



Menu

MAY 2019

**ORDER AND PAY
BY APRIL
12, 2019**

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

MAY 2019 Menu

MON	TUE	WED	THU	FRI
		1 Corn Dog Nuggets Rice Ranch Style Beans Mandarin Water/Juice	2 Chick Fil-A Chips Fruity Snack Water/Juice	3 Cheese Pizza Baby Carrots Ranch Dressing Fresh Fruit Water/Juice
6 Chicken Nuggets Butter Corn Rice Bread Oatmeal Cookie Water/Juice	7 Hamburger Baked Chips Pickle Fruit Water/Juice	8 Fideo con Pollo Mashed beans Tortillas Chocolate Chip Cookies Water/Juice	9 Chick Fil-A Chips Fruity Snack Water/Juice	10 Cheese Pizza Baby Carrots Ranch Dressing Fresh Fruit Water/Juice
13 Chicken Tenders Baked Potatoes w/Cheese Fresh fruit Water/Juice	14 Spaghetti and Meatballs Garlic Bread Green Beans Salad Banana Water/Juice	15 Sincronizadas Flour Tortilla Mozzarella Cheese and Meat Mashed Beans Salad Peach Water/Juice	16 Chick Fil-A Chips Fruity Snack Water/Juice	17 Cheese Pizza Baby Carrots Ranch Dressing Fresh Fruit Water/Juice
20 Chicken Tenders Baked Potatoes w/Cheese Fresh fruit Water/Juice	21 Macaroni w/Meat Garlic Bread Green Beans Banana Water/Juice	22 Chicken Alfredo Garlic Bread Green Salad Salad Oatmeal Cookie Water/Juice	23 Chick Fil-A Chips Fruity Snack Water/Juice	24 Cheese Pizza Baby Carrots Ranch Dressing Fresh Fruit Water/Juice
27	28 Chick Fil-A Chips Fruity Snack Water/Juice	29	30	31

		1	2	3
6	7	8	9	10
13	14	15	16	17
20	21	22	23	24
	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.

Nutrition Tips! Kids who fuel up in the morning focus and concentrate better in the classroom and perform better on math, reading and standardized tests. They also have fewer behavior problems and are less likely to be tardy. Eating breakfast also can help children maintain a healthy weight. Unfortunately, studies show many children don't eat breakfast every day.

A high-octane carbohydrate source energizes the body and brain for a busy day with fiber and nutrients. Think whole-grain cereal (hot or cold), bread, tortillas, muffins, waffles or even leftover rice or pasta. Protein often is the missing link in most morning meals and it's needed to go strong until lunch. Think a slice of Canadian bacon, an egg, a slice of lean deli meat or low-fat cheese, a container of low-fat yogurt, a scoop of low-fat cottage cheese, a cup of milk or a handful of nuts.

<https://www.eatright.org/food/planning-and-prep/snack-and-meal-ideas/power-up-with-breakfast>

