



Metz
CULINARY

CP September - October Breakfast Menu





Chef Metz is "Cookin' Up"



Monday Sept. 23, 2019	Tuesday Sept. 24, 2019	Wednesday Sept. 25, 2019	Thursday Sept. 26, 2019	Friday Sept. 27, 2019
Donuts	Sausage And Cheese On A Bagel	Mini Cinnamon Roll	Yogurt And A Banana Loaf	Mini Pancakes
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 Sept. 30, 2019	Tuesday Oct. 1, 2019	Wednesday Oct. 2, 2019	Thursday Oct. 3, 2019	Friday Oct. 4, 2019
Cherry Frudel	Yogurt And A Blueberry Loaf	Bagel with Cream Cheese	Sausage Links With Toast	Ham And Cheese Bagel
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 Oct. 7, 2019	Tuesday Oct. 8, 2019	Wednesday Oct. 9, 2019	Thursday Oct. 10, 2019	Friday Oct. 11, 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 Oct. 14, 2019	Tuesday Oct. 15, 2019	Wednesday Oct. 16, 2019	Thursday Oct. 17, 2019	Friday Oct. 18, 2019
No School 	Sausage Egg And Cheese On A Bagel	Breakfast Pizza Or	Sausage And Pancake On A Stick	2 Hour Delay Start
	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	
	Choice of Milk	Choice of Milk	Choice of Milk	

Monday Oct. 21, 2019	Tuesday Oct. 22, 2019	Wednesday Oct. 23, 2019	Thursday Oct. 24, 2019	Friday Oct. 25, 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

Monday	Tuesday	Wednesday	Thursday	Friday
				

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

Fruit May Include:

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

Whole Grain Cereal
Selection May Include:

- Cinnamon Toast Crunch
- Cocoa Puffs
- Trix
- Lucy Chams
- Cheerios

Breakfast Pizza Offered Daily
Donuts Offered Daily

Debbie Helstern
724.253.3255 x 1228

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



**COMMODORE PERRY
K-3 LUNCH MENU**

Monday

23

Tuesday

24

Wednesday

25

Thursday

26

Friday

27

What is a Meal?

You must choose at least 3 of the 5 components available for the school lunch prices. 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
Granola
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, 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, applesauce, pineapple, 100% fruit juices and mandarin oranges

Leave Your Lunch at Home

Daily entrée options may include:

Yogurt, Granola
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 \$ 4.00
Adult: \$3.25

Cook/ Manager: Deb Halstern
Phone Number 724-253-3253 x1228
Email: dhalstern@cpanthers.org

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23 Chef Salad Daily & Featured Weekly Salad - Buffalo Chicken Salad

Corn Dog
or Cheese burger
Featured Veggies:
Hashbrown Potato
Pepper Strips
Choice of Fruit & Milk

South West
Chicken Bowl
or Cheese Pizza
Featured Veggies:
Rice
Steamed Corn
Choice of Fruit & Milk

Cheese Filled
Ravioli W/ Garlic Stick
or Popcorn Chicken & Roll
Featured Veggies:
Steamed Peas
Celery Sticks
Choice of Fruit & Milk

Buffalo Chicken
Dip W/ Chips
or Pepperoni Pizza
Featured Veggies:
Glazed Carrots
Cucumber Slices
Choice of Fruit & Milk

Salsbury Steak
with Gravy
or Chicken Nuggets & Roll
Featured Veggies:
French Fries
Steamed Corn
Choice of Fruit & Milk

30 1 2 3 4
Chef Salad Daily & Featured Weekly Salad-Italian Salad

Chicken Quesidilla
Stuffed Crust Pizza
Featured Veggies:
Sweet Potatoes
Pepper Strips
Choice of Fruit & Milk

Chicken & Gravy
Over Biscuits
or Popcorn Chicken & Roll
Featured Veggies:
Mashed Potatoes
Corn
Choice of Fruit & Milk

Walking Taco W/ Rice
& Trimmings
or Pepperoni Pizza
Featured Veggies:
Refried Beans
Baby Carrots
Choice of Fruit & Milk

Lasagna Roll-Ups
Garlic Bread Stick
or Chicken Nuggets & Roll
Featured Veggies:
Green Beans
Romaine Salad
Choice of Fruit & Milk

Hot Dog
On A Bun
or Cheeseburger on a Bun
Featured Veggies:
Curly Fries
Grape Tomatoes
Choice of Fruit & Milk

7 8 9 10 11
Chef Salad Daily & Featured Weekly Salad-Chicken Caesar Salad

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

Pierogies & Kielbasa
With A Roll
or Chicken Fry on Bun
Featured Veggies:
Baked Beans
Sauerkraut
Choice of Fruit & Milk

Nacho Grande
With Trimmings
or Stuffed Crust Pizza
Featured Veggies:
Mexical Corn
Celery Sticks
Choice of Fruit & Milk

Italian Sausage on a Bun
With Peppers & Onions
or Hamburger on a Bun
Featured Veggies:
Steamed Max Veggies
Cucumber Slices
Choice of Fruit & Milk

Buffalo Chicken
On Flat Bread
or Popcorn Chicken & Roll
Featured Veggies:
French Fries
Red Pepper Strips
Choice of Fruit & Milk

14 15 16 17 18
Chef Salad Daily & Featured Weekly Salad- Strawberry Spinach Salad

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

Bowl Meal
Popcorn Chicken & Roll
or Chicken Nuggets
Featured Veggies:
Mashed Potatoes & Gravy
Steamed Corn
Choice of Fruit & Milk

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

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

21 22 23 24 25
Chef Salad Daily & Featured Weekly Salad- Taco Salad

Pasta With Meat Sauce
Garlic Bread Stick
or Popcorn Chicken & Roll
Featured Veggies:
Green Beans
Romaine Salad
Choice of Fruit & Milk

French Toast w/ Syrup
Sausage Patty
or Pepperoni Pizza
Featured Veggies:
Hashbrown Potatoes
Green Pepper Strips
Choice of Fruit & Milk

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

Grilled Cheese
Sandwich
or Chicken Potty on Bun
Featured Veggies:
Tomato Soup
Baby Carrots
Choice of Fruit & Milk

Chicken Alfredo
Over Noodles
Stuffed Crust Pizza
Featured Veggies:
Steamed Broccoli
Grape Tomatoes
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
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, 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, applesauce, pineapple, 100% fruit juices and mandarin oranges

Leave Your Lunch at Home
Daily entree options may include:

- Hamburger
- Cheeseburger
- Chicken Patty
- Spicy Chicken Patty
- a Variety of Pizza Choices
- UP FOR GRABS**
- Pizza Craveables
- Turkey Club Wrap
- Ham and Cheese Wrap
- Chicken Wrap
- Occasionally you may find:
a Hoagie or
Luncheon Meat Croissant



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

Cook Manager: Deb Heitman
Phone Number: 724-253-3255 x 1228
Email: dheitman@cpnpartners.org

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Monday

23

Featured Weekly Pizza-Meat Lovers Pizza
FEATURED WEEKLY SALAD - Buffalo Salad

- Corn Dog
- Featured Veggies:**
Hashbrown Potato
Pepper Strips
Choice of Fruit
Choice of Milk

Featured Weekly Pizza- Supreme Pizza
FEATURED WEEKLY SALAD - Italian Salad

- Chicken Quesadilla
- Featured Veggies:**
Sweet Potatoes
Pepper Strips
Choice of Fruit
Choice of Milk

Tuesday

23

Featured Weekly Pizza- Buffalo Chicken Pizza

- South West
Chicken Bowl
- Featured Veggies:**
Rice
Steamed Corn
Choice of Fruit
Choice of Milk

Featured Weekly Pizza- Buffalo Chicken Pizza

- Chicken & Gravy
Over Biscuits
- Featured Veggies:**
Mashed Potatoes
Corn
Choice of Fruit
Choice of Milk

Wednesday

25

Cheese & Pepperoni Pizza available daily
Sandwiches available daily on the new line!

- Cheese Filled
Ravioli w/ Garlic Stick
- Featured Veggies:**
Steamed Peas
Celery Sticks
Choice of Fruit
Choice of Milk

Cheese and Pepperoni Pizza available daily

- Walking Taco w/ Rice
& Trimmings
- Featured Veggies:**
Refried Beans
Baby Carrots
Choice of Fruit
Choice of Milk

Thursday

26

Buffalo Chicken
Dip w/ Chips

- Featured Veggies:**
Glazed Carrots
Cucumber Slices
Choice of Fruit
Choice of Milk

Lasagna Roll-Ups
Garlic Bread Stick

- Featured Veggies:**
Green Beans
Romaine Salad
Choice of Fruit
Choice of Milk

Friday

27

Salsbury Steak
With Gravy

- Featured Veggies:**
French Fries
Steamed Corn
Choice of Fruit
Choice of Milk

Hot Dog
On A Bun

- Featured Veggies:**
Curry Fries
Grape Tomatoes
Choice of Fruit
Choice of Milk

Featured Weekly Pizza- Chicken Bacon Ranch Pizza
FEATURED WEEKLY SALAD - Chicken Caesar Salad

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

Cheese & Pepperoni Pizza available daily
Sandwiches available daily on the new line!

- Nachno Grande
With Trimmings
- Featured Veggies:**
Mexicali Corn
Celery Sticks
Choice of Fruit
Choice of Milk

Italian Sausage on a Bun
With Peppers & Onions

- Featured Veggies:**
Steamed Mlk Veggies
Cucumber Slices
Choice of Fruit
Choice of Milk

Buffalo Chicken
On Flat Bread

- Featured Veggies:**
French Fries
Red Pepper Strips
Choice of Fruit
Choice of Milk

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



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

Cheese and Pepperoni Pizza available daily
Sandwiches available daily

- Bowl Meal
Popcorn Chicken & Roll
- Featured Veggies:**
Mashed Potatoes & Gravy
Stamed 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

Featured Weekly Pizza- Hawaiian Pizza
FEATURED WEEKLY SALAD - Taco Salad

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

French Toast w/ Syrup
Sausage Patty

- Featured Veggies:**
Hashbrown Potatoes
Green Pepper Strips
Choice of Fruit
Choice of Milk

Cheese and Pepperoni Pizza available daily
Sandwiches available daily on the new line!

- 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