

Sbisa Hall, Duncan Hall & Commons Meal Schedule

Week Beginning November 11 Thru. November 17, 1973

Master Menu No. 2

SUNDAY				
Breakfast				
*Tang, Coffee, Milk *Grape, Apple & Peach Jelly *Ass't Dry Cereal *Fried Eggs *Fried Ham and Sausage Toast - Oleo	*2. Blueberry Hotcakes Fried Ham and Sausage Syrup			Grape Drink, Hot Cocoa, Hot Tea, Cola, Sprite, Grapefruit Juice, Pineapple Juice
Dinner				
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	SALADS, RELISHES, DRESSINGS *Whipped Strawberry Jello w/Miniature Marshmallows *Fruited Orange Jello w/Whipped Star *Whipped Grape Jello Parfait *Fluffy Fruit Salad *Lettuce Wedges, Cottage Cheese, and Sliced 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, Pineapple-Grapefruit Juice, Hot Tea
Supper				
Dressings: 1,000 Island, *Bleu Cheese, Russian				
NO EVENING MEAL				
MONDAY				
Breakfast				
*Coffee, Milk, Tang *Ass't Dry Cereal *Grape, Strawberry & Peach Jelly *1. Doughnuts *Pan Fried Bacon Oleo	*2. French Toast Ham Syrup Grape, Apple & Peach Jelly Oleo	3. Continental Breakfast Doughnuts Cinnamon 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, *Bread
Dinner				
ENTREES AND SOUPS *Beef Turnovers and Cream Gravy *Roast Ham and Gravy (4-Oz.)	VEGETABLES AND FRUITS *Mashed Potatoes *Buttered Mixed Vegetables *Ranch Style Barbecue Beans (canned)	SALADS, RELISHES, DRESSINGS *Whipped Strawberry Jello w/Cottage Cheese *Health Salad *Strawberry Jello w/Fruited Cocktail *Orange Jello w/Pear Halves *Tossed Green Salad, Cottage Cheese and Sliced 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 Punch, Pineapple-Grapefruit Juice
Supper				
Dressings: French, Green Goddess, 1,000 Island, *Russian, *Relishes: Pickle Relish, Mustard, Salad Dressing, Catsup				
TUESDAY				
Breakfast				
*Grapefruit Juice, Coffee, Milk *Ass't Dry Cereal *Grape, Strawberry & Apricot *Shrimp Croquette (4-Oz.) *1. Hotcakes - Syrup - Oleo *Link Sausage	*2. Doughnuts 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
Dinner				
ENTREES AND SOUPS *Barbecue Beef on Buns 4-Oz. & 2-Oz. Seconds *Fresh Water Catfish w/Tartar Sauce 2 ea. & 1 for Seconds	VEGETABLES AND FRUITS *French Fried Potatoes *Collard Greens w/Ham Base *Brown Beauty Beans	SALADS, RELISHES, DRESSINGS *Cottage Cheese & Pear Halves *Lime Cherry 2 Layered Jello *Whipped Strawberry Jello *Pineapple-Marshmallow Cakes Slaw *Green Salad, Cottage Cheese, and Sliced Italian Tomatoes	DESSERTS AND BREADS *Open Ice Cream Bar *Fried Eggs *Cocout Cake *Buns *Bread *Oleo	BEVERAGES *Fruit Punch, Iced Tea, Hot Tea, Coffee, Hot Chocolate, Tang, Grape Drink, Grapefruit Juice, Sprite, Cola, Pink Lemonade, Pineapple-Grapefruit Juice
Supper				
Dressings: French, Bleu Cheese, 1,000 Island, *Russian, *Relishes: Sweet Pickle Relish, Mustard, Catsup, Salad Dressing				
WEDNESDAY				
Breakfast				
*Pineapple Juice, Milk, Coffee *Ass't Dry Cereal *Grape, Apple & Strawberry Jelly *1. Cream of Wheat *Stonerollie Bacon	*2. Scrambled Eggs Hash Brown Potatoes Grilled Ham Toast - Oleo	3. Continental Breakfast Doughnuts Apple Strudel Rolls Pineapple Rolls Raisin Bread	4. Scrambled Eggs Fried Eggs Hotcakes - Syrup Toast - Oleo Ham	Tang, Grapefruit Juice, Pineapple Juice, Grape Drink, Hot Cocoa, Hot Tea, Coke, Sprite
Dinner				
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	SALADS, RELISHES, DRESSINGS *Beef & Onion Salad *Fruited Celery and Hashish Salad *Fruit Salad *Orange and Carrot Salad *Green Salad, Cottage Cheese and Italian Tomatoes	DESSERTS AND BREADS *Open Ice Cream Bar *Ass'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
Supper				
Dressings: French, Bleu Cheese, Russian, *Relishes: Mustard, Catsup, Salad Dressing				
THURSDAY				
Breakfast				
*Tang, Coffee, Milk *Ass't Dry Cereal *Grape, Apple & Strawberry Jelly *Toast - Oleo	*1. Stewed Prunes Scrambled Eggs Hash Brown Potatoes Hot Biscuits Sausage Patties	*2. Snickerdoodle Bacon	3. Continental Breakfast Doughnuts Cinnamon Rolls Nut Rolls Raisin Bread White Bread	Grapefruit Juice, Pineapple Juice, Grape Drink, Hot Tea, Hot Cocoa, Coke, Sprite
Dinner				
ENTREES AND SOUPS *Lasagna *Exchiladas w/Chili & Cheese	VEGETABLES AND FRUITS *Stuffed Rice *Mixed Vegetables Buttered *Boiled Cabbage *Tater Tots	SALADS, RELISHES, DRESSINGS *Whipped Lime Jello w/Whipped-Mate *Fruited Rice Salad *Lemon Jello w/Miniature Marshmallows *Lettuce, Apple & Celery Salad *Green Salad, Cottage Cheese and Italian Tomatoes	DESSERTS AND BREADS *Open Ice Cream Bar *Cherry Fruit Parfait *Apple Crisp *Bread - Oleo *Dinner Rolls	BEVERAGES *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
Supper				
Dressings: French, 1,000 Island, Vinegar & Oil, *Relishes: Pickle Relish, Mustard, Catsup, Salad Dressing				
FRIDAY				
Breakfast				
*Tang, Coffee, Milk *Ass't Dry Cereal *Fresh Fruit *Apricot, Grape & Strawberry Preserves *1. Apple Strudel Rolls *Pan Fried Bacon	*2. Scrambled Eggs Doughnuts Toast - Oleo	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
Dinner				
ENTREES AND SOUPS *Stuffed Flounder 1 ea. & Seconds *Tartar Sauce *Beef Baroni w/Mushroom Sauce 4-Oz. & Seconds	VEGETABLES AND FRUITS *Macaroni & Cheese *Buttered Peas w/Gran. Onions *Stuffed Rice *Zucchini Squash & Tomatoes	SALADS, RELISHES, DRESSINGS *Under-the-Sea Salad *Cherry Jello w/Sliced Peaches *Perfection Salad *Orange Jello (2 Layered) *Green Salad, Cottage Cheese and Italian Tomatoes	DESSERTS AND BREADS *Open Ice Cream Bar *Cookies *Cocout Pudding *Bread - Oleo	BEVERAGES *Iced Tea, Hot Tea, Coffee, Hot Chocolate, Tang, Grape Drink, Grapefruit Juice, Sprite, Cola, Pink Lemonade, Fruit Punch, Pineapple-Grapefruit Juice
Supper				
Dressings: French, Green Goddess, Russian, *Relishes: Pickle Relish, Mustard, Catsup, Salad Dressing				
SATURDAY				
Breakfast				
*Tang, Coffee, Milk *Ass't Dry Cereal *Apple, Grape, Apricot Jelly *1. Scrambled Eggs Fried Ham Toast - Oleo	*2. Apple Strudel Rolls Fried Ham	3. Scrambled Eggs Fried Eggs Toast - Oleo Bacon		Grapefruit Juice, Pineapple Juice, Grape Drink, Hot Cocoa, Hot Tea, Coke, Sprite
Dinner				
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	SALADS, RELISHES, DRESSINGS *Lime Jello w/Sliced Peaches *Pear Halves w/Grated Cheese *Fruit Salad *Green Salad, Cottage Cheese and Italian Tomatoes	DESSERTS AND BREADS *Open Ice Cream Bar *Banana Cakes *Bread - Oleo	BEVERAGES *Iced Tea, *Milk, Hot Tea, Hot Chocolate, Tang, Grape Drink, Grapefruit Juice, Sprite, Cola, Pink Lemonade, Fruit Punch, Pineapple-Grapefruit Juice, Pink Lemonade, Sprite, Coke
Supper				
Dressings: French, Green Goddess, Vinegar & Oil, *Relishes: Pickle Relish, Mustard, Diced Onions, Sliced Tomatoes, Salad Dressing, *Diced Onions				

Batt News Summary

By THE ASSOCIATED PRESS 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 perjury, 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 Mexico.

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 there 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 committee.

ELLICOTT CITY, Md. — Six-year-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.

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

Both the House and Senate were expected to approve on Wednesday the measure granting a consortium of oil companies the pipeline right-of-way across federal lands, sending it to the White House where President Nixon has promised to sign it into law.

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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.

The strike, called by five left-wing trade unions and a right-wing political party, was part of a nationwide union movement against high prices and scarce commodities. Police reported scattered incidents and hundreds of arrests.

Eat All Day, Lose Weight, Says Prof

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 availability of food and the decline 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 per cent 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.

He feels that eating throughout 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, he said.

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, 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 the Humanist Manifesto II. He previously was a Baptist minister.

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