



Republic of the Philippines
Department of Education
REGION II - CAGAYAN VALLEY
SCHOOLS DIVISION OF BATANES

04 April 2023

DIVISION MEMORANDUM

No. **112**, s. 2023

**FOOD PROVISION AND SCHEDULE OF IN-HOUSE TRAINING FOR CAVRAA
2023 ATHLETES**

To: Assistant Schools Division Superintendent
Chief Education Supervisors
Education Program Supervisors
Elementary and Secondary School Heads
All others concerned

1. Relative to the forthcoming conduct of the **Cagayan Valley Regional Athletic Association (CAVRAA) Meet 2023**. This Office informs the field of the schedule of the **In-House Training of 2023 CAVRAA Athletes on April 10-17, 2023**.
2. The table below shows the District/School in-charge of the provision of food and the suggested menu.

District/School	Date	Breakfast	Morning Snack	Lunch	Afternoon Snack	Dinner
Ivana District	04/10/23		1. Arroz Caldo with Egg 2. Banana Turon 3. Milo	1. Lechon Karahay 2. Chicken Noodle Soup with Malunggay 3. Rice	1. Champorado 2. Water	1. Munggo with Pork and Malunggay 2. Tinola 3. Rice
Basco Central School	04/11/23	1. Tortang Talong 2. Tocino 3. Rice 4. Milo	1. Sopas 2. Milo and Milk	1. Fried Fish 2. Kamote tops salad 3. Soup 4. Rice	1. Empanada 2. Milo and Milk	3. Kare-kare 4. Chopseuy 5. Rice
Basco Barrio Schools	04/12/23	1. Sunny side-up Egg 2. Fresh Tinapa 3. Rice/Fried Rice 4. Milo	1. Pancit bihon 2. Milo and Milk	1. Mechado 2. Ginataang Sitaw 3. Fish Sinigang 4. Rice	1. Diko 2. Milo and Milk	1. Sweet and Sour Fish 2. Nilagang Baka with Pechay 3. Rice
Uyugan District	04/13/23	1. Daing na Bangus 2. Boiled Egg	1. Arroz Caldo	1. Adobo 2. Pinakbet 3. Soup	1. Champorado 2. Lemonade	1. Fried Chicken



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		3. Corned Beef 4. Rice	2. Milo and Milk	4. Rice		2. Pork Sinigang with Pechay 3. Rice
BNSHS	04/14/2023	1. Lumpiang Sianghai 2. Fresh Tinapa 3. Crab and Corn Soup 4. Boiled Egg 5. Rice	1. Goto 2. Bread 3. Milo and Milk	1. Fish (Pangat) 2. Dinuguan 3. Chopseuy 4. Rice	1. Sandwich 2. Milo and Milk	1. Pork Sinigang 2. Beek Steak 3. Rice
Sabtang District	04/15/23	1. Beef Tapa 2. Sunny side-up Egg 3. Dilis 4. Rice	1. Lugaw 2. Milo and Milk	1. Igado 2. Upo with Pork Giniling 3. Soup 4. Rice	1. Arroz Caldo 2. Milo and Milk	1. Tinola 2. Lechon Karahay 3. Rice
Itbayat District	04/16/23	1. Tortang Talong 2. Tocino 3. Rice 4. Milk	1. Pancit Canton 2. Milo and Milk	1. Pork Steak 2. Breaded Fish fillet 3. Soup 4. Rice	1. Sandwich 2. Milk and Milo	1. Fried Chicken 2. Pork Meatballs 3. Rice
Mahatao District	04/17/23	1. Daing 2. Longganisa 3. Fried Egg 4. Rice	1. Turon 2. Milo and Milk	1. Sweet and Sour Fish 2. Tamidok Salad 3. Pork Adobo 4. Rice	1. Bibingka 2. Milo and Milk	1. Beef Caldereta 2. Pinakbet 3. Rice

- The food provision will include 51 individuals, this includes the CAVRAA coaches and the personnel on-duty during the in-house training. In consideration for the island schools, the SDO kitchen is being made available to prepare food for the athletes. The district head or school head may coordinate ahead of time with the Administrative Officer V, Mrs. Virginia A. Vinalay, for cooking implements.
- The athletes are required to bring with them their beddings (bed sheets, blankets, and pillows that the athletes will use to sleep on during their stay), toiletries (toothbrushes, toothpaste, soap, shampoo, and other necessary items for daily grooming), clothing (comfortable athletic wear, including shorts, t-shirts, socks, casual wear, and shoes), and other personal paraphernalia that they need during the in-house training. In addition, CAVRAA coaches will also be in-house during the duration of the training.
- The parents or guardians and coaches of the Athletes will have a meeting/ orientation to discuss the activities, house rules, and schedule of flights, as well as the CAVRAA guidelines and information, on April 10, 2023, at 3:00 pm at the Ivatan Conference Hall.
- For your information, guidance, and compliance.



ALFREDO B. GUMARU, JR. EdD, CESO V
Schools Division Superintendent

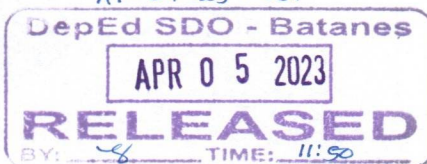
For the Schools Division Superintendent


GEORGANN G. CARIASO, CESO VI
Assistant Schools Division Superintendent

Encl: As stated
References: None
To be indicated in the Perpetual Index
Under the following subjects:
SPORTS

SGOD/myn/aach

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