



CP February Breakfast Menu



Chef Metz is "Cookin' Up"



Monday	Tuesday	Wednesday	Thursday	Friday

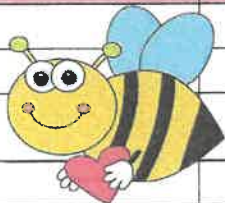
Monday February 3, 2020	Tuesday February 4, 2020	Wednesday February 5, 2020	Thursday February 6, 2020	Friday February 7, 2020
Cherry Frudel	Yogurt And A Blueberry Muffin	Bagel with Cream Cheese	Sausage Links With Toast	Ham And Cheese Bagel
Assorted Cereal With Muffin	Assorted Cereal With Belly Bears	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 February 10, 2020	Tuesday February 11, 2020	Wednesday February 12, 2020	Thursday February 13, 2020	Friday February 14, 2020
Mini Cinnamon Roll	Eggs And Cheese On A Biscuit	Yogurt And A Blueberry Muffin	Donuts	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 February 17, 2020	Tuesday February 18, 2020	Wednesday February 19, 2020	Thursday February 20, 2020	Friday February 21, 2020
No School	Sausage Egg And Cheese On A Bagel	Breakfast Pizza	Sausage And Pancake On A Stick	Cherry Frudel
	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 February 24, 2020	Tuesday February 25, 2020	Wednesday February 26, 2020	Thursday February 27, 2020	Friday February 28, 2020
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
 Lucky Charms
 Cheerios
 Breakfast Pizza Offered Daily
Donuts Offered Daily

Debbie Heistern
 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

Feb-20

**COMMODORE PERRY
K-3 LUNCH MENU**

Monday

Tuesday

Wednesday

Thursday

Friday

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 1/2 cup of vegetable must accompany a reimbursable lunch.

Meal or meat alternate
Choice of Vegetable
Choice of Fruit
Green Bread
Choice of Milk - 1% white, fat free/white, chocolate, vanilla and strawberry

Weekly Vegetable Subgroups May Include:

Dark green, orange, yellow, red, purple, blue, brown, and white vegetables.
Beans and lentils.
Soybeans and soy products.
Soybeans, green peas & lentils.
Other legumes -蚕豆, mung & chickpeas.
Cauliflower, green peppers, green onions, cabbage and green zucchini.

Daily Fruit Selections May Include:

Apples, pears, kiwis, grapes, pears, cherries, cantaloupe, melon, kiwifruit, kiwifruit, pineapple, (100% juice) and other fruits and vegetables.

Leave Your Lunch at Home

Yogurt, Crispebbles, Pizza Crispebbles, Chef Salads Daily and a Weekly Featured Salad.
All options include the vegetable, fruits and milk to make a lunch.

Lunch Prices:
Student: \$2.50
Reduced: \$4.00
Adult: \$3.25

Chief Manager: Deb Helstrom
Phone Number: 774-253-3255 x1228
Email: dhelstrom@cpmanagers.org

USDA is an equal opportunity provider and employer.



3

Bacon Cheeseburger
On A Bun
Cheese Pizza
Featured Veggies:
Curry Fries
Cucumber Slices
Choice of Fruit & Milk



4

Chicken & Gravy
Over Biscuit
or Chicken Potpy
Featured Veggies:
Mashed Potatoes
Mixed Veggies
Choice of Fruit & Milk



5

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



6

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



7

Hot Dog
On A Bun
or Chicken Nuggets
Featured Veggies:
Steamed Carrots
Grape Tomatoes
Choice of Fruit & Milk

10

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

11

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

12

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

13

Italian Sausage/Bun
With Peppers & Onions
or Chicken Potpy
Featured Veggies:
Au Gratin Potatoes
Red Pepper Strips
Choice of Fruit & Milk

14



17

No School

18

Italian Meatball Hoagie
or Chicken Chunks /Roll
Featured Veggies:
Steamed Peas
Baby Carrots
Choice of Fruit & Milk

19

Bowl Meal
Popcorn Chicken With Roll
or Pepperoni Pizza
Featured Veggies:
Mashed Potatoes/Gravy
Steamed Corn
Choice of Fruit & Milk

20

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

21

Fish Nuggets
With A Roll
or Chicken Potpy
Featured Veggies:
French Fries
Pepper Strips
Choice of Fruit & Milk

24

Pasta With Meat Sauce
With A Garlic Stick
or Cheeseburger
Featured Veggies:
Green Beans
Romaine Salad
Choice of Fruit & Milk

25

French Toast /Syrup
Sausage Patty
or Pepperoni Pizza
Featured Veggies:
Hash Brown Triangle
Cucumber Slices
Choice of Fruit & Milk

26

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

27

Chicken Quesadilla
On A Tortilla Shell
or Hamburger
Featured Veggies:
Baked Beans
Celery Sticks
Choice of Fruit & Milk

28

Chicken Alfredo
With A Roll
or Cheese Pizza
Featured Veggies:
Steamed Broccoli
Grape Tomatoes
Choice of Fruit & Milk

Chef Salad Daily & Featured Weekly Salad- Buffalo Chicken Salad





Monday Tuesday Wednesday Thursday Friday

What's a Meal?

Your lunch choice is all that matters. It's important to provide a variety of choices to meet the needs of all students. We offer a variety of choices to meet the needs of all students. We offer a variety of choices to meet the needs of all students.

Weekly Vegetable Subgroups May Include:

Dark Green - spinach, broccoli, asparagus, green beans, green peas, green onions, green peppers, green tomatoes, green zucchini, green onions, green beans, green peas, green onions, green peppers, green tomatoes, green zucchini.

Daily Fruit Selections May Include:

Apples, applesauce, bananas, grapes, pears, kiwi, blueberries, melon, strawberries, peaches, pineapples, plums, fruit juices and frozen fruit.

Leave Your Lunch at Home

Daily entree options available

Hotburgers/
Cheeseburgers/
Chicken Pasty
Sausage Pasty
A Variety of Pasta Choices
UP FOR GRABS
Taco Sausage/
Tater Tots/
Shrimp and Cornish Pasty
Chicken Wings
Cappuccino and many more
at a nominal cost
Lunchroom and Cafeteria
December 2019



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

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

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Bacon Cheeseburger
On A Bun
Featured Veggies:
Curry Fries
Cucumber Slices
Choice of Fruit
Choice of Milk



4

Chicken & Gravy
Over Biscuit
Featured Veggies:
Mashed Potatoes
Mixed Veggies
Choice of Fruit
Choice of Milk



5

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



6

Lasagna Roll-Ups
Garlic Bread Sticks
Featured Veggies:
Steamed Green Beans
Romaine Salad
Choice of Fruit
Choice of Milk



7

Chili Dog
On A Bun
Featured Veggies:
Steamed Carrots
Grape Tomatoes
Choice of Fruit
Choice of Milk

10
Garden of Eatin'
With Rice
Featured Veggies:
Steamed Broccoli
Baby Carrots
Choice of Fruit
Choice of Milk

11
Pierogies & Kielbasa
Featured Veggies:
Baked Beans
Sauerkraut
Choice of Fruit
Choice of Milk

12
Nacho Supreme
With Trimmings
Featured Veggies:
Mexicali Corn
Celery Sticks
Choice of Fruit
Choice of Milk

13
Italian Sausage/Bun
With Peppers & Onions
Featured Veggies:
Au Gratin Potatoes
Red Pepper Strips
Choice of Fruit
Choice of Milk

14
No School

17
General T'so
With Rice
Featured Veggies:
Steamed Broccoli
Baby Carrots
Choice of Fruit
Choice of Milk

18
Pierogies & Kielbasa
Featured Veggies:
Baked Beans
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Choice of Fruit
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Italian Sausage/Bun
With Peppers & Onions
Featured Veggies:
Au Gratin Potatoes
Red Pepper Strips
Choice of Fruit
Choice of Milk



21



No School

25
Italian Meatball Hoagie
Featured Veggies:
Steamed Peas
Baby Carrots
Choice of Fruit
Choice of Milk

26
Popcorn Chicken With Roll
Featured Veggies:
Mashed Potatoes/Gravy
Steamed Corn
Choice of Fruit
Choice of Milk

27
Soft Taco With Rice
Lettuce Tomato & Cheese
Featured Veggies:
Steamed Carrots
Fresh Broccoli
Choice Of Fruit
Choice of Milk

28
Fish Nuggets
With A Roll
Featured Veggies:
French Fries
Pepper Strips
Choice of Fruit
Choice of Milk

24
Pasta With Meat Sauce
With A Garlic Stick
Featured Veggies:
Green Beans
Romaine Salad
Choice of Fruit
Choice of Milk

25
French Toast/Syrup
Sausage Patty
Featured Veggies:
HashBrown Patty
Cucumber Slices
Choice of Fruit
Choice of Milk

26
Grilled Cheese Sandwich
Featured Veggies:
Tomato Soup
Baby Carrots
Choice of Fruit
Choice of Milk

27
Chicken Quesadilla
On A Tortilla Shell
Featured Veggies:
Baked Beans
Celery Sticks
Choice of Fruit
Choice of Milk

28
Chicken Alfredo
With A Roll
Featured Veggies:
Steamed Broccoli
Grape Tomatoes
Choice of Fruit
Choice of Milk

25
Featured Weekly Pizza - Chicken Bacon Ranch Pizza
26
Featured Weekly Pizza - Buffalo Chicken Pizza
27
Featured Weekly Pizza - Caesar Salad
28
Featured Weekly Pizza - Meat Lovers