



CP August- September Breakfast Menu



Chef Metz is "Cooking" Up!



Monday	Tuesday	Wednesday	Thursday August 22, 2019	Friday August 23, 2019
			Sausage Links With Toast	Ham And Cheese Bagel
			Assorted Cereal	Assorted Cereal
			With Belly Bears	With Belly Bears
			Assorted 100% Fruit Juice & Fresh fruit or Assorted canned fruit	Assorted 100% Fruit Juice & Fresh fruit or Assorted canned fruit
			Choice Of Milk	Choice Of Milk

What is a Meal?

You must Choose at least 3 of the 4 components available for the school breakfast.

Choice of : Grain or protein
Choice of fruit or vegetable
(must take at least a 1/2 cup)

And
Choice of Milk
1% white, Fat Free White, Chocolate, Vanilla or Strawberry

Monday August 26, 2019	Tuesday August 27, 2019	Wednesday August 28, 2019	Thursday August 29, 2019	Friday August 30, 2019
Mini Cinnamon Roll Or	Egg And Cheese On a Biscuit	Yogurt And A Blueberry Loaf	Donuts or	Mini Pancakes or
Assorted Cereal With Muffin	Assorted Cereal With Belly Bears	Assorted Cereal With Belly Bears	Assorted Cereal With Belly Bears	Assorted Cereal With Belly Bears
Assorted 100% Fruit Juice & Fresh fruit or Assorted canned fruit	Assorted 100% Fruit Juice & Fresh fruit or Assorted canned fruit	Assorted 100% Fruit Juice & Fresh fruit or Assorted canned fruit	Assorted 100% Fruit Juice & Fresh fruit or Assorted canned fruit	Assorted 100% Fruit Juice & Fresh fruit or Assorted canned fruit
Choice of Milk	Choice of Milk	Choice of Milk	Choice of Milk	Choice of Milk

Monday September 2, 2019	Tuesday September 3, 2019	Wednesday September 4, 2019	Thursday September 5, 2019	Friday September 6, 2019
	Sausage Egg And Cheese On A Bagel	Breakfast Pizza Or	Sausage And Pancake On A Stick	Cherry Frudel Or
	Assorted Cereal With Belly Bears	Assorted Cereal With Belly Bears	Assorted Cereal With Belly Bears	Assorted Cereal With Belly Bears
	Assorted 100% Fruit Juice & Fresh fruit or Assorted canned fruit	Assorted 100% Fruit Juice & Fresh fruit or Assorted canned fruit	Assorted 100% Fruit Juice & Fresh fruit or Assorted canned fruit	Assorted 100% Fruit Juice & Fresh fruit or Assorted canned fruit
	Choice of Milk	Choice of Milk	Choice of Milk	Choice of Milk

Fruit May Include:
Canned Peaches, pineapple applesauce, pears,
Fruit Cocktail,
mandarin oranges
100% juice (apple, orange)
Fresh Fruit
selection including
apples, bananas and
oranges

Monday September 9, 2019	Tuesday September 10, 2019	Wednesday September 11, 2019	Thursday September 12, 2019	Friday September 13, 2019
Waffles with Syrup	Apple Frudel	Sausage And Cheese On A Bagel	Donuts	Breakfast Pizza
Assorted Cereal With Muffin	Assorted Cereal With Belly Bears	Assorted Cereal With Belly Bears	Assorted Cereal With Belly Bears	Assorted Cereal With Belly Bears
Assorted 100% Fruit Juice & Fresh fruit or Assorted canned fruit	Assorted 100% Fruit Juice & Fresh fruit or Assorted canned fruit	Assorted 100% Fruit Juice & Fresh fruit or Assorted canned fruit	Assorted 100% Fruit Juice & Fresh fruit or Assorted canned fruit	Assorted 100% Fruit Juice & Fresh fruit or Assorted canned fruit
Choice of Milk	Choice of Milk	Choice of Milk	Choice of Milk	Choice of Milk

Whole Grain Cereal
Selection May Include:
Cinnamon Toast Crunch
Cocoa Puffs
Trix
Lucky Charms
Cheerios

Breakfast Pizza Offered Daily

Monday September 16, 2019	Tuesday September 17, 2019	Wednesday September 18, 2019	Thursday September 19, 2019	Friday September 20, 2019
Sausage Links With Toast	Ham And Cheese On A Croissant	Scrambled Eggs With Toast	Breakfast Pizza	French Toast Sticks With Syrup
Assorted Cereal With Muffin	Assorted Cereal With Belly Bears	Assorted Cereal With Belly Bears	Assorted Cereal With Belly Bears	Assorted Cereal With Belly Bears
Assorted 100% Fruit Juice & Fresh fruit or Assorted canned fruit	Assorted 100% Fruit Juice & Fresh fruit or Assorted canned fruit	Assorted 100% Fruit Juice & Fresh fruit or Assorted canned fruit	Assorted 100% Fruit Juice & Fresh fruit or Assorted canned fruit	Assorted 100% Fruit Juice & Fresh fruit or Assorted canned fruit
Choice of Milk	Choice of Milk	Choice of Milk	Choice of Milk	Choice of Milk

Debbie Heistern
724.253.3255 x 1228

Eat your breakfast
so your awake during school!!!



For your convenience we now offer a way to pay online. Go to "www.payforit.net" to find out more.



August / September 2019

COMMODORE PERRY K-3 LUNCH MENU

Monday

Tuesday

Wednesday

Thursday

Friday

Chef Salad Daily & Featured Weekly Salad- Buffalo Chicken Salad



26

General Tso's With Rice
or **Featured Veggie:** Cheese Pizza
Steamed Broccoli
Baby Carrots
Choice of Fruit & Milk

27

Pierogies & Kielbasa With A Roll
or **Featured Veggie:** Popcorn Chicken & Roll
Baked Beans
Sauerkraut
Choice of Fruit & Milk

28

Nacho Grande With Trimmings
or **Featured Veggie:** Peppercorn Pizza
Medicall Corn
Celery Sticks
Choice of Fruit & Milk

29

Italian Sausage on a Bun With Peppers and Onions
or **Featured Veggie:** Chicken Nuggets & Roll
Steamed Mix Veggies
Cucumber Slices
Choice of Fruit & Milk

30

Buffalo Chicken On Flat Bread
or **Featured Veggie:** Cheeseburger on a Bun
Curly Fries
Red Pepper Strips
Choice of Fruit & Milk

2



9

Pasta with Meat Sauce
or **Featured Veggie:** Garlic Bread Stick
Cheeseburger on Bun
Green Beans
Romaine Salad
Choice of Fruit & Milk

10

French Toast w / Syrup
or **Featured Veggie:** Sausage Patty
Cheese Pizza
Hash brown Potato
Green Pepper Strips
Choice of Fruit & Milk

11

Chicken Parm On A Bun
or **Featured Veggie:** Chicken Nuggets
Baked Beans
Celery Sticks
Choice of Fruit & Milk

12

Grilled Cheese Sandwich
or **Featured Veggie:** Pepperoni Pizza
Tomato Soup
Baby Carrots
Choice of Fruit & Milk

13

Chicken Alfredo Over Noodles
or **Featured Veggie:** Hamburger on Bun
Steamed Broccoli
Grape Tomatoes
Choice of Fruit & Milk

16

Ham & Cheese On A Croissant
or **Featured Veggie:** Popcorn Chicken & Roll
Yellow Beans
Baby Carrots
Choice of Fruit & Milk

17

Crispy Taco W / Rice Lettuce, Tomato, Cheese
or **Featured Veggie:** Peppercorn Pizza
Refried Beans
Romaine Salad
Choice of Fruit & Milk

18

Pancakes with Syrup
or **Featured Veggie:** Sausage Links
Cheeseburger on Bun
Hash brown Potato
Fresh Broccoli
Choice of Fruit & Milk

19

Hot Turkey Sandwich With Gravy
or **Featured Veggie:** Chicken Patty on Bun
Mashed Potato
Steamed Corn
Choice of Fruit & Milk

20

Macaroni & Cheese With a Roll
or **Featured Veggie:** Cheese Pizza
Steamed Carrots
Pepper Strips
Choice of Fruit & Milk

What is a Meal?
You must choose at least 3 of the 5 components available for the school lunch price. A 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, fat-free white, chocolate, vanilla and strawberry

Weekly Vegetable Subgroups May Include:
Dm. Green - spinach, broccoli, romaine and spring salad
Red/Orange - carrots, sweet potatoes, tomatoes and red peppers
Legumes - beans and peas
Starchy - potatoes, corn, peas & lima beans
Other: vegetables - celery sticks, cucumbers, cauliflower, green peppers, green beans, cabbage and green peppers

Daily Fruit Selections May Include:
oranges, apples, bananas, grapes, pears, peaches, cantaloupe, melon, strawberries, appleauce, pineapple, 100% fruit juices and mandarin oranges

Leave Your Lunch at Home
Daily entree options may include:
Yogurt Craveable
Pizza Craveables
Chef Salads Daily and a Weekly Featured Salad

All options include the **veggies, fruits and milk to make a lunch**

Lunch Prices
Student: \$2.50
Reduced: \$1.40
Adult: \$3.25

Cook/ Manager: Deb Helstern
Phone Number 724-253-3255 x1228
Email: dhelstern@cppanthers.org

USDA is an equal opportunity provider and employer



August / September 2019
Lunch

Commodore Perry 4th-12

Monday **Tuesday** **Wednesday** **Thursday** **Friday**
26 27 28 29 30

Featured Weekly Pizza-Vegetable Pizza
FEATURED WEEKLY SALAD - Buffalo Salad
Sandwiches available daily on the new line!

General Tso's With Rice
Featured Veggies:
Steamed Broccoli
Baby Carrots
Choice of Fruit
Choice of Milk

Pierogies & Kielbasa With A Roll
Featured Veggies:
Baked Beans
Sauerkraut
Choice of Fruit
Choice of Milk

Nacho Grande With Trimmings
Featured Veggies:
Mexical Corn
Celery Sticks
Choice of Fruit
Choice of Milk

Lasagna Roll-ups
Featured Veggies:
Green Beans
Romaine Salad
Choice of Fruit
Choice of Milk

Chili Hot Dog On a Bun
Featured Veggies:
Potatoes Triangle
Grape Tomatoes
Choice of Fruit
Choice of Milk

Featured Weekly Pizza- Fiestada Pizza
FEATURED WEEKLY SALAD - Italian Salad
Sandwiches available daily on the new line!

General Tso's With Rice
Featured Veggies:
Steamed Broccoli
Baby Carrots
Choice of Fruit
Choice of Milk

Pierogies & Kielbasa With A Roll
Featured Veggies:
Baked Beans
Sauerkraut
Choice of Fruit
Choice of Milk

Nacho Grande With Trimmings
Featured Veggies:
Mexical Corn
Celery Sticks
Choice of Fruit
Choice of Milk

Lasagna Roll-ups
Featured Veggies:
Green Beans
Romaine Salad
Choice of Fruit
Choice of Milk

Chili Hot Dog On a Bun
Featured Veggies:
Potatoes Triangle
Grape Tomatoes
Choice of Fruit
Choice of Milk

Featured Weekly Pizza- Chicken Bacon Ranch Pizza
FEATURED WEEKLY SALAD - Asian Salad
Sandwiches available daily on the new line!

Italian Meatball & Cheese On A Bun
Featured Veggies:
Steamed Peas
Romaine Salad
Choice of Fruit
Choice of Milk

Popcorn Chicken & Roll
Featured Veggies:
Mashed Potatoe & Gravy
Steamed Corn
Choice of Fruit
Choice of Milk

Soft Taco With Rice Lettuce, Tomato, Cheese
Featured Veggies:
Steamed Glazed Carrots
Fresh Broccoli
Choice of Fruit
Choice of Milk

Fajita Chicken & Cheese On A Sub Bun
Featured Veggies:
French Fries
Baby Carrots
Choice of Fruit
Choice of Milk

Chili Hot Dog On a Bun
Featured Veggies:
Potatoes Triangle
Grape Tomatoes
Choice of Fruit
Choice of Milk

Featured Weekly Pizza- Buffalo Chicken Pizza
FEATURED WEEKLY SALAD - Strawberry Spinach Salad
Sandwiches available daily

Pasta With Meat Sauce
Featured Veggies:
Garlic Bread Stick
Green Beans
Romaine Salad
Choice of Fruit
Choice of Milk

French Toast w / Syrup
Featured Veggies:
Sausage Patty
Hashbrown Potato
Green Pepper Strips
Choice of Fruit
Choice of Milk

Chicken Parm On A Bun
Featured Veggies:
Baked Beans
Celery Sticks
Choice of Fruit
Choice of Milk

Grilled Cheese Sandwich
Featured Veggies:
Tomato Soup
Baby Carrots
Choice of Fruit
Choice of Milk

Chicken Alfredo Over Noodles
Featured Veggies:
Steamed Broccoli
Grape Tomatoes
Choice of Fruit
Choice of Milk

Featured Weekly Pizza- Hawaiian Pizza
FEATURED WEEKLY SALAD - Taco Salad
Sandwiches available daily on the new line!

Ham & Cheese On A Croissant
Featured Veggies:
Yellow Beans
Baby Carrots
Choice of Fruit
Choice of Milk

Crispy Taco W/ Rice
Featured Veggies:
Lettuce, Tomato, Cheese
Refried Beans
Romaine Salad
Choice of Fruit
Choice of Milk

Pancakes With Syrup
Featured Veggies:
Sausage Links
HashBrown Potato
Fresh Broccoli
Choice of Fruit
Choice of Milk

Hot Turkey Sandwich With Gravy
Featured Veggies:
Mashed Potatoes
Steamed Corn
Choice of Fruit
Choice of Milk

Ranchero Toasted Sandwich
Featured Veggies:
Steamed Carrots
Pepper Strips
Choice of Fruit
Choice of Milk

What is a Meal?
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Meat or meat alternate
Choice of Vegetable
Choice of Fruit
Grain/Bread
Choice of Milk - 1% white, fat-free white, chocolate, vanilla and strawberry

Weekly Vegetable Subgroups May Include:
Dark Green - spinach, broccoli, romaine and spring salad
Red/Orange - carrots, sweet potatoes, tomatoes and red peppers
Legumes - beans and peas
Starchy - potatoes, corn, pasta & lima beans
Other Veggies - celery sticks, cucumbers, cauliflower, green peppers, green beans, cabbage and green peppers

Daily Fruit Selections May Include:
oranges, apples, bananas, grapes, pears, peaches, cantaloupe, melon, strawberries, applesauce, pineapple, 100% fruit juices and mandarin oranges

Leave Your Lunch at Home
Daily entrée options may include:
Hamburger
Cheeseburger
Chicken Patty
Spicy Chicken Patty
a Variety of Pizza Choices

UP FOR GRABS
Pizza Crustables
Turkey Club Wrap
Ham and Cheese Wrap
Chicken Wrap
Occasionally you may find:
a Hoagie or
Lunchbox Meat Croissant

"METZ GRILLE" AVAILABLE WEEKLY

Lunch Prices
Student \$2.50
Reduced \$.40
Adult \$3.25

Cook, Manager, Deb Helshem
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