

HAWKS-EYE VIEW

OLPH WEEKLY NEWSLETTER

October 13, 2023

FECHAS PARA RECORDAR /DATES TO REMEMBER

Sunday, October 15 - Wednesday, October 18: ACREDITACIÓN / ACCREDITATION

Thursday, October 19: Mass 8:10 am

Friday, October 20:

- **¡DÍA ROSADO! Vístete de color rosa con una donación en efectivo de \$2 para enviar a la fundación Susan G. Komen. / PINK OUT DAY! Wear Pink attire with a \$2 cash donation to send to the Susan G. Komen foundation.**
- **Trunk-or-treat 6:00 - 8:00 p.m. en el estacionamiento de la escuela / Trunk-or-treat 6:00 - 8:00 p.m. in the school parking lot**



ATLETISMO POR LA SRA. RUENES / ATHLETICS BY MRS. RUENES

VOLLEYBALL GAMES

1. Saturday, October 14 - COED Game at St. Joseph vs St Joseph at 10am
 2. Saturday, October 14 - COED Game at St. Joseph vs STA at 11am
 3. Saturday, October 14 - JV Game at St Bernard vs St. Mary Sherman at 10am
 4. Saturday, October 14 - JV Game at St Bernard vs St Mark's at 11am
 5. Saturday, October 14 - Varsity Game at St Patrick's vs CKS at 1pm
-
- Si a su hija o hijo le gustaría jugar baloncesto esta temporada, complete el formulario [aquí](#). / If your daughter or son would like to play Basketball this season please fill out form [here](#).

- **Todos los atletas deben tener un nuevo examen físico (consulte el formulario al final del boletín) /All athletes must have a new physical (please see form at end of newsletter)**

CARTA DEL DIRECTOR HICKEY /LETTER FROM PRINCIPAL HICKEY

Estimados padres, La Diócesis Católica de Dallas reconocerá la elección de escuela el domingo 15 de octubre. La Conferencia de Obispos Católicos de Texas apoya el aumento de oportunidades educativas y reconoce el derecho fundamental de los padres a dirigir la educación de sus hijos. La legislación sobre elección de escuela permite a las familias católicas elegir escuelas que se alineen con sus creencias y valores religiosos. Esto garantiza que los niños reciban una educación que refleje las enseñanzas morales y los principios basados en la fe sostenidos por la Iglesia Católica, al mismo tiempo que brinda a las familias la posibilidad de seleccionar una educación basada en la fe. Adjunto dos gráficos que explican en detalle la elección de los padres y muestran cómo puede comunicarse con su legislador estatal para hacer oír su voz sobre este importante tema. En el aprendizaje, John Hickey Principal OLPH

Dear Parents,

The Catholic Diocese of Dallas will be recognizing school choice Sunday on October 15. The Texas Catholic Conference of Bishops supports increasing educational opportunities and recognizes the fundamental right of parents to direct their children's education. School choice legislation allows Catholic families to choose schools that align with their religious beliefs and values. This ensures that children receive an education that reflects the moral teachings and faith-based principles upheld by the Catholic Church, while also affording families the ability to select a faith-based education.

I am attaching two graphics that explain parental choice in detail and show how you can contact your state lawmaker to make your voice heard on this important topic.

In learning,

John Hickey
Principal
OLPH

WHAT is Parental Choice?



A public policy that allows tax dollars to be used outside of the public school system, allowing parents to choose the best educational environment for their children.

WHY do the Bishops support Parental Choice?

The Catholic Church teaches that parents have the **right and responsibility** to determine the best education for their children.

WHO benefits from Parental Choice?

EVERYONE!



Want to find out who your lawmaker is in Austin?
<https://wrm.capitol.texas.gov>





Join us in voicing your support for
Parental Choice!

Want to find out who your lawmaker is in Austin?
<https://wrm.capitol.texas.gov>

How will Parental Choice Work?

In a special session this Fall, the Legislature will consider legislation to establish an Education Savings Account (ESA). An ESA works like a flexible spending account (FSA) used to pay for a variety of education-related expenses including private school tuition, school fees, tutoring, educational therapies, transportation, etc. The amount for each student is usually a percentage of the cost of educating that child in a public school.

For the Texas Catholic Bishops to support a bill, it must include:

Robust safeguards for the autonomy and religious liberty of private schools

Accreditation of participating private schools

Administration of norm-referenced assessments

Prioritization of low-income families for participation in an ESA program



Diocesan 8th Grade Parents
Please join us for

Diocesan Parent Information Night

We invite you to campus to explore our curriculum, Catholic identity, and extracurricular programming. Learn about the Collegiate Institute, AP Capstone, the GIS Program, and scholarship opportunities, and review the Admissions and Financial Aid process.

Tours of the school will be available!

Wednesday, October 18th, 2023
5:30 p.m. to 7:00 p.m.
Bishop Dunne Catholic School
3900 Rugged Dr.
Dallas, TX 75224
RSVP to jhood@bdcsc.org





Parkland makes it easy to get your flu shot this fall. Patients of all ages can visit Parkland's Community Oriented Primary Care Centers for a flu shot at **no cost to you**, with no appointment necessary. To avoid a wait, Wednesdays are recommended. During Walk-In Wednesdays, a staff dedicated only to providing flu shots is available from 9 a.m. to noon and from 1 to 4 p.m.

Walk-in-Wednesdays
9 a.m. to noon and 1 to 4 p.m.
No appointment needed

Where can I get a flu shot?

Parkland's community-based health centers below

- ***E. Carlyle Smith, Jr. Health Center 801 Conover Drive Grand Prairie, TX 75051***
- ***Family Medicine Clinic 7920 Elmbrook Drive, Suite 120 Dallas, TX 75247 (Closest to Our Lady Of Perpetual Help School)***
- ***Irving Health Center 1800 N. Britain Road Irving, TX 75061***
- ***Vickery Health Center 8224 Park Lane, Suite 130 Dallas, TX 75231***

- ***Southeast Dallas Health Center 9-noon and 1-3:00 p.m. 9202 Elam Road Dallas, TX 75217***
- ***Bluitt-Flowers Health Center 9-noon and 1-3:30 p.m. 303 E. Overton Road Dallas, TX 75216***



Let's give to Susan G. Komen

PINK OCTOBER

BREAST CANCER
AWARENESS MONTH

FRIDAY, OCTOBER 20, 2023

PINK OUT!
**WEAR PINK ATTIRE WITH A \$2 CASH
DONATION TO SEND TO
SUSAN G KOMEN**

We will be collecting a donation of \$2 from every student and staff member that wears pink to donate to the Susan G. Komen Foundation.



WWW.KOMEN.ORG

TRUNK OR Treat



Buscamos voluntarios que quieran decorar el baúl de su auto y traer dulces para repartir entre los niños para el evento de Trunk-or-Treat. Este evento será el viernes 20 de octubre, de 6:00 p.m. a 8:00 p.m.

We are looking for volunteers who would like to decorate their trunk and bring candy to hand out to children. This event will take place on Friday October 20 from 6:00 p.m. to 8:00 p.m.

Join the fun!

- | | |
|--|---|
| <ul style="list-style-type: none">• Llegue una hora antes del evento (5:00pm)• Decora tu baúl (sé divertido y creativo)• Use su disfraz (opcional pero recomendado)• Traiga dulces para repartir entre los niños.• En caso de mal tiempo, nos instalaremos en el gimnasio. | <ul style="list-style-type: none">• Arrive one hour before event (5:00pm)• Decorate your trunk (Be Fun and Creative)• Wear your costume (Optional but Encouraged)• Bring candy to hand out to the children.• In case of bad weather, we will set up in the school gym |
|--|---|

(No se permiten disfraces o decoraciones temáticas de miedo/horror o irrespetuosas a nuestra Fe)
(No Scary-Themed or religiously disrespectful decorations or Costumes)

Para reservar su lugar mande un correo electrónico a mariteaga@olhdallas.org o comuníquese por teléfono al 214 351-3396 con María Arteaga antes de el **13 de octubre del 2023**.
To reserve your spot, send an email to mariteaga@olhdallas.org or call María Arteaga at 214 351-3396 before **October 13, 2023**.

Información del participante que necesitaremos/ Participant information that we will need :

- Nombre del participante y número de teléfono / Name of participant & phone number
- Tema que decorará tu auto / Theme you will be decorating your car



Our Lady of Perpetual Help • 7625 Cortland Ave. • Dallas TX. 75235



viernes 20 de octubre 2023

Friday October 20, 2022

Estacionamiento de la escuela o
dentro del GYM de la escuela si

llueve

School Parking Lot or inside the
School GYM if it rains

6:00 p.m.-8:00 p.m.



Acompáñanos para una tarde divertida de "Trunk-or-Treat"
Luce tu disfraz divertido y trae una bolsa para recolectar dulces.

¡¡¡MÚSICA, VENTA DE COMIDA Y MUCHOS DULCES!!!

Join us for a fun safe afternoon of "Trunk-or-Treat"

Wear your fun costume and bring a treat bag to collect candy.

MUSIC, FOOD SALE, AND LOTS OF CANDY!!!

No se permiten disfraces aterradores o inapropiados

(No Scary or Inappropriate Costumes)

OUR LADY OF PERPETUAL HELP SCHOOL

Red Ribbon Week

YOU ONLY LIVE ONCE. BE DRUG FREE.

OCTOBER 23- OCTOBER 25, 2023

Monday | RED OUT

Wear a red shirt or attire.

Be ready to make healthy choices for a happy life!

Tuesday | Mixed Matched Socks

Wear your favorite mixed-matched socks with uniform.

Don't get mixed up with drugs!

Wednesday | OLPH Spirit Day

Dress in your OLPH spirit attire with jeans.

We are proud drug-free HAWKS!



WWW.OLPHSCHOOLDALLAS.ORG



OLPH Catholic School

YOU'VE BEEN BOO'D FUNDRAISER

Send a BOO Gram to your child, classmates or teachers.

We will be selling Boo Grams for \$1 each from now to October 25. If you would like to purchase simply fill out however many Boo Grams you would like to purchase and return them along with the payment in an envelope with your name, students name and grade by October 25.

Send as Many as you like!

(Please note that this is OPTIONAL, you are not required to participate)

Envíe un BOO Gram a su hijo, compañeros de clase o maestros.

Estaremos vendiendo Boo Grams por \$1 cada uno desde ahora hasta el 25 de octubre. Si desea comprarlos, simplemente complete la cantidad de Boo Grams que desee comprar y devuélvalos junto con el pago en un sobre con su nombre, el nombre del estudiante y grado antes del 25 de octubre.

¡Envía tantos como quieras!

(Tenga en cuenta que esto es OPCIONAL, no es necesario que participe)

YEARBOOK COVER CONTEST!

Would you like your artwork featured as the cover of the 2023-2024 yearbook?

It's time to start creating!

We invite all 2nd- 8th Grade students to enter their drawings in our
Yearbook Cover Contest.

Guidelines:

- Use an 8.5x11 piece of white copy paper, **DO NOT** use lined paper or construction paper.
- Design must be in a vertical orientation
- Markers are the best to bring out the color. **(NO PENCIL or PEN)**
- If using crayons, be sure the color is crisp and not too subtle.
- Light shading with crayons may not reproduce—this is especially true with light blues, greens, and yellows.
- **Make sure that you turn in clean, smudge free, non-crumbled artwork.**
- Student's Name must be on **BACK** in Pencil
- Yearbook cover must have School name and Year on cover

All artwork considered for the contest **MUST** be submitted to Mrs. Arteaga

by Friday, October 27, 2023

**! BE CREATIVE, NEAT,
AND DO YOUR BEST!**



BASKETBALL SEASON

If interested in playing
basketball this season from 5th -
8th grade girls and boys
fill in google form below.



#HAWKSNation



Annual Ladies Bingo

NOVEMBER 2, 2023 | 6:00 PM
OLPH GYM ~7625 CORTLAND AVE DALLAS, TX 75235

\$45 individual ticket
\$450 for a table of 8
\$550 for a SPARKLE table of 8

One Ticket Includes:

1 Bingo Card, Dinner with Dessert, Champagne or Wine, and Goodies

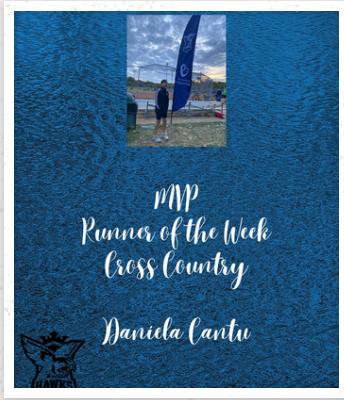
Bingo Table for Eight Includes:

Bingo Cards, Dinner with Dessert, Champagne or Wine, and Goodies for all 8 people

Sparkle Table for Eight Includes:

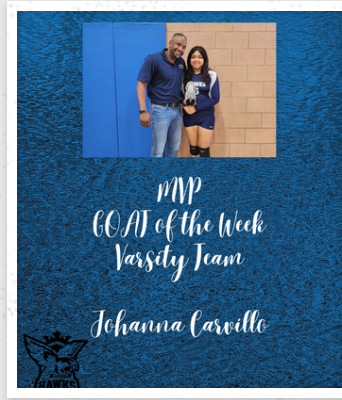
All of the above, 2 bottles of Champagne at the table, Sparkle Champagne Glasses, one extra card for each guest, and one entry per guest into the Sparkle Raffle.

Extra Bingo Cards \$10 for 1 or \$15 for 2 ~ Bingo Raffle \$10 for 1 or \$25 for 3



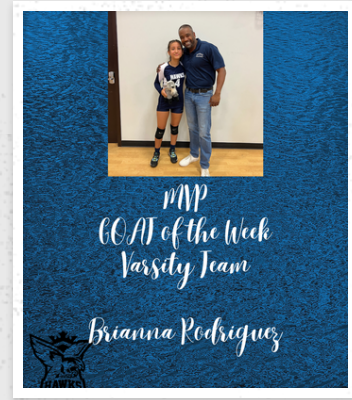
RUNNER OF THE WEEK!

Congratulations Daniela Cantu!
She placed 6th out of 58 runners!



VARSITY GOAT OF THE WEEK

Congratulations Johana Carvillo!



VARSITY GOAT OF THE WEEK

Congratulations Brianna Rodriguez!



JV HAWK OF THE WEEK

Congratulations Gabby Soto!

AYUDA PARA LA MATRÍCULA / TUITION ASSISTANCE

2024-2025 SCHOOL YEAR



SOLICITE ASISTENCIA DE COLEGIATURA

AÑO ESCOLAR 2024-2025

RONDA DE PRIORIDAD

1 de noviembre 2023 - 5 de enero 2024
(familias con estudiantes actualmente inscritos)

RONDA REGULAR

6 de enero 2024 - 1 de abril 2024
(abierto a todas las familias)



INFORMACION SOBRE LA SOLICITUD
HALOINITIATIVE.ORG





APPLY FOR TUITION ASSISTANCE

2024-2025 SCHOOL YEAR

PRIORITY ROUND

November 1, 2023- January 5, 2024

(open to families with currently enrolled students)

REGULAR ROUND

January 6, 2024 - April

1, 2024 (open to all
families)



APPLICATION INFO AT
HALOINITIATIVE.ORG



EVERYday
counts
attendance matters

TARDANZAS / TARDINESS

Es importante que todos los estudiantes lleguen a tiempo al inicio del día escolar. Todos los estudiantes que lleguen después de las 8:00 a. m. se considerarán tarde. Al llegar tarde, el estudiante debe pasar por la oficina de la escuela con sus padres o un adulto (18 años o mayor) para registrarse antes de ir a clase. Se pide a los padres que no acompañen a sus hijos a los salones de clase.

It is important for all students to be on time for the start of the school day. All students arriving after 8:00 a.m. will be considered tardy. When arriving late, the student must stop by the school office with parent or adult (18 years or older) to sign in before going to class. Parents are asked not to walk their child/ren to the classrooms.

AUSENCIAS / ABSENCES

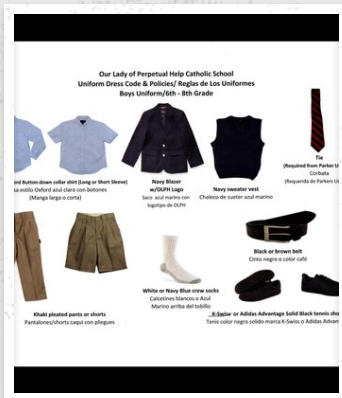
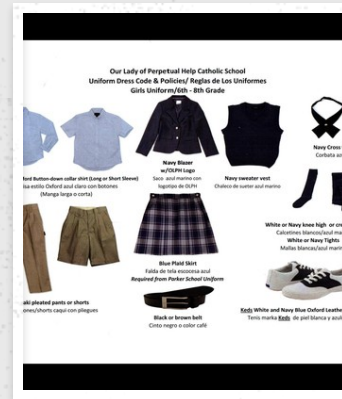
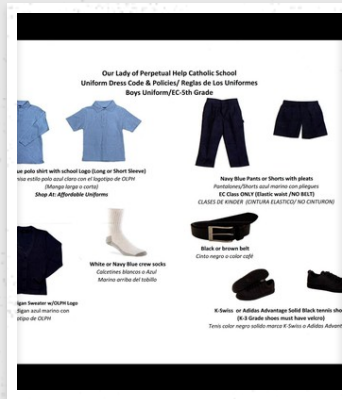
Cualquier niño que esté ausente debe presentar una excusa por escrito firmada por el padre/tutor o médico inmediatamente después de su regreso. La nota debe indicar claramente el motivo de la ausencia y debe presentarse al regreso del niño a la escuela. (Tenga en cuenta que una llamada telefónica no excusa la asistencia de su hijo). *CONSULTE EL MANUAL DE PADRES/ESTUDIANTES PARA OBTENER MÁS DETALLES

Any child who is absent must present a written excuse signed by the parent/guardian or doctor immediately upon his/her return. The note must clearly indicate the reason for the absence and must be presented upon the child's return to school. (Please note that a phone call does not excuse your child's attendance.) *SEE PARENT/STUDENT HANDBOOK FOR MORE DETAILS

ACTUALIZACIONES DE POLÍTICAS PARA EL AÑO ESCOLAR 2023-24 /POLICY UPDATES FOR 2023-24 SCHOOL YEAR

- **Se requerirán horas de servicio de 10 horas por trimestre o se cobrará \$20 por hora por trimestre que no se complete.** / Service hours will be required 10 hours per quarter or \$20 an hour will be charged per quarter that are not completed.
- **Es hora de renovar tu Ambiente Seguro para todos los Voluntarios, esto se puede hacer en línea. Comuníquese con María Rodríguez si necesita ayuda o tiene preguntas en mrodriguez@olphdallas.org.** /Time to renew your Safe Environment for all Volunteers, this can be done online. Please contact Maria Rodriguez if you need any assistance or have questions at mrodriguez@olphdallas.org.
- **Todos los estudiantes de 5º a 8º grado deben usar el uniforme deportivo para la clase de educación física, cómprelos por \$30 en la oficina principal.** / All 5th-8th grade students must wear the athletic uniform for PE class, purchase them for \$30 in the front office.
- **Todos los equipos deportivos de OLPH practicarán con su uniforme deportivo.** /All OLPH athletic teams will practice in their athletic uniform.

RECORDATORIOS DE UNIFORMES / UNIFORM REMINDERS



HORAS DE SERVICIO PARA PADRES / PARENT SERVICE HOURS

[Click here to log your OLPH Parent Volunteer Hours.](#)



Muchas gracias a todas las familias que han colaborado con sus horas de servicio!

Sus Esfuerzos Hacen la Diferencia...y dan un Gran Ejemplo de Compromiso y Responsabilidad a Nuestros Estudiantes!

Les mantendremos informados a través de los *Room Parents* de Nuevas Oportunidades para servir a nuestra comunidad escolar!

Many thanks to all those families who have contributed with their service hours to the school!
Your Efforts Make the Difference...and Provide a Great Example of Commitment & Responsibility to Our Students!

We will keep you informed through your *Room Parents* of New Opportunities to Serve our Community!

2023-2024 SCHOOL CALENDAR

School
Principal Signature
CSO Approval



Calendar Key

Faculty In-Service Day	Start of Quarter
First Day of Instruction	Early Dismissal In-service Afternoon
Other (define)	Holiday/No Class
Inclement Weather Day	Last Day of Instruction

August

August 7-10 Teacher In-Service
August 14 1st Day of Instruction

September

September 4 Labor Day Holiday
September 11-15 Virtus Lessons 7-8
September 29 Teacher In-Service Fair Day

October

October 9-13 Standardized Testing
October 16-20 Accreditation
October 27 Parent-Teacher Conf

November

November 17 Early Dismissal
November 20-24 Thanksgiving Holiday

December

December 5-8 5th Grade Pines
December 22 Early Dismissal
December 25-29 Christmas Holiday

January

January 1-8 Christmas Holiday
January 8 Teacher In-Service
January 9 Classes Resume

February

February 16 Early Dismissal
February 19 President's Day
February 28 Inclement Weather
March 1 8th Grade Pines

March

March 11-15 Spring Break
March 28 Teacher In-Service
March 29 Good Friday
March 31 Easter Sunday

April

April 12 Early Dismissal

May

May 3 Teacher In-Service
May 23 Graduation
May 27 Memorial Day
May 30 Inclement Weather
May 31 Last Day of Instruction
Teacher In-Service

June

In the event of inclement weather, our school will implement e-learning protocols.

Total Number of Instructional Days 180

Total Number of In-service Days 10

JULY 2023						
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23	24	25	26	27	28	29
30	31					

AUGUST 2023						
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SEPTEMBER 2023						
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OCTOBER 2023						
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NOVEMBER 2023						
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DECEMBER 2023						
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31						

JANUARY 2024						
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FEBRUARY 2024						
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MARCH 2024						
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31						

APRIL 2024						
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MAY 2024						
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JUNE 2024						
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23	24	25	26	27	28	29
30						

October

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 SCHOOL FOOD SALES AFTER MASS	2	3	4	5 MASS 8:10 	6 SCHOOL PICTURES IN UNIFORM 	7 PARENT CLEAN UP SCHOOL GROUNDS 8:00A.M. VOLLEYBALL VARSITY 9:00 am 10:00 am JV 12:00
8	9 ← ITBS	10	11 ACHIEVEMENT	12 TESTING MASS 8:10 	13 DADS CLUB TACO SALES 2ND QUARTER BEGINS BUCK A JEANS 	14 VOLLEYBALL VARSITY 1:00 pm COED 10:00 am 11:00 am JV 10:00 am 11:00 am
15	16 ← ACCREDITATION	17	18	19 MASS 8:10 	20 6:00 p.m. - 8:00 p.m.	21 VOLLEYBALL VARSITY 10:00
22	23	24	25 8th GRADE HIGH SCHOOL VISIT TO CRISTO REY 	26 MASS 8:10 	27 NO SCHOOL PARENT/TEACHER CONFERENCES	28 VOLLEYBALL COED 1:00 pm 2:00 pm JV 3:00 pm VARSITY 4:00 pm 5:00 pm
29 PARISH FESTIVAL	30	31 	26 happy Birthday!	26 Sr. Manju Oct 5 Sr. Rosina Oct 14 Adriana Cantu Oct 20 Jose Ibarra Oct 21 Jaime Gildenstern Oct 26		CROSS COUNTRY OCTOBER 7 OCTOBER 14 OCTOBER 21 OCTOBER 28



OCTOBER 2023 LUNCH



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				30
				1
			1% Milk/Fat Free Chocolate Milk	1% Milk/Fat Free Chocolate Milk
2 CHICKEN TENDERS Pinto Beans 1/2c Peas and Carrots 1/4 Potato Wedges 1/2 Fresh Fruit 1/2 1% Milk/Fat Free Chocolate Milk	3 BEEF TACOS Rice w/Vegetables 1/4 Pinto Beans 1/2 Lettuce and tomatoes 1/2cup Fresh fruit 1% Milk/Fat Free Chocolate Milk 	4 BAKED CHICKEN DRUMMIES Mashed Potatoes 1/2c Spinach 1/2c Wheat Dinner Roll Fresh Fruit 1% Milk/Fat Free Chocolate Milk 	5 CHEESE NACHOS Pinto Beans 1/2C Garden Salad 1/2C Nacho Rounds 2oz Fresh Fruit 1/2cup 1% Milk/Fat Free Chocolate Milk 	6 HAM & CHEESE SANDWICH Corn cob Dk Green Garden Salad 1/2c Fresh Fruit 1/2cup Baby Carrots 1/2c 1% Milk/Fat Free Chocolate Milk
9 HOT DOGS Ranch Beans 1/2 Corn Cob Fresh Fruit 1/2 cup Garden Salad 1/2c 1% Milk/Fat Free Chocolate Milk 	10 PICADILLO and Tomato Soup Fideo Soup 1/2c Refried Beans 1/2 Fresh Fruit 1/2 cup Wheat Tortilla 1% Milk/Fat Free Chocolate Milk 	11 ASIAN CHICKEN Asian Chicken w/Rice Asian Stir Fry Vegetables 1/2c Egg Roll fres fruit 1/2c 1% Milk/Fat Free Chocolate Milk 	12 MAC & CHEESE Garden Salad 1/2c Baby Carrots 1/2 Fresh Fruit 1% Milk/Fat Free Chocolate Milk 	13 PEPPERONI PIZZA Dk Green Garden Salad 1/4 Corn 1/2 Fresh Fruit 1/2 cup 1% Milk/Fat Free Chocolate Milk
16 CHEESE NACHOS Pinto Beans 1/2C Garden Salad 1/2C Nacho Rounds 2oz Fresh Fruit 1/2cup 1% Milk/Fat Free Chocolate Milk 	17 BEEF TACOS Rice w/Vegetables 1/4 Pinto Beans 1/2 Lettuce and tomatoes 1/2cup Fresh fruit 1% Milk/Fat Free Chocolate Milk 	18 BAKED CHICKEN DRUMMIES Mashed Potatoes 1/2c Spinach 1/2c Wheat Dinner Roll Fresh Fruit 1% Milk/Fat Free Chocolate Milk 	19 CHICKEN FAJITAS Rice with Vegetables 1/4 Pinto Beans 1/2c Corn Tortillas Fresh Fruit 1/2c 1% Milk/Fat Free Chocolate Milk 	20 TURKEY AND CHEESE TORTA Corn 1/2c Garden Salad 1/2c Fresh Fruit 1/2 cup 1% Milk/Fat Free Chocolate Milk
23 CHICKEN SANDWICH Garden Salad 1/2 cup Baby Carrots 1/2cup Chips Fresh Fruit 1/2cup 1% Milk/Fat Free Chocolate Milk 	24 CHEIKEN CRISPITO Rice w/Vegetables 1/2c Potato Wedges 1/2 Mix Vegetables 1/2c Fresh Fruit 1/2c 1% Milk/Fat Free Chocolate Milk 	25 QUESADILLAS Rice w/vegetables 1/4 Pinto Beans 1/2c Fresh Fruit 1/2 cup 1% Milk/Fat Free Chocolate Milk 	26 GRILLED CHEESE SANDWICH Pinto Beans 1/2cup Potato Wedges 1/2cup Garden Salad 1/2cup Fresh Fruit 1% Milk/Fat Free Chocolate Milk 	27 NO SCHOOL Parent-Teacher Conferences 1% Milk/Fat Free Chocolate Milk

All menus meet recommended dietary guidelines and may change due to product availability and customer satisfaction

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OLPH Catholic School



Breakfast Menu for 2023-2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Egg & Ham/Toast Cereal/Muffin Orange/Apple Juice & Fresh Fruit	Pancakes & Smokies/Yogurt Cereal/Toast Orange/Apple Juice & Fresh Fruit	Breakfast Burrito Cereal/Muffin Orange/Apple Juice & Fresh Fruit	Waffles & Smokies/Yogurt Cereal/Toast Orange/Apple Juice & Fresh Fruit	Biscuit & Sausage Cereal/Toast Orange/Apple Juice & Fresh Fruit
 	 	 	 	 
1% Milk/Choco Milk fat free	1% Milk/Choco Milk fat free	1% Milk/Choco Milk fat free	1% Milk/Choco Milk fat free	1% Milk/Choco Milk fat free

BREAKFAST SERVED FROM 7:15 AM - 7:45 AM

SERVIMOS DESAYUNO DE LAS 7:15 A.M. - 7:45 A.M.



**Our Lady of
Perpetual Help**
Catholic School

OLPH CONTACT INFO

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