

October 1, -November
8, 2017



Commodore Perry
ELEMENTARY LUNCH MENU

What is a Meal?

You must choose at least 3 of the 5 components available for the school lunch price.

Minimum of 1/2 cup serving of fruit or a minimum of a 1/2 cup of vegetable must accompany a reimbursable lunch

Meat or meat alternate
Choice of Vegetable
Choice of Fruit
Grain/Bread

Choice of Milk - 1% white, and fat-free chocolate

Weekly Vegetable Subgroups May Include:

Dark green - spinach, broccoli, romaine and spring salad

Red/Orange - carrots, sweet potatoes, tomatoes, red peppers

Beans/Peas

Starchy - white potatoes, corn, and lima beans

Other Vegetables: celery sticks, cucumbers, cauliflower, green peppers, green beans and cabbage

Daily Fruit Selection May Include:

oranges, apples, bananas, grapes, pears, peaches, cantaloupe, melon, strawberries, applesauce, pineapple, 100% fruit juices and mandarin oranges

Daily Entree Options may include:

Lunchables

Chef Salad Lunchable

Yogurt Lunchable

Pizza Lunchable

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> <p>Ziti & Meatballs</p> <p>or</p> <p>Hot Dog on Bun on Bun</p> <p>Featured Veggies: Steamed Green Beans Fresh Cukes</p> <p>Choice of Fruit & Milk</p>	<p>3</p> <p>Chicken Fajita</p> <p>Hot Dog on Bun on Bun</p> <p>Featured Veggies: Sweet Potatoes Celery</p> <p>Choice of Fruit & Milk</p>	<p>4</p> <p>General Tso's/Rice</p> <p>Hot Dog on Bun on Bun</p> <p>Featured Veggies: Steamed Broccoli Red Pepper Strips</p> <p>Choice of Fruit & Milk</p>	<p>5</p> <p>Chicken Alfredo</p> <p>Hot Dog on Bun on Bun</p> <p>Featured Veggies: Tomato Soup Baby Carrots</p> <p>Choice of Fruit & Milk</p>	<p>6</p> <p>Vegetable Pizza</p> <p>Hot Dog on Bun on Bun</p> <p>Featured Veggies: Refried Beans Spinach Salad</p> <p>Choice of Fruit & Milk</p>
<p>9</p> <p>Vacation Day</p> 	<p>10</p> <p>BBQ Ribby on Bun</p> <p>or</p> <p>Cheeseburger on Bun</p> <p>Featured Veggies: Tator Tots Caesar Salad</p> <p>Choice of Fruit & Milk</p>	<p>11</p> <p>Walking Taco</p> <p>or</p> <p>Cheeseburger on Bun</p> <p>Featured Veggies: Sweet Corn Spinach Salad</p> <p>Choice of Fruit & Milk</p>	<p>12</p> <p>Hot Turkey Sandwich</p> <p>or</p> <p>Cheeseburger on Bun</p> <p>Featured Veggies: Mashed Potatoes Fresh Carrots</p> <p>Choice of Fruit & Milk</p>	<p>13</p> <p>Chicken Nuggets/ Dinner Roll</p> <p>or</p> <p>Cheeseburger on Bun</p> <p>Featured Veggies: Baked Beans Romaine Salad</p> <p>Choice of Fruit & Milk</p>
<p>16</p> <p>Sloppy Joe on Bun</p> <p>or</p> <p>Chicken Patty on Bun</p> <p>Featured Veggies: Hash Brown Patty Baby Carrots</p> <p>Choice of Fruit & Milk</p>	<p>17</p> <p>Nacho's w/ Meat & Cheese</p> <p>or</p> <p>Chicken Patty on Bun</p> <p>Featured Veggies: Refried Beans Coleslaw</p> <p>Choice of Fruit & Milk</p>	<p>18</p> <p>Hot Ham & Cheese Croissant</p> <p>or</p> <p>Chicken Patty on Bun</p> <p>Featured Veggies: Mashed Potatoes/corn Fresh Broccoli</p> <p>Choice of Fruit & Milk</p>	<p>19</p> <p>Hamburger on Bun</p> <p>or</p> <p>Chicken Patty on Bun</p> <p>Featured Veggies: Orange Glazed Carrots Carrots/Celery</p> <p>Choice of Fruit & Milk</p>	<p>20</p> <p>Kielbasa & Pierogies</p> <p>or</p> <p>Chicken Patty on Bun</p> <p>Featured Veggies: Green Beans Cukes/ Tomato</p> <p>Choice of Fruit & Milk</p>
<p>23</p> <p>Chicken Patty on Bun</p> <p>or</p> <p>Popcorn Chicken w/ Roll</p> <p>Featured Veggies: Seasoned French Fries Black Bean</p> <p>Choice of Fruit & Milk</p>	<p>24</p> <p>Philly Steak & Cheese on Roll</p> <p>or</p> <p>Popcorn Chicken w/ Roll</p> <p>Featured Veggies: Spicy Sweet Potatoes Broccoli/Red Pepper Strips</p> <p>Choice of Fruit & Milk</p>	<p>25</p> <p>Hot Dog on a Bun</p> <p>or</p> <p>Popcorn Chicken w/ Roll</p> <p>Featured Veggies: Baked Beans Carrots/Cukes</p> <p>Choice of Fruit & Milk</p>	<p>26</p> <p>Chicken in Gravy over Biscuit</p> <p>or</p> <p>Popcorn Chicken w/ Roll</p> <p>Featured Veggies: Mashed Potatoes Carrots/Celery</p> <p>Choice of Fruit & Milk</p>	<p>27</p> <p>BBQ Pork Sandwich</p> <p>or</p> <p>Popcorn Chicken w/ Roll</p> <p>Featured Veggies: Steamed Broccoli Cukes/Tomato Wedge</p> <p>Choice of Fruit & Milk</p>
<p>30</p> <p>French Toast Stick w/ Sausage Patty</p> <p>or</p> <p>Hamburger on a Bun</p> <p>Featured Veggies: Hash Brown Patty Carrots/Cukes</p> <p>Choice of Fruit & Milk</p>	<p>31</p> <p>Meatball Hoagie</p> <p>or</p> <p>Hamburger on a Bun</p> <p>Featured Veggies: Refried Beans Salad/Cherry Tomatoes/Celery</p> <p>Choice of Fruit & Milk</p>	<p>1</p> <p>Lasagna Roll -up w/ Garlic Bread Stick</p> <p>or</p> <p>Hamburger on a Bun</p> <p>Featured Veggies: Steamed Broccoli Garden Salad</p> <p>Choice of Fruit & Milk</p>	<p>2</p> <p>Ham & Cheese on Pretzel Roll</p> <p>or</p> <p>Hamburger on a Bun</p> <p>Featured Veggies: Tator Tots Carrots/Celery</p> <p>Choice of Fruit & Milk</p>	<p>3</p> <p>No School Act 80 Day</p>
<p>4</p> <p>Stuffed Crust Pizza</p> <p>or</p> <p>Chicken Tenders w/ Dinner Roll</p> <p>Featured Veggies: Curly Fries Carrots/Cukes</p> <p>Choice of Fruit & Milk</p>	<p>5</p> <p>Beef & Cheese Burrito w/ Dinner Roll</p> <p>or</p> <p>Chicken Tenders w/ Dinner Roll</p> <p>Featured Veggies: Refried Beans Salad/Broccoli/Celery</p> <p>Choice of Fruit & Milk</p>	<p>6</p> <p>Spaghetti & Meatballs Garlic Bread Stick</p> <p>or</p> <p>Chicken Tenders w/ Dinner Roll</p> <p>Featured Veggies: Steamed Zucchini Romaine Salad</p> <p>Choice of Fruit & Milk</p>	<p>7</p> <p>Popcorn Chicken WG Dinner Roll</p> <p>or</p> <p>Chicken Tenders w/ Dinner Roll</p> <p>Featured Veggies: Mashed Potatoes/Corn Carrots/Celery</p> <p>Choice of Fruit & Milk</p>	<p>8</p> <p>Beef Taco</p> <p>or</p> <p>Chicken Tenders w/ Dinner Roll</p> <p>Featured Veggies: Mexicala Corn Cukes/Tomato Wedge</p> <p>Choice of Fruit & Milk</p>



Mimi
Matoes

Lunch Prices
Milk \$0.65
Student \$2.50
Reduced \$.40
Adult \$3.20

Food Service Director
Bonnie Felton/Debbie Helstern
Phone Number
724-253-3255 x1228

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