Republic of the Philippines
Department of Education
Region III
SCHOOLS DIVISION OF PAMPANGA

August 03, 2026

DIVISION MEMORANDUM
No. 431 s. 2026

IMPLEMENTATION OF THE SCHOOL-BASED FEEDING PROGRAMS (PURE HOT MEALS) FOR SECONDARY LEARNERS

TO: All Public School District Supervisors
School Health Personnel–Secondary Nurses
District Property Custodians
Secondary School Heads

In accordance with **DepEd Order No. 013, s. 2026**, entitled **Institutional Guidelines on the Implementation of the School-Based Feeding Program (SBFP),** all public secondary school's beneficiaries are hereby directed to implement the **Hot Meals Program for Secondary Learners** beginning **August 10, 2026**.

The feeding program shall be conducted for **One hundred thirty-three (133) feeding days**, following the approved implementation schedule and in accordance with the provisions of the said DepEd Order. Schools shall ensure that eligible beneficiaries receive nutritious, safe, and quality hot meals throughout the implementation period.

School Heads shall:

1. Ensure the identification and validation of eligible beneficiaries in accordance with DepEd Order No. 013, s. 2026.

2. Organize and supervise the daily preparation, serving, monitoring, and documentation of hot meals.

3. Ensure compliance with food safety, sanitation, and nutrition standards.

4. Submit required accomplishment reports and supporting documents within the prescribed timelines.

5. Coordinate with the School Health and Nutrition Unit and other Personnel to ensure the efficient implementation of the program.

Address: High School Blvd., Brgy. Lourdes, City of San Fernando (P)
Telephone Number: (045) 435-2728 / (045) 435-7404
Email Address: pampanga@deped.gov.ph
Website: www.depedpampanga.ph

Immediate dissemination of and strict compliance with this Memorandum is hereby directed.

https://tinyurl.com/DepEd-Order-No-013-s-2026

Cycle Menu Guide: https://tinyurl.com/CYCLE-MENU-SHS

ROMEO M. ALIP, PhD. CESO V
Schools Division Superintendent

00018028
DEPED
AUG 03 2026
RECEIVED

Address: High School Blvd., Brgy. Lourdes, City of San Fernando (P)
Telephone Number: (045) 435-2728 / (045) 435-7404
Email Address: pampanga@deped.gov.ph
Website: www.depedpampanga.ph

DIVISION OF PAMPANGA

SAMPLE CYCLE MENU PLAN FOR S.Y. 2026-2027

						Budget for 40 Days	1880.00		
						Savings:	982.21		
40-Day Cycle Menu (PURE HOT MEALS) For Pregnant Adolescent (SECONDARY)					SDO: PAMPANGA				
WEEK		DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	AVERAGE	TOTAL	REMARKS
1	Menu	Pina Upong Manok 1.5 c Rice *Fruit in season (locally produced)	Pork Embutido 1.5 c Rice *Fruit in season (locally produced)	Sarciadong Pechay 1.5 c Rice *Fruit in season (locally produced)	Pinaputok na Tilapia 1.5 c Rice *Fruit in season (locally produced)	Sopas ala Filipina (1cup) + 30 g Local Bread or Biscuit *Fruit in season (locally produced)			
	Calories (kcal)	750	700	650	700	550	520	2600	
	Cost (Php)	46	47	45	47	43		228	
2	Menu	Sinampalukang Manok 1.5 c Rice *Fruit in season (locally produced)	Pork Menudo 1.5 c Rice *Fruit in season (locally produced)	Adobong Sitaw 1.5 c Rice *Fruit in season (locally produced)	Veggie Fish Sinigang 1.5 c Rice *Fruit in season (locally produced)	Pancit Molo + 30 g Local Bread or Biscuit *Fruit in season (locally produced)			
	Calories (kcal)	700	800	600	600	650	530	2650	
	Cost (Php)	48	47	47	47	47		98	
3	Menu	Chicken Tinola 1.5 c Rice *Fruit in season (locally produced)	Pork Picadillo 1.5 c Rice *Fruit in season (locally produced)	Miswa with Patola 1.5 c Rice *Fruit in season (locally produced)	Sweet and Sour Tilapia 1.5 c Rice *Fruit in season (locally produced)	Miki with Togue + 30 g Local Bread or Biscuit *Fruit in season (locally produced)			
	Calories (kcal)	650	650	750	700	300	480	2400	
	Cost (Php)	45.5	46.49	47	47	47		247.99	
4	Menu	Chicken Afritada 1.5 c Rice *Fruit in season (locally produced)	Pork Sinigang 1.5 c Rice *Fruit in season (locally produced)	Ginisang Tuna, Patatas, at Pechay 1.5 c Rice *Fruit in season (locally produced)	Fish Steak 1.5 c Rice *Fruit in season (locally produced)	Chicken Balls with Sotanghon Soup (1.5 cup) *Fruit in season (locally produced)			
	Calories (kcal)	550	750	650	700	650	550	2750	
	Cost (Php)	44.39	47	47	47	47		96.02	
5	Menu	Pininyahang Manok 1.5 c Rice *Fruit in season (locally produced)	Pork Caldereta 1.5 c Rice *Fruit in season (locally produced)	Adobong Puti with Kamote and Sigarilyas *egg 1.5 c Rice *Fruit in season (locally produced)	Sarciadong Isda 1.5 c Rice *Fruit in season (locally produced)	Egg and Cheese Filipino Sandwich *Fruit in season (locally produced)			
	Calories (kcal)	800	800	700	700	650	570	2850	
	Cost (Php)	47	48.05	44.79	47	47		92.84	

6	Menu	Chicken Pochero ala Moringa 1.5 c Rice *Fruit in season (locally produced)	Pork Giniling 1.5 c Rice Fruit in season	Veggie Garden Mix 1.5 c Rice *Fruit in season (locally produced)	Escabecheng Isda 1.5 c Rice *Fruit in season (locally produced)	Boiled Corn (Wole kernel with butter / Champorado *Fruit in season (locally produced)			
	Calories (kcal)	650	650	600	750	200	440	2200	
	Cost (Php)	50	43.24	47	47	47		43.24	
7	Menu	Sinigang na Manok 1.5 c Rice *Fruit in season (locally produced)	Pork Nilaga 1.5 c Rice *Fruit in season (locally produced)	Monggo Guisado with Malunggay 1.5 c Rice *Fruit in season (locally produced)	Fish Pochero 1.5 c Rice *Fruit in season (locally produced)	Pancit Lomi + 30 g Local Bread or Biscuit *Fruit in season (locally produced)			
	Calories (kcal)	700	750	600	650	250	450	2250	
	Cost (Php)	47	45.85	47	47	45		45.85	
8	Menu	Kinamatisang Manok 1.5 c Rice *Fruit in season (locally produced)	Adobong Sitaw 1.5 c Rice *Fruit in season (locally produced)	Lumpiang Gulay 1.5 c Rice *Fruit in season (locally produced)	Sinigang sa Miso 1.5 c Rice *Fruit in season (locally produced)	Escabecheng Isda 1.5 c Rice *Fruit in season (locally produced)			
	Calories (kcal)	700	750	600	550	300	440	2200	
	Cost (Php)	47	45.85	47	47	47		45.85	
							Total Cost:	897.79	
							Budget for 40 Days:	1880	
							Savings:	982.21	
NOTE: 16-18 female pregnant - 2280 + 300 = 2580 kcal per day (PDRI 2015) ~ 700-900 kcal per meal; 1.5 cup of rice ~ 300 kcal, 6 pesos per serving; 1 serving of fruit ~ 60 kcal									