



CP October- November Breakfast Menu



Chef Metz is "Cookin' Up"



Monday October 28, 2019	Tuesday October 29, 2019	Wednesday October 30, 2019	Thursday October 31, 2019	Friday November 1, 2019
Sausage Links With Toast	Ham And Cheese On A Croissant	Scrambled Eggs With Toast	Breakfast Pizza	No School
Assorted Cereal With Muffin	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	
Monday November 4, 2019	Tuesday November 5, 2019	Wednesday November 6, 2019	Thursday November 7, 2019	Friday November 8, 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 November 11, 2019	Tuesday November 12, 2019	Wednesday November 13, 2019	Thursday November 14, 2019	Friday November 15, 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 November 18, 2019	Tuesday November 19, 2019	Wednesday November 20, 2019	Thursday November 21, 2019	Friday November 22, 2019
Mini Cinnamon Roll Or Assorted Cereal With Muffin	Egg And Cheese On a Biscuit Assorted Cereal With Belly Bears	Yogurt And A Blueberry Loaf Assorted Cereal With Belly Bears	Donuts or Assorted Cereal With Belly Bears	2-hr delay LITTLE MISS LATE By Super Highways
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	
Monday November 25, 2019	Tuesday November 26, 2019	Wednesday November 27, 2019	Thursday November 28, 2019	Friday November 29, 2019
Yogurt And A Blueberry Loaf	Sausage Egg And Cheese On A Bagel	Breakfast Pizza Or Assorted Cereal With Belly Bears	Happy	Thanksgiving
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		

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)

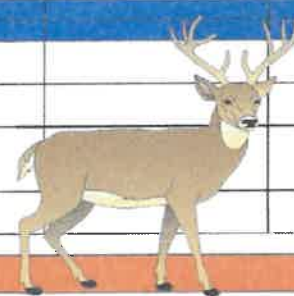
And
Choice of Milk
1% white, Fat Free White, Chocolate, Vanilla or Strawberry

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
Lucky Charms
Cherrios

Breakfast Pizza: Offered Daily
Donuts Offered Daily

Debbie Helstern
724.253.3255 x 1228



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Metz
CULINARY MANAGEMENT

October - November 2019

**COMMODORE PERRY
K-3 LUNCH MENU**

Monday

28

Tuesday

29

Wednesday

30

Thursday

31

Friday

1

Chef Salad Daily & Featured Weekly Salad- Buffalo Chicken Salad

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.
Meal or meal 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, peas & lima beans
Other Vegetables - coleslaw, stalks, cucumbers, cauliflower, green peppers, green beans, cabbage and green peppers

Daily Fruit Selections

May Include:
oranges, apples, bananas, grapes, pears, peaches, cantaloupe, melon, strawberries, apple sauce, pineapple, 100% fruit juices and mandarin oranges

Leave Your Lunch at Home

Dairy or other options may include:
Yogurt Craveables
Pizza Craveables
Chef Salads Daily and a Weekly Featured Salad

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

Hot Ham & Cheese on a croissant
or Cheese burger
Featured Veggies:
Yellow Beans
Baby Carrots
Choice of Fruit & Milk

Crispy Taco With Rice
Lettuce Tomato & Cheese
or Cheese Pizza
Featured Veggies:
Refried Beans
Romaine Salad
Choice of Fruit & Milk

PanCakes With Syrup
Sausage Links
or Chicken Patty On A Bun
Featured Veggies:
Hash Brown Potato
Fresh Broccoli
Choice of Fruit & Milk

Pulled Pork Guts
On a bun
or Monster Chicken Nuggets
Featured Veggies:
Skeleton Fingers
Hairy Shaw
Choice of Fruit & Milk

Taking a **Day Off**

4

5 Chef Salad Daily & Featured Weekly Salad-Italian Salad

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Waffle With Syrup
Sausage Patty
or Pepperoni Pizza
Featured Veggies:
Hash Brown Potato
Carrot Sticks
Choice of Fruit & Milk

Buffalo Chicken Flatbread
or Hamburger
Featured Veggies:
Sweet Potatoes
Garden Salad
Choice of Fruit & Milk

Cheese Filled Ravioli
With Garlic Stick
or Chicken Nugget
Featured Veggies:
Steamed Peas
Celery Sticks
Choice of Fruit & Milk

Buffalo Chicken Dip
With Chips
or Cheese Pizza
Featured Veggies:
Glazed Carrots
Cucumber Slices
Choice of Fruit & Milk

Salsbury Steak W/ Gravy
or Cheeseburger
Featured Veggies:
Mashed Potatoes
Steamed corn
Choice of Fruit & Milk

11

12 Chef Salad Daily & Featured Weekly Salad-Strawberry Spinach Salad

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Bacon Cheeseburger
On a bun
or Cheese Piza
Featured Veggies:
French Fries
Red Pepper Strips
Choice of Fruit & Milk

Ham Egg & Cheese
On A Bagel
or Chicken Patty
Featured Veggies:
Sweet Potatoes
Garden Salad
Choice of Fruit & Milk

Thanksgiving Dinner
Roasted Turkey & Stuffing
or Pepperoni Pizza
Featured Veggies:
Mashed Potatoes W/ Gravy
Green Bean Casserole
Choice of Fruit & Milk

Lasagna Roll-Ups
Garlic Stick
or Chicken Nugget
Featured Veggies:
Steamed Carrots
Romaine Salad
Choice of Fruit & Milk

Hot Dog
On a Bun
or Hamburger
Featured Veggies:
Corn On Cob
Grape Tomatoes
Choice of Fruit & Milk

18

19 Chef Salad Daily & Featured Weekly Salad- Taco Salad

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

Pierogies & Kielbasa
or Chicken Nugget
Featured Veggies:
Baked Beans
Sauerkraut
Choice of Fruit & Milk

Nacho Supreme
With Trimmings
or Fiesta Piza
Featured Veggies:
Mexicali Corn
Celery Sticks
Choice of Fruit & Milk

Italian Sausage/Bun
Peppers & Onions
or Cheeseburger
Featured Veggies:
Mix Veggies
Fresh Cauliflower
Choice of Fruit & Milk

Ham & Cheese
On A Pretzel Roll
or Cheeseburger
Featured Veggies:
Emoticons Potatoe Shapes
Grape Tomatoes
Choice of Fruit & Milk

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26 Chef Salad Daily & Featured Weekly Salad- Chicken Caesar Salad

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Pasta With Meatballs
Garlic Stick
or Chicken Patty
Featured Veggies:
Green Beans
Romaine Salad
Choice of Fruit & Milk

BBQ Chicken
With A Roll
or Hamburger
Featured Veggies:
AuGratin Potatoes
Pepper Strips
Choice of Fruit & Milk

Chicken Parm
On a bun
or Pepperoni Piza
Featured Veggies:
Steamed Corn
Baby Carrots
Choice of Fruit & Milk



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

Cook/ Manager: Bob Heister
Phone Number 724-253-3255 x1228
Email: dtheister@oppanthers.org
USDAs is an equal opportunity provider and employer.



Monday

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Tuesday

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Wednesday

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Thursday

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Friday

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What is a Meaty?
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:
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, pineapple, 100% fruit juices and mandarin oranges

Leave Your Lunch at Home
Daily entree options may include:
Hamburger
Cheeseburger
Chicken Pate
Spicy Chicken Pate
A Variety of Pizza Choices
UP FOR GRABS
Pizza Chopped
Turkey Club Wrap
Ham and Cheese Wrap
Chicken Wrap
Occasionally you may find a Holiday or Luncheon Meat Delight or other surprises



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

General Manager: Deb Heidem
Phone Number: 724-253-3255 x 1120
Email: dtheidem@ccpanthers.org
USDA is an equal opportunity provider and employer.

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

Crispy Taco With Rice Lettuce Tomato & Cheese
Featured Veggie:
Roasted Beans
Romaine Salad
Choice of Fruit
Choice of Milk

Pancakes with Syrup Sausage Links
Featured Veggie:
Hash Brown Potato
Fresh Broccoli
Choice of Fruit
Choice of Milk

Pulled Pork Guts On a bun
Featured Veggie:
Skeleton Fingers
Hearty Slaw
Choice of Fruit
Choice of Milk

Taking a Day Off

Waffle Bar Sausage Party
Featured Veggie:
Hash Brown Potato
Carrot Sticks
Choice of Fruit
Choice of Milk

Buffalo Chicken Flatbread
Featured Veggie:
Sweet Potatoes
Garden Salad
Choice of Fruit
Choice of Milk

Cheese Filled Ravioli With Garlic Stick
Featured Veggie:
Steamed Peas
Celery Sticks
Choice of Fruit
Choice of Milk

Buffalo Chicken Dip With Chips
Featured Veggie:
Glazed Carrots
Cucumber Slices
Choice of Fruit
Choice of Milk

Salisbury Steak With Gravy
Featured Veggie:
Mashed Potatoes
Steamed Corn
Choice of Fruit
Choice of Milk

Bacon Cheeseburger On a Bun
Featured Veggie:
French Fries
Red Pepper Strips
Choice of Fruit
Choice of Milk

Ham Egg & Cheese On a Bagel
Featured Veggie:
Oven Brown Sweet Potatoes
Garden Salad
Choice of Fruit
Choice of Milk

Thanksgiving Dinner Roasted Turkey & Stuffing
Featured Veggie:
Mashed Potatoes w/ Gravy
Green Bean Casserole
Choice of Fruit
Choice of Milk

Lasagna Roll-Ups Garlic Bread Stick
Featured Veggie:
Steamed Carrots
Romaine Salad
Choice of Fruit
Choice of Milk

Chiff Dog on a bun
Featured Veggie:
Corn On Cob
Grape Tomatoes
Choice of Fruit
Choice of Milk

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

Pierogies & Kielbasa
Featured Veggie:
Baked Beans
Sauerkraut
Choice of Fruit
Choice of Milk

Nacho Bar With Thinnings
Featured Veggie:
Mexicali Corn
Coley Sticks
Choice of Fruit
Choice of Milk

Italian Sausage / Bun Peppers & Onions
Featured Veggie:
Mix Veggies
Fresh Cauliflower
Choice of Fruit
Choice of Milk

Ham & Cheese On A Pretzel Roll
Featured Veggie:
Emoticons Potato Shapes
Grape Tomatoes
Choice of Fruit
Choice of Milk

Pasta With Meatballs Garlic Stick
Featured Veggie:
Green Beans
Romaine Salad
Choice of Fruit
Choice of Milk

BBQ Chicken With A Roll
Featured Veggie:
Au-gratin Potatoes
Pepper Strips
Choice of Fruit
Choice of Milk

Chicken Parm on a bun
Featured Veggie:
Steamed Corn
Baby Carrots
Choice of Fruit
Choice of Milk

Happy Thanksgiving!

GIVE THANKS

Bacon Cheeseburger On a Bun
Featured Veggie:
French Fries
Red Pepper Strips
Choice of Fruit
Choice of Milk

Ham Egg & Cheese On a Bagel
Featured Veggie:
Oven Brown Sweet Potatoes
Garden Salad
Choice of Fruit
Choice of Milk

Thanksgiving Dinner Roasted Turkey & Stuffing
Featured Veggie:
Mashed Potatoes w/ Gravy
Green Bean Casserole
Choice of Fruit
Choice of Milk

Lasagna Roll-Ups Garlic Bread Stick
Featured Veggie:
Steamed Carrots
Romaine Salad
Choice of Fruit
Choice of Milk

Chiff Dog on a bun
Featured Veggie:
Corn On Cob
Grape Tomatoes
Choice of Fruit
Choice of Milk

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

Pierogies & Kielbasa
Featured Veggie:
Baked Beans
Sauerkraut
Choice of Fruit
Choice of Milk

Nacho Bar With Thinnings
Featured Veggie:
Mexicali Corn
Coley Sticks
Choice of Fruit
Choice of Milk

Italian Sausage / Bun Peppers & Onions
Featured Veggie:
Mix Veggies
Fresh Cauliflower
Choice of Fruit
Choice of Milk

Ham & Cheese On A Pretzel Roll
Featured Veggie:
Emoticons Potato Shapes
Grape Tomatoes
Choice of Fruit
Choice of Milk

Pasta With Meatballs Garlic Stick
Featured Veggie:
Green Beans
Romaine Salad
Choice of Fruit
Choice of Milk

BBQ Chicken With A Roll
Featured Veggie:
Au-gratin Potatoes
Pepper Strips
Choice of Fruit
Choice of Milk

Chicken Parm on a bun
Featured Veggie:
Steamed Corn
Baby Carrots
Choice of Fruit
Choice of Milk

Happy Thanksgiving!

GIVE THANKS

Featured Weekly Pizza - Hawaiian Pizza
Featured Weekly Salad - Chicken Caesar Salad

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Featured Weekly Pizza - Supreme Pizza
Featured Weekly Salad - Buffalo Salad

Featured Weekly Pizza - Chicken Bacon Ranch Pizza
Featured Weekly Salad - Strawberry Spinach Salad