiladas w/Chili & Cheese	*Home Fried Potatoes Brussel Sprouts *Okra & Tomatoes	Dressings: French, 1,000 Island, Vinegar & Oil *Relishes: Pickle Relish, Mustard, Cats Salad Dressing  Supper  Mexican Salad Ambrosia Salad Ambrosia Salad Pineapple Snooky Salad Lemon Jello w/Fruit Cocktail *Lettuce Wedges, Cottage Cheese and Italian Tomatoes	Open Ice Cream Bar Cherry Fruit Parfait *Apple Crisp *Bread - Oleo Dinner Rolls	*Iced Tea,, *Milk, Hot Tea, Hot Chocolate Tang, Grape Drink, Grapefruit Juice, Sprite, Cola, Pink Lemonade, Pineapple- Grapefruit Juice, Chocolate Milk and Lov Fat Milk at Commons
Hamburger - Buns (Commons Only) Franks - Buns	Frito Chips - Potato Chips (Commons Only)	and Italian Tomatoes Dressings: *Green Goddess, French, Russian Relishes: Pickle Relish, Mustard, Cats Salad Dressing Sliced Tomatoes Lettuce Wedges (Commons Only)	Hamburger Buns Hot Dog Buns up, (Commons Only)	13.00
*Tang, Coffee, Milk *Asst, Dry Cereal *Fresh Frui *Papricot, Grape & Strawberry Preserv *1. Apple Strudel Rolls Pan Fried Bacon	*2. Scrambled Eggs Ham Toast - Oleo es	FRIDAY  Breakfast 3. Continental Breakfast Doughnuts Apple Strudel Rolls Peach Rolls White & Raisin Bread	4. Scrambled Eggs Fried Eggs Toast - Oleo French Toast Syrup Ham	Grapefruit Juice, Pineapple Juice, Grape Drink, Hot Tea, Coke, Hot Cocoa, Sprite
ENTREES AND SOUPS *Stuffed Flounder 1 ea. & Seconds *Tartar Sauce *Beef Baron w/Mushroom Sauce 4-0z. & Seconds	VEGETABLES AND FRUITS  *Macaroni & Cheese *Butterd Peas w/Gran, Onions Steamed Rice Zucchini Squash & Tomatoes	Dinner SALADS, RELISHES, DRESSING: Under-the-Sea Salad 'Cherry Jello w/Siliced Peaches Perfection Salad Orange Jello (2 Layered) Green Salad, Cottage Cheese and Italian Tomatoes	S DESSERTS AND BREADS Open Ice Cream Bar Cookies *Coconut Pudding *Bread - Oleo	BEVERAGES  Iced Tea, Hot Tea, Coffee, Hot Chocolatt Tang, Grape Drink, Grapefruit Juice, Sprite, Cola, Pink Lemonade, *Fruit Punch, Pineapple-Grapefruit Juice
*Beef & Rice Soup *Corn Beef Sandwich *Grilled Cheese Sandwich	*Potato Chips - Frito Chips	Dressings: French, Bleu Cheese, Russi *Relishes: Pickle Relish, Mustard, Cats Salad Dressing	an *Rye, Whole Wheat, White Bread sup,	
*Barbecue Quarter Spring Chicken Burrito w/Chili & Cheese Hamburgers - Buns 2 ea. No Seconds Franks - Buns 1 ea. w/Seconds	*French Fried Potatoes *Green Beans Southern Style Spice Beets  French Fried Potatoes	Supper Raspberry Jello w/Pears Lemon Jello Jowels Fruited Rice Salad Vegetable Salad Tossed Salad, Cottage Cheese and Italian Tomatoes Dressings: French, Green Goddess, Vinegar & Oil	Open Ice Cream Bar  *Checolate Pie *Oleo *Dinner Rolls  Hamburger Buns Hot Dog Buns	*Iced Tea, *Milk, Hot Tea, Hot Chocolate, Tang, Grape Drink, Grapefruit Juice, Sprite, Cola, Pink Lemonade, Fruit Punch Pineapple-Grapefruit Juice, Chocolate Milk and Low Fat Milk at Commons
7 ea, W/Seconds		Vinegar & Oil Relishes: Pickle Relish, Mustard, Dice Onions, Catsup, Salad Dressing Sliced Tomatoes Leaf Lettuce	d	
*Tang, Coffee, Milk *Asst. Dry Cereal *Apple, Grape, Apricot Jelly *1. Scrambled Eggs Fried Ham Toast - Oleo	*2. Apple Strudel Rolls Fried Ham	SATURDAY Breakfast 3. Scrambled Eggs Fried Eggs Toast - Oleo Bacon		Grapefruit Juice, Pineapple Juice, Grape Drink, Hot Cocoa, Hot Tea, Coke, Sprite
ENTREES AND SOUPS *Grilled Beef Cutlet Brown Gravy No Seconds Chicken Pan Loaf 4-Oz. & Seconds	VEGETABLES AND FRUITS *Snowflake Mashed Potatoes *Chopped Broccoli Buttered Buttered Steamed Rice	Dinner SALADS, RELISHES, DRESSING Lime Jello w/Sliced Peaches Pear Halves w/Grated Cheese Fruit Slaw "Green Salad, Cottage Cheese and Italian Tomatoes  Dressings: *1,000 Island, French,	S DESSERTS AND BREADS Open Ice Cream Bar *Apple Squares *Bread - Oleo	BEVERAGES  *Iced Tea, Punch, Hot Tea, Hot Chocolate Tang, Grape Drink, Grapefruit Juice, Pineapple-Grapefruit Juice, Pink Lemonade, Sprite, Coke
Bite Size Battered Fish 5 ca. & Seconds 3 ca. Pan Fried Liver & Onions  Hamburger 1 ca. (Duncan Only)	Scalloped Corn Hash Brown Potatoes Green Peas w/Granulated Onion  *French Fried Potatoes (Duncan Only)	Vinegar & Oil  Supper Strawberry-Orange Jello Jewels Lemon Jello w/Fruit Cocktail Apple, Celery & Pineapple Salad Tartar Sauce Green Salad, Cottage Cheese and Italian Tomatoes Dressings: Salad Dressing, French	Ice Cream *Banana Cake Hot Rolls - Oleo  *Hamburger Buns	Iced Tea, *Milk, Fruit Punch, Hot Tea, Hot Chocolate, Tang, Grape Drink, Grapefruit Juice, Pineapple-Grapefruit Juice, Pink Lemonade, Sprite, *Cola, Chocolate and Low Fat Milk at Common
*Hamburger 1 ea. (Duncan Only) *Cheeseburger 1 ea. (Duncan Only)	Polatices (Duncan Unity)	Dressings: Salad Dressing, French Dressing, Russian *Relishes: Pickle Relish, Mustard, Cate *Lettuce Leaf *Sliced Tomatoes *Salad Dressing	up	

ms served at Duncan Hall. Breakfast 1 and 2 served in opposite wings of Dunca

## Batt News Summary

By THE ASSOCIATED PRESS

THE BATTALION

#### State

SAN ANTONIO, Tex. - Indictments charging perjury in connection with a federal grand jury probe named two Duval County public officials Tuesday.

U. S. Atty. William S. Sessions announced the federal indictments included six perjury counts against Duval County Judge Archer Parr and one count against Octavio Saenz, mayor of Benevides.

Sessions said Parr is charged with six counts of perury, all relating to payments of \$121,500 allegedly received from the Duval County Conservation and Reclamation District between February 1968 and June 1970.

PADRE ISLAND, Tex.—Coast Guard officials said Tuesday they were trying to retrieve a fifth barrel containing poisonous cyanide and seen floating toward the Texas Coast in the Gulf of Mexi-

Earlier Tuesday officials picked up a fourth barrel containing the chemical about four miles south of the Port Mansfield Cut. far down the lengthy island.

HOUSTON-The Harris County District Attorney's office said Tuesday thre is no legal basis for a complaint alleging that Leon Jaworski, the new Watergate special prosecutor failed to make full disclosure of contributions received during a Houston mass transit referendum campaign.

The complaint was filed last month by C. Leon Pickett of Houston, chairman of the new Texas Independent Party, with the Harris County elections com-

#### National

ELLICOTT CITY, Md. - Sixyear-old riot and arson charges against H. Rap Brown were dropped and the former advocate of violence by blacks was sentenced on a misdemeanor for failing to appear for trial.

The Dorchester County state's attorney moved not to prosecute Brown on a three-count indictment stemming from a summer night of disorders in 1967 in Cambridge, Md. Brown pleaded guilty to the misdemeanor and was sentenced to a maximum of one year, but the sentence was ruled to have begun on Oct. 16, 1971, and is now completed.

Brown was a fugitive after failwas captured in 1971 during a robbery attempt.

WASHINGTON-With the fuel crisis worsening, the House Rules Committee has decided to bring a bill permitting immediate contion of the controversial Alaska pipeline to the floor for a quick vote Wednesday.

expected to approve on Wednes- previously was a Baptist minister. BATTALION CLASSIFIED

THIS MENU IS SUBJECT TO CHANGE WITHOUT NOTICE DUE TO POSSIBLE FOOD SHORTAGE FROM SUPPLIERS.

sortium of oil companies the pipe- a nationwide union movement line right-of-way across federal lands, sending it to the White House where President Nixon has promised to sign it into law.

#### International

BELFAST — A British soldier shot by a guerrilla gunman in a small Irish border town brought the death toll in four years of Irish violence to at least 900.

An army spokesman said the gunman fired from an alleyway as the soldier walked across the town square at Newton Hamilton.

NEW DELHI - A general strike shut down most of New Delhi and brought mob violence to the Indian capital for the first time since 1966.

day the measure granting a con- wing political party, was part of against high prices and scarce commodities. Police reported scattered incidents and hundreds of

> MIDEAST - Israeli and Egyptian troops traded small-arms fire across the Suez cease-fire line Tuesday, and Syra reported Israeli jets fired rockets at Syrian positions on the Goland Heights.

The cracks in the Middle East cease-fire were reported as Arab leaders worked out arrangements for a summit conference in Algeria late next week and envoys from Washington toured the Mid-

Informed sources in Cairo and sources close to the U.N. peace effort said there was Egyptian The strike, called by five left- and Israeli military movement wing trade unions and a right- along the Suez Canal front.

# Eat All Day, Lose Weight, Says Prof

Eat more meals and you will be thinner, says Jay Tepperman. Tepperman, professor of Experimental Medicine at the Up-

state Medical Center in Syracuse, N.Y., spoke Tuesday night in a availability of food and the deseries of lectures for the Department of Biochemistry and Biophysics. He feels that eating through-

out the day rather than only three times is helpful in avoiding obesity. By dividing three meals into five or six snacks more meals are completed with the same amount of food and greater utilization results.

Individuals who eat fewer meals have an increased level of enzymes used to make fat and therefore will make more fat with the same amount of food. Experiments with rats and humans have proven this to be the case,

Obesity is excessive deposits of fat in the body. He said a study railroad workers showed those who are three meals a day had a higher cholesterol level and a higher rate of heart attacks than

### Supper Follows **Humanism Talk**

College students are welcomed to hear the Rev. Bill Nichols, ing to appear for the trial, but minister of the Unitarian Church of Richardson, Texas, speak on "Humanism and Human Survival," Sunday.

Nichols will speak at 7:15 p.m. following a pot luck supper at the Unitarian Fellowship, 303 Old College Road. The supper begins at 5:30 p.m. and everyone is invited.

Nichols is a recent signer of Both the House and Senate were the Humanist Manifesto II. He

workers who ate the same amount

in five to six meals a day. Human obesity is not due to a single cause but to factors ranging from heredity, increased

cline in activity, he said. "Obesity is not a disease but a symptom of a disease," said Dr. Tepperman. It can cause heart disease, cancer, middle age diabetes and digestive system disorders. There is an increase in the mortality rate when obesity is a factor. Tepperman said of men and women who are 30 per cent overweight, mortality was increased by 42 per cent in men

and 30 percent in women. Identical twins who are separated at birth and reunited many years later after being raised in different parts of a country weigh within a few pounds of each other.

"There is probably a genetic predisposition to obesity," said Tepperman. Prenatal feeding also seems to influence the growth and size of the child in later life, he said.

Fat cells increase in both size and number in very obese people. The size of the fat cells can be reduced but the number cannot be decreased. "Once you are fat the tendency to be fat stays with the person due to the number of fat cells which can grow and store fat," said Tepperman.

He also said that the more weight a fat person loses the harder it is to lose since the number of fat cells never changes.

FOR BEST RESULTS TRY



When you say Budweiser, you've said it all!