



*Menu*

**FEBRUARY 2019**

**ORDER AND PAY  
BY JANUARY  
24, 2019**

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

January 2019 Menu

				1
4	5	6	7	8
11	12	13	14	
18	19	20	21	22
25	26	27	28	

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
				1 Cheese Pizza Baby Carrots Ranch Dressing Fresh Fruit Water/Juice
4 Chicken Nuggets Butter Corn Macaroni and cheese Chocolate chip cookie Water/Juice	5 Macaroni w/meat Garlic Bread Green Beans Salad Banana Water/Juice	6 Hot Dogs Chips Baby Carrots Brownie Water/Juice	7 Chick-fil-A Chips Fruit Snack Water/Juice	8 Cheese Pizza Baby Carrots Ranch Dressing Fresh Fruit Water/Juice
11 Fideo con Pollo Mashed Beans Tortillas Salad Oatmeal Cookies Water/Juice	12 Ground Beef with Potatoes Mashed Beans Rice Oatmeal Cookie Water/Juice	13 Chicken Burger Fixings Chips Peaches Water/Juice	14 Chick-fil-A Chips Fruit Snack Water/Juice	15 No School Teacher In-service
18 Chicken Tenders Oven Potatoes Salad Pineapple Water/Juice	19 Spaghetti and meatballs Garlic Bread Green Beans Peaches Water/Juice	20 Hot Dogs Chips Baby Carrots Brownie Water/Juice	21 Chick-fil-A Chips Fruit Snack Water/Juice	22 Cheese Pizza Baby Carrots Ranch Dressing Fresh Fruit Water/Juice
25 Tacos de Carne Beans Rice Jello Water/Juice	26 Chicken Tenders Oven Potatoes Salad Pineapple Water/Juice	27 Chicken Burger Fixings Chips Peaches Water/Juice	28 Chick-fil-A Chips Fruit Snack Water/Juice	

**Nutrition Tips!** **Veggies may protect your eyes.** Many vegetables, especially leafy greens, are rich in lutein and its twin, zeaxanthin. Although the evidence isn't sewn up, both clearly matter for eyes. They are the only carotenoids in the lens and the retina, where they absorb damaging light and protect against oxidation. And levels are 100-fold higher in the macula (the center of the retina)—which lets us see the finest detail and is exposed to the most light—than elsewhere in the eye. In a study that tracked some 100,000 men and women for roughly 25 years, those who consumed the most lutein plus zeaxanthin had a 40 percent lower risk of advanced macular degeneration than those who consumed the least.<sup>3</sup> A similar study found an 18 percent lower risk of cataracts in women who reported eating the most lutein.<sup>4</sup> Go greens!  
Center for Science in the Public Interest <https://cspinet.org/eating-healthy/veggies-who-knew>