



CP January Breakfast Menu



Chef Metz is "Cookin' Up"



Monday	Tuesday	Wednesday January 1, 2020	Thursday January 2, 2020	Friday January 3, 2020
		No School	Donuts or Assorted Cereal With Belly Bears	Mini Pancakes or 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
			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)

Monday January 6, 2020	Tuesday January 7, 2020	Wednesday January 8, 2020	Thursday January 9, 2020	Friday January 10, 2020
Yogurt And A Blueberry Muffin	Sausage Egg And Cheese On a Bagel	Breakfast Pizza or Assorted Cereal With Belly Bears	Sausage Pancake On A Stick	Cherry Frudel or Assorted Cereal With Belly Bears
Assorted Cereal With Muffin	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	Choice of Milk	Choice of Milk

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

Monday January 13, 2020	Tuesday January 14, 2020	Wednesday January 15, 2020	Thursday January 16, 2020	Friday January 17, 2020
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

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

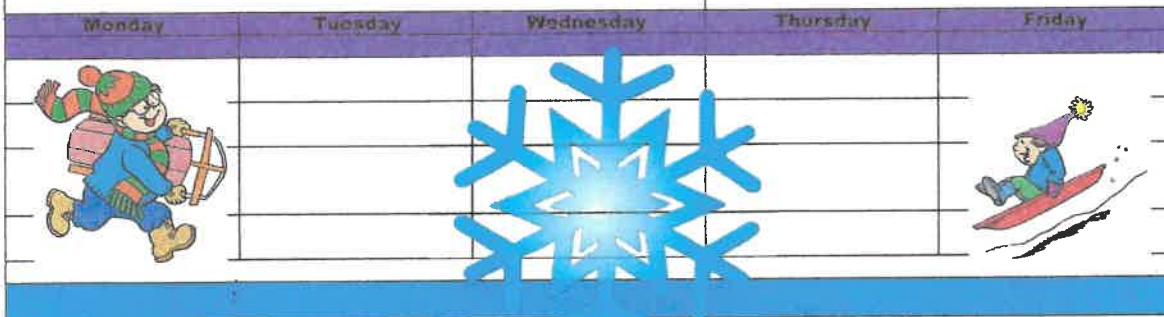
Monday January 20, 2020	Tuesday January 21, 2020	Wednesday January 22, 2020	Thursday January 23, 2020	Friday January 24, 2020
No School	Apple Frudel	Sausage And Cheese On A Bagel	Donuts	Breakfast Pizza
	Assorted Cereal With Belly Bears	Assorted Cereal With Belly Bears	Assorted Cereal With Belly Bears	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

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

Breakfast Pizza Offered Daily
 Donuts Offered Daily

Monday January 27, 2020	Tuesday January 28, 2020	Wednesday January 29, 2020	Thursday January 30, 2020	Friday January 31, 2020
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 Helstern
 724.253.3255 x 1228



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Metz
CULINARY MANAGEMENT

Jan-20

**COMMODORE PERRY
K-3 LUNCH MENU**

Monday

Tuesday

Wednesday

Thursday

Friday

What is a Meal?

You must choose at least 5 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 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:

Hot, Green - spinach, broccoli, tomatoes and sprouts salad
Red/Cheese - carrots, sweet potatoes, tomatoes and red potatoes
Legumes - beans and peas
Starchy - potatoes, corn, pinto & lima beans
Other Vegetables - celery sticks, green beans, cauliflower, green asparagus, green beans, capers and green peppers.

Daily Fruit Selections

May Include:

Oranges, apples, cantaloupe, grapes, pears, cherries, cantaloupe, apple, strawberries, kiwi, mandarin oranges, mango, pineapple, kiwi, kiwi or kiwi.

Leave Your Lunch at Home

Daily substitutions may include:

Yogurt, Granola
Pizza, Croutons
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 Halstern
Phone Number: 724-255-2155 x1326
Email: dhalstern@cpfrpanthers.org
USDA is an equal opportunity provider and employer.

Featured Weekly Salad - Chef Salad

6	7	8	9	10
<p>Pully Cheese & Steak On A Bun or Hamburger Featured Veggies: Sweet Potatoes Cucumber Slices Choice of Fruit & Milk</p>	<p>Italian Meatball Hoagie or Chicken Patty Featured Veggies: Steamed Peas Romaine Salad Choice of Fruit & Milk</p>	<p>No School HAPPY NEW YEAR</p>	<p>Italian Sausage/Bun With Peppers & Onions or Chicken Nuggets Featured Veggies: Curly Fries Steamed Mix Veggies Choice of Fruit & Milk</p>	<p>Buffalo Chicken Flatbread or Cheese Pizza Featured Veggies: Steamed Peas Red Pepper Strips Choice of Fruit & Milk</p>

13	14	15	16	17
<p>No School</p>	<p>French Toast / Syrup Sausage Patty or Popcorn Chicken Featured Veggies: Hash Brown Triangle Green Pepper Strips Choice of Fruit & Milk</p>	<p>Corn Dogs or Cheese Pizzo Featured Veggies: French Fries Steamed Corn Choice of Fruit & Milk</p>	<p>Soft Taco With Rice Lettuce Tomato Cheese or Cheeseburger Featured Veggies: Steamed Glazed Carrots Fresh Broccoli Choice of Fruit & Milk</p>	<p>Fajita Chicken & Cheese On A Bun or Chicken Nuggets Featured Veggies: French Fries Baby Carrots Choice of Fruit & Milk</p>

20	21	22	23	24
<p>No School</p>	<p>Ham & Cheese On A Pretzel Roll or Chicken Chunk / Roll Featured Veggies: Yellow Beans Baby Carrots Choice of Fruit & Milk</p>	<p>Chicken Quesadilla On Flat Bread or Pepperoni Pizza Featured Veggies: French Fries Green Beans Choice of Fruit & Milk</p>	<p>Grilled Cheese or Chicken Patty Featured Veggies: Tomato Soup Cherry Tomatoes Choice of Fruit & Milk</p>	<p>Chicken Alfredo or Cheeseburger Featured Veggies: Steamed Broccoli Baby Carrots Choice of Fruit & Milk</p>

27	28	29	30	31
<p>No School</p>	<p>Chicken & Gravy Over Biscuits or Chicken Pizzas Featured Veggies: Mashed Potatoes Mixed Veggies Choice of Fruit & Milk</p>	<p>Buffalo Chicken Dip With Chips or Cheese Pizzo Featured Veggies: Steamed Carrots Cucumber Slices Choice of Fruit & Milk</p>	<p>Hot Turkey Sandwich With Gravy or Hamburger Featured Veggies: Mashed Potatoes Steamed Corn Choice of Fruit & Milk</p>	<p>S Salisbury Steak With Gravy or Popcorn Chicken Featured Veggies: Mashed Potatoes Steamed Corn Choice of Fruit & Milk</p>

27	28	29	30	31
<p>Pulled Pork On A Bun or Cheeseburger Featured Veggies: Steamed Peas Cucumbers Choice of Fruit & Milk</p>	<p>Chicken & Gravy Over Biscuits or Chicken Pizzas Featured Veggies: Mashed Potatoes Mixed Veggies Choice of Fruit & Milk</p>	<p>Chicken & Gravy Over Biscuits or Chicken Pizzas Featured Veggies: Mashed Potatoes Mixed Veggies Choice of Fruit & Milk</p>	<p>Buffalo Chicken Dip With Chips or Cheese Pizzo Featured Veggies: Steamed Carrots Cucumber Slices Choice of Fruit & Milk</p>	<p>S Salisbury Steak With Gravy or Popcorn Chicken Featured Veggies: Mashed Potatoes Steamed Corn Choice of Fruit & Milk</p>



January 2020 Lunch Menu



Metz

COMMODORE PERRY 4th-12

CULINARY MANAGEMENT

What is a Meal?

You must choose at least 2 of the 5 components included by the school lunch plan. A maximum of 12 items are allowed. A minimum of 6 items of vegetables must accompany a lunch selection.

Meal options include:

Choice of milk

Choice of fruit

Choice of vegetable

Choice of protein

Choice of starch

Choice of beverage

Choice of dessert

Choice of snack

Choice of condiment

Choice of beverage

Choice of dessert

Choice of snack

Choice of condiment

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Choice of beverage

Choice of dessert

Choice of snack

Choice of condiment

Monday

Tuesday

Wednesday

Thursday

Friday

Featured Weekly Pizza-Cheese Pizza
Featured Weekly Salad-Chef Salad

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Featured Weekly Pizza- Buffalo Chicken Pizza
FEATURED WEEKLY SALAD - Italian Salad

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

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Featured Weekly Pizza- Meat Lovers
Featured Weekly Salad- Caesar Salad

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

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Adult \$3.25

General Manager: Deb Helein
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