



CP December Breakfast Menu



Monday Dec. 2, 2019	Tuesday Dec. 3, 2019	Wednesday Dec. 4, 2019	Thursday Dec. 5, 2019	Friday Dec. 6, 2019
No School	Apple Frudel	Sausage And Cheese On A Bagel	Donuts	Breakfast Pizza
	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

Monday Dec. 9, 2019	Tuesday Dec. 10, 2019	Wednesday Dec. 11, 2019	Thursday Dec. 12, 2019	Friday Dec. 13, 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

Monday Dec. 16, 2019	Tuesday Dec. 17, 2019	Wednesday Dec. 18, 2019	Thursday Dec. 19, 2019	Friday Dec. 20, 2019
Donuts	Sausage And Cheese On A Bagel	Mini Cinnamon Roll	Sausage Pancake On A Stick	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 Dec. 23, 2019	Tuesday Dec. 24, 2019	Wednesday Dec. 25, 2019	Thursday Dec. 26, 2019	Friday Dec. 27, 2019
No School	No School	No School	No School	No School

Monday Dec. 30, 2019	Tuesday Dec. 31, 2019	Wednesday	Thursday	Friday
No School				

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 Chermes
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.



Metz
CULINARY MANAGEMENT

Dec-19

COMMODORE PERRY K-3 LUNCH MENU

Monday

Tuesday

Wednesday

Thursday

Friday

2

3

4

5

6

Chief Salad Daily & Featured Weekly Salad- Chicken Caesar Salad

No School



Chicken & Gravy
Over Biscuit
or Chicken Potpy
Featured Veggies:
Steamed Corn
Romaine Salad
Choice of Fruit & Milk

Hot Dog
or Cheeseburger
Featured Veggies:
Curly Fries
Cole Slaw
Choice of Fruit & Milk

Walking Taco
Lettuce Tomato and Cheese
or Chicken Nuggets
Featured Veggies:
Refried Beans
Rice
Choice of Fruit & Milk

Ham, Turkey & Cheese
On A Crossiant
or Cheese Pizza
Featured Veggies:
Steamed Peas
Grape Tomatoes
Choice of Fruit & Milk

9

10

11

12

13

Chief Salad Daily & Featured Weekly Salad- Taco Salad

General Tso
With Rice
or Hamburger
Featured Veggies:
Steamed Broccoli
Baby Carrots
Choice of Fruit & Milk

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

Christmas Dinner
Ham
Pepperoni Pizza
Featured Veggies:
Au Gratin Potatoes
Steamed Corn
Choice of Fruit & Milk

Italian Sausage / Bun
With Peppers And Onions
or Cheeseburger
Featured Veggies:
Mixed Veggies
Garden Salad
Choice of Fruit & Milk

Macaroni & Cheese
or Chicken Nuggets
Featured Veggies:
Steamed Carrots
Pepper Strips
Choice of Fruit & Milk

16

17

18

19

20

Chief Salad Daily & Featured Weekly Salad-Italian Salad

Bowl Meal
Popcorn Chicken & Roll
or Rasta-da Piza
Featured Veggies:
Mashed Potatoes
Steamed Corn
Choice of Fruit & Milk

Meatball Sandwich
On a Bun
or Popcorn Chicken
Featured Veggies:
Steamed Peas
Fresh Broccoli
Choice of Fruit & Milk

Waffle with Syrup
Sausage Patty
or Cheese Pizza
Featured Veggies:
Hash Brown Patty
Carrot Sticks
Choice of Fruit & Milk

Soft Taco with Rice
Lettuce Tomato And Cheese
or Chicken Potpy
Featured Veggies:
Glazed Carrots
Fresh Veggies
Choice of Fruit & Milk

Cooks Choice
Choice of Fruit & Milk

23

24

25

26

27

Leave Your Lunch at Home
Daily either student's daily fee
Young Careable
Pizza Dropboxes
Chief Salads Daily and a Weekly Featured
Salad

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

30

31



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

Cook/ Manager: Deb Halstern
Phone Number: 724.253.3255 x1228
Email: dhalstern@cpqpartners.org
USDA is an equal opportunity provider and
employer.

December 2019
Lunch Menu



Metz
COMMODORE PERRY MIDDLE SCHOOL

Commodore Perry 4th-12

Monday

2

Tuesday

3

Wednesday

4

Thursday

5

Friday

6

What is a Meal?

• 1/2 cup macaroni or pasta at least 2 times
• 1/2 cup meat, poultry, fish, dry beans,
ground turkey, soft tofu, or soy
• 1/2 cup of a minimum of 3-1/2 cups serving of
fruit or a minimum of 1-1/2 cups of vegetable
• 1/2 cup of milk or a minimum of 1/2 cup
of juice

Weekly Vegetable

• 1/2 cup of any of the following:
• Beans
• Lentils
• Peas
• Spinach
• Swiss Chard
• Cauliflower
• Green Beans
• Corn
• Potatoes
• Pumpkin
• Squash
• Zucchini
• Carrots
• Broccoli
• Cabbage
• Celery
• Cucumbers
• Eggplant
• Green Peas
• Kale
• Lima Beans
• Onions
• Peppers
• Potatoes
• Pumpkin
• Squash
• Zucchini
• Cauliflower
• Green Beans
• Corn
• Potatoes
• Pumpkin
• Squash
• Zucchini

Subgroups May Include:

• Beans
• Lentils
• Peas
• Spinach
• Swiss Chard
• Cauliflower
• Green Beans
• Corn
• Potatoes
• Pumpkin
• Squash
• Zucchini
• Carrots
• Broccoli
• Cabbage
• Celery
• Cucumbers
• Eggplant
• Green Peas
• Kale
• Lima Beans
• Onions
• Peppers
• Potatoes
• Pumpkin
• Squash
• Zucchini

Daily Fruit Selections

• Apples
• Bananas
• Blueberries
• Grapes
• Kiwis
• Lemons
• Limes
• Mandarins
• Nectarines
• Oranges
• Peaches
• Pineapples
• Plums
• Raspberries
• Strawberries
• Tangerines
• Watermelon
• Cantaloupe
• Honeydew
• Pears
• Peaches
• Pineapples
• Plums
• Raspberries
• Strawberries
• Tangerines
• Watermelon
• Cantaloupe
• Honeydew
• Pears

Leave Your Lunch at Home

• Fully sealed, properly stored
• No hot liquids
• No glass containers
• No knives, forks, or spoons
• No sharp objects
• No aerosols
• No open flames
• No candles
• No alcohol
• No tobacco
• No illegal substances
• No weapons
• No fireworks
• No explosives
• No hazardous materials
• No volatile liquids
• No flammable liquids
• No flammable solids
• No flammable gases
• No flammable dusts

UP FOR GRABS

• Apples
• Bananas
• Blueberries
• Grapes
• Kiwis
• Lemons
• Limes
• Mandarins
• Nectarines
• Oranges
• Peaches
• Pineapples
• Plums
• Raspberries
• Strawberries
• Tangerines
• Watermelon
• Cantaloupe
• Honeydew
• Pears
• Peaches
• Pineapples
• Plums
• Raspberries
• Strawberries
• Tangerines
• Watermelon
• Cantaloupe
• Honeydew
• Pears

"METZ GRILLE"

AVAILABLE WEEKLY

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

General Manager: Deb Halstern
Phone Number: 724-253-3255 x. 1228
Email: dhalstern@cpnpathens.org

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Monday 2 **Tuesday** 3 **Wednesday** 4 **Thursday** 5 **Friday** 6

No School



Chicken & Gravy
Over Biscuit
Featured Veggies:
Steamed Corn
Romanine Salad
Choice of Fruit
Choice of Milk

Hot Dog Bar
Featured Veggies:
Curly Fries
Cole Slaw
Choice of Fruit
Choice of Milk

Walking Taco
Lettuce Tomato & Cheese
Featured Veggies:
Refried Beans
Rice
Choice of Fruit
Choice of Milk

Ham, Turkey & Cheese
On A Croissant
Featured Veggies:
Steamed Peas
Grape Tomatoe
Choice of Fruit
Choice of Milk

9 10 11 12 13

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

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

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

Christmas Dinner
Ham
Featured Veggies:
Au Gratin Potatoes
Steamed Corn
Choice of Fruit
Choice of Milk

Italian Sausage /Bun
With Peppers And Onions
Featured Veggies:
Mixed Veggies
Garden Salad
Choice of Fruit
Choice of Milk

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

16 17 18 19 20

Featured Weekly Pizza - Chicken Bacon Ranch Pizza
Featured Weekly Pizza - Italian Salad

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

Meatball Sandwich
On a Bun
Featured Veggies:
Steamed Peas
Romanine Salad
Choice of Fruit
Choice of Milk

Waffle Bar
Sausage Patty
Featured Veggies:
Hash Brown Patty
Carrot Sticks
Choice of Fruit
Choice of Milk

Soft Taco with Rice
Lettuce Tomato And Cheese
Featured Veggies:
Glazed Carrots
Fresh Veggies
Choice of Fruit
Choice of Milk

Cooks Choices

Choice of Fruit
Choice of Milk

23 24 25 26 27





MERRY CHRISTMAS



30 31

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