



March Breakfast Menu



Chef Metz is "Cookin' Up"



Monday March 2, 2020	Tuesday March 3, 2020	Wednesday March 4, 2020	Thursday March 5, 2020	Friday March 6, 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
Monday March 9, 2020	Tuesday March 10, 2020	Wednesday March 11, 2020	Thursday March 12, 2020	Friday March 13, 2020
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 March 16, 2020	Tuesday March 17, 2020	Wednesday March 18, 2020	Thursday March 19, 2020	Friday March 20, 2020
SNOW DAY!	Yogurt And A Blueberry Loaf	Bagel with Cream Cheese	Sausage Links With Toast	Ham And Cheese Bagel
	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 March 23, 2020	Tuesday March 24, 2020	Wednesday March 25, 2020	Thursday March 26, 2020	Friday March 27, 2020
Mini Waffles	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 March 30, 2020	Tuesday March 31, 2020	Wednesday	Thursday	Friday
Yogurt And A Blueberry Loaf	Sausage Egg And Cheese On A Bagel			
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			
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 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

Mar-20

Monday

Tuesday

Wednesday

Thursday

Friday

COMMODORE PERRY K-3 LUNCH MENU

2

3

4

5

6

Hot Ham & Cheese
On A Croissant
or **Chicken Nugget**
Featured Veggies:
Yellow Beans
Baby Carrots
Choice of Fruit & Milk

Crispy Taco With Rice
Lettuce Tomato & Cheese
or **Cheeseburger**
Featured Veggies:
Ruffed Beans
Romaine Salad
Choice of Fruit & Milk

Pancakes With Syrup
Sausage Links
or **Chicken Patty**
Featured Veggies:
Hash Brown Potato
Fresh Broccoli
Choice of Fruit & Milk

Hot Turkey Sandwich
With Gravy
or **Popcorn Chicken**
Featured Veggies:
Mashed Potatoes
Steamed Corn
Choice of Fruit & Milk

Ranchero Toasted
Sandwich
or **Cheese Pzza**
Featured Veggies:
Potato Soup
Pepper Strips
Choice of Fruit & Milk

What is a Meal?

You must choose at least 3 of the 3 components available for each school lunch price. A minimum of 1/2 cup serving of grains or a minimum of 1/4 cup of vegetables must accompany a meat or poultry choice. (For complete menu information, visit our website.)

Weekly Vegetable Subgroups May Include:

Broccoli
Cauliflower
Carrots
Cucumbers
Green Beans
Kale
Lettuce
Mashed Potatoes
Peas
Peppers
Pinto Beans
Romaine
Spinach
Soybeans
Squash
Sweet Corn
Sweet Potatoes
Tomatoes
Zucchini

Daily Fruit Selections May Include:

Apples
Bananas
Blueberries
Cantaloupe
Grapes
Kiwi
Mango
Oranges
Pineapple
Raspberries
Strawberries
Tangerines
Watermelon

Leave Your Lunch at Home

Vegetarian
Pasta Casserole
Pasta
Chef Making Daily and Weekly featured salads
All options include one vegetable. (Note: milk with 1/2 cup of fruit.)

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

Cook/Manager: Deb Helstern
Phone Number: 724-253-9255 x1228
Email: dhelstern@cpmanagers.org
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French Toast / Syrup
Sausage Patty
or **Pulled Pork Sandwich**
Featured Veggies:
Hash Brown Potato
Carrot Sticks
Choice of Fruit & Milk

Toasted Pepperoni Pizza
Flatbread Sandwich
or **Chicken Pofy**
Featured Veggies:
Sweet Potatoes
Garden Salad
Choice of Fruit & Milk

Cheese Filled Ravioli
With A Garlic Stick
or **Pepperoni Pzza**
Featured Veggies:
Steamed Peas
Celery Sticks
Choice of Fruit & Milk

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

Fish Sandwich
or **Stuffed Crust Pizza**
Featured Veggies:
Cupr Fries
Cole Slaw
Choice of Fruit & Milk

Chicken & Gravy
Over Biscuit
or **Cheeseburger**
Featured Veggies:
Mashed Potato
Steamed Corn
Choice of Fruit & Milk

Walking Taco
Lettuce Tomato & Cheese
or **Cheese Pzza**
Featured Veggies:
Ruffed Beans
Rice
Choice of Fruit & Milk

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

Grilled Cheese Sandwich
or **Pepperoni Pzza**
Featured Veggies:
Tomato Soup
Pepper Strips
Choice of Fruit & Milk

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

Pulled Pork Sandwich
or **Chicken Nugget**
Featured Veggies:
Cole Slaw
Macaroni Salad
Choice of Fruit & Milk

Nacho Supreme
With Trinnings
or **Pepperoni Pzza**
Featured Veggies:
Mexicali Corn
Cucumber Slices
Choice of Fruit & Milk

BBQ Ribs
On A Bun
or **Hamburger**
Featured Veggies:
Emogri Potatoes
Fresh Cauliflower
Choice of Fruit & Milk

Macaroni & Cheese
With A Roll
or **Chicken Pofy**
Featured Veggies:
Stewed Tomatoes
Romaine Salad
Choice of Fruit & Milk

Philly Cheese & Steak
On a Roll
or **Cheeseburger**
Featured Veggies:
Zucchini
Romaine Salad
Choice of Fruit & Milk

Pasta & Meatballs
Garlic Bread Stick
or **Pepperoni Pzza**
Featured Veggies:
Steamed Green Beans
Cucumber Slices
Choice of Fruit & Milk

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

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March 2020
Lunch Menu



Metz
CULINARY WALKERS SERVICE

Commodore Perry 4th-12

What is a Meal?

Weekly Vegetable Subgroups May Include:

Daily Fruit Selections May Include:

Leave Your Lunch at Home

UP FOR GRABS



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

General Manager: Deb Healdem
Phone Number: 724-253-3255 x 1228
Email: dhaaldem@cppunkiters.org

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Monday 2

Tuesday 3

Wednesday 4

Thursday 5

Friday 6

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

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

Pancake With Syrup
Sausage Links
Featured Veggies: Hash Brown Potatoes, Fresh Broccoli
Choice of Fruit, Choice of Milk

Hot Turkey Sandwich With Gravy
Featured Veggies: Mashed Potatoes, Steamed Corn
Choice of Fruit, Choice of Milk

Ranchero Toasted Sandwich
Featured Veggies: Potato Soup, Pepper Strips
Choice of Fruit, Choice of Milk

French Toast/ Syrup
Sausage Patty
Featured Veggies: Hash Brown Potato, Carrot Sticks
Choice of Fruit, Choice of Milk

Toasted Pepperoni Pizza
Flatbread Sandwich
Featured Veggies: Sweet Potatoes, Garden Salad
Choice of Fruit, Choice of Milk

Cheese Filled Ravioli
Garlic Bread Stick
Featured Veggies: Steamed Peas, Celery Sticks
Choice of Fruit, Choice of Milk

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

Fish Sandwich
Featured Veggies: Curry Fries, Cole Slaw
Choice of Fruit, Choice of Milk

Chicken & Gravy Over Biscuit
Featured Veggies: Mashed Potatoes, Steamed Corn
Choice of Fruit, Choice of Milk

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

Lasagna Roll-ups
Garlic Bread Stick
Featured Veggies: Steamed Green Beans, Romaine Salad
Choice of Fruit, Choice of Milk

Grilled Cheese Sandwich
Featured Veggies: Tomato Soup, Pepper Strips
Choice of Fruit, Choice of Milk

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

Pulled Pork Sandwich
Featured Veggies: Cole Slaw, Macaroni Salad
Choice of Fruit, Choice of Milk

Nacho Supreme With Trimmings
Featured Veggies: Mexicali Corn, Cucumber Slices
Choice of Fruit, Choice of Milk

BBQ Ribs On A Bun
Featured Veggies: Emorgi Potatoes, Fresh Cauliflower
Choice of Fruit, Choice of Milk

Macaroni & Cheese With A Roll
Featured Veggies: Stewed Tomatoes, Romaine Salad
Choice of Fruit, Choice of Milk

Philly Cheese & Swak On a Roll
Featured Veggies: Zucchini, Romaine Salad
Choice of Fruit, Choice of Milk

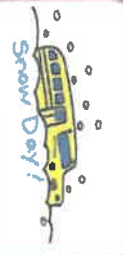
Pasta & Meatballs
Garlic Bread Stick
Featured Veggies: Green Beans, Cucumber Slices
Choice of Fruit, Choice of Milk

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

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

Featured Weekly Pizza- Chicken Ranch Pizza
Featured Weekly Salad- Buffalo Chicken Salad

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



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