



Menu

JANUARY 2019

**ORDER AND PAY
BY DECEMBER
14, 2018**

COMPLETE **ONE** FOR EACH CHILD
CIRCLE DAYS **EATING** AND **DETACH**.

January 2019 Menu

7 8 9 10 11
14 15 16 17
21 22 23 24 25
28 29 30 31

Name: _____

Grade: _____

Number of days eating: _____

Multiply \$ 7.50/per: _____

Parent/Guardian Signature Responsible Party: _____

• Monthly Advance Purchase Only

• Payments may be made by check, the check payable to Oratory Schools. Credit cards and cash payments are accepted.

• This form must be completed and submitted along with the payment to the reception desk in the Administration building.

• If the student misses a meal due to sickness or unplanned missed school day, no refund or credit is available.

• Food provided by the cafeteria must be consumed in the cafeteria.

• Menu subject to change.

If you have any questions, please contact the school at 956-781-3056.



MON	TUE	WED	THU	FRI
31	1 New Year's Day	2 Christmas Break	3 Christmas Break	4 Christmas Break
7 Spaghetti Bolognese Garlic Bread Green Salad Green Bean Fruit Cup Water/Juice	8 Chicken Fried Steak Mashed Potato Mixed Steam Veggies Jell-O Water/Juice	9 Hotdog Baked Chips Pickle Brownie Water/Juice	10 Chick-fil-A Baked Chips Pickle Cookie Water/Juice	11 Cheese Pizza Baby Carrots Ranch Dressing Fruit Water/Juice
14 Ground Beef Tacos Rice Green Salad Fruit Cup Water/Juice	15 Chicken Alfredo Garlic Bread Green Salad Oatmeal Cookie Water/Juice	16 Hamburger Baked Chips Pickle Fruit Water/Juice	17 Chick-fil-A Baked Chips Pickle Cookie Water/Juice	18 Early Release NO Lunch
21 Spaghetti W/Meatballs Garlic Bread Green Salad Green Bean Fruit Cup Water/Juice	22 Chicken Breast with Country Style Potato Green Beans Fruit cup Water/Juice	23 Hotdog Baked Chips Pickle Brownie Water/Juice	24 Chick-fil-A Baked Chips Pickle Cookie Water/Juice	25 Cheese Pizza Baby Carrots Ranch Dressing Fruit Water/Juice
28 Chicken Fried Steak Mashed Potato Mixed Steam Veggies Fruit Cup Water/Juice	29 Pasta W/Meatballs Garlic Bread Green Salad Oatmeal Cookie Water/Juice	30 Hamburger Baked Chips Pickle Fruit Water/Juice	31 Chick-fil-A Baked Chips Pickle Cookie Water/Juice	1

Nutrition Tips!

HEALTH SCHOOL SNACKS Serving healthy snacks to children is important to providing good nutrition, supporting lifelong healthy eating habits, and helping to prevent costly and potentially-disabling diseases, such as heart disease, cancer, diabetes, high blood pressure, and obesity. Snacks play a major and growing role in children's diets. Between 1977 and 2006, the number of calories that children consumed from snacks increased by 113 calories per day.

Most of the snacks served to children should be fruits and vegetables, since most kids do not eat the recommended number of servings fruits and vegetables each day. Eating fruits and vegetables lowers the risk of heart disease, cancer, and high blood pressure. Fruits and vegetables also contain important nutrients like vitamins A and C and fiber. Center for Science in the Public Interest <https://cspinet.org/protecting-our-health/nutrition/healthy-school-snacks>