

May 1- May 25, 2017



Commodore Perry ELEMENTARY LUNCH MENU

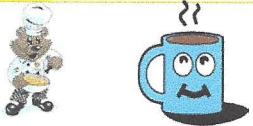
What is a Meal?
You must choose at least 3 of the 5 components available for the school lunch price.
Minimum of 1/2 cup serving of fruit or a minimum of a 1/2 cup of vegetable must accompany a reimbursable lunch
Meat or meat alternate
Choice of Vegetable
Choice of Fruit
Grain/Bread
Choice of Milk - 1% 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:
Ham & Cheese Sandwich
Tuna Salad Sandwich
Egg Salad Sandwich
Chicken Salad Sandwich

Pizza Lunchable (NEW)
Salad Lunchable (NEW)
Walking Taco Lunchable (NEW)

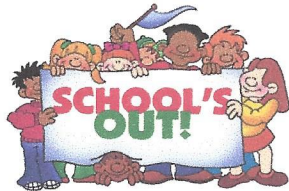


Lunch Prices
Milk \$0.60
Student \$2.40
Reduced \$.40
Adult \$3.10

Director of Food Service
Bonnie Felton
Phone Number
724-253-3255 x1228
bfelton@cppanthers.org

USDA is an equal opportunity provider and employer.

Monday	Tuesday	Wednesday	Thursday	Friday
1 Chicken Nuggets Pretzel Stick or Walking Taco Pretzel Stick Featured Veggies: Refried Beans Lettuce & Tomato Cup Choice of Fruit / Milk	2 Cheeseburger on a Bun or Hot Turkey & Gravy Sandwich Featured Veggies: Baked Beans Mashed Potatoes Choice of Fruit / Milk	3 Mini Corn Dog Nuggets or Pasta w/ Meatballs w/ bread stick Featured Veggies: Sweet Peas Tomato Salsa Choice of Fruit / Milk	4 Asian Sesame Chicken over rice (General Tso') or Hot Dog on a Bun Featured Veggies: Broccoli Baby Carrots Choice of Fruit / Milk	5 PROM -Early dismal Chicken Patty on Bun or Fistada Pizza Featured Veggies: Steamed Sweet Corn Celery Sticks Choice of Fruit / Milk
8 Turkey & Cheese Melt On a Pretzel Roll or BBQ Ribby Featured Veggies: Steamed Peas Green & Red Pepper Strips Choice of Fruit / Milk	9 Bufalo Chicken Dip with Tortilla Chips or Chicken Taco on a Hard or Soft Shell Featured Veggies: Green Beans Lettuce & Tomato Cup Choice of Fruit / Milk	10 Spring Cook Out 	11 Sloppy Joe on a Bun or Pork Roast & Gravy Featured Veggies: Broccoli Mashed Potatoes Choice of Fruit / Milk	12 Turkey & Stuffing Wrap or Stromboli Featured Veggies: Tator Tots Garden Salad Choice of Fruit / Milk
15 BBQ Ham on a Bun or Cheeseburger on a Bun Featured Veggies: French Fries Baby Carrots Choice of Fruit / Milk	16 Fish Nuggets W/ Dinner Roll or Popcorn Chicken w/ Dinner Roll Featured Veggies: Corn Niblets Cucumber Slice Choice of Fruit / Milk	17 Nacho Grande W/ Dinner Roll or Chicken Fajita On a Soft Tortilla Shell Featured Veggies: Lettuce & Tomato Cup Tator Tots Choice of Fruit / Milk	18 Field Day Tuna Salad Sandwich or Pasta w/ meat sauce Garlic Bread Stick Featured Veggies: Steamed Broccoli Garden Salad Choice of Fruit / Milk	19 Senior Class Picnic Hot Dog on a Bun or Fiestada Pizza Featured Veggies: Steamed Peas Red Pepper Strips Choice of Fruit / Milk
22 6th grade picnic Cook's Choice Featured Veggies: Choice of Fruit / Milk	23 Cook's Choice Featured Veggies: Choice of Fruit / Milk	24 Cook's Choice Featured Veggies: Choice of Fruit / Milk	25 	SCHOOL IS out for SUMMER



Menu is subject to change with out notice



23-Aug-17

