

October 2021



# COMMODOR PERRY ELEMENTARY LUNCH MENU

**What is a Meal?**

You must choose at least 3 of the 5 components available for the school lunch price.

**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, and fat-free chocolate

Menu Subject To Change.

**Weekly Vegetable Subgroups May Include:**

**Dark green** - spinach, broccoli, romaine and spring salad

**Red/Orange** - carrots, sweet potatoes, tomatoes, red peppers

**Beans/Peas**

**Starchy** - white potatoes, corn, and lima beans

**Other Vegetables:** celery sticks, cucumbers, cauliflower, green peppers, green beans and cabbage

**Featured Fruit May Include:**

oranges, apples, bananas, grapes, pears, peaches, cantaloupe, melon, strawberries, applesauce, pineapple, 100% fruit juices and mandarin oranges

Milk \$.65

Lunch Prices

Student \$2.50

Reduced \$.40

Adult \$3.25 w/ Bottled Water

**General Manager:**

Phone Number 724-253-3255 Ext 1228

Email

USDA is an equal opportunity provider and employer.



For your convenience we offer a way to pay online go to [www.payschoolscentral.com](http://www.payschoolscentral.com)

**Monday**



**10/4/21**

Italian Meatball and Cheese on a bun

**Featured Veggies:**  
Steamed Green Beans  
Baby Carrots  
Featured Fruit  
Choice of Milk

**10/11/21**

No School

**10/18/21**

Lasagna with a bread stick

**Featured Veggies:**  
Steamed Green Beans  
Side Salad  
Featured Fruit  
Choice of Milk

**10/25/21**

Cheese burger on a bun

**Featured Veggies:**  
Shoestring French Fries  
Fresh Broccoli  
Featured Fruit  
Choice of Milk



**Tuesday**



**10/5/21**

Walking Taco with roll

**Featured Veggies:**  
Steamed Corn  
Lettuce & Tomato  
Featured Fruit  
Choice of Milk

**10/12/21**

Soft Pork Taco

**Featured Veggies:**  
Steamed Mixed Veggies  
Cole Slaw  
Featured Fruit  
Choice of Milk

**10/19/21**

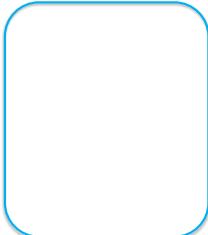
Chicken Patty on a bun

**Featured Veggies:**  
Refried Beans  
Lettuce & Tomato  
Featured Fruit  
Choice of Milk

**10/26/21**

Beef Hard Taco with Spanish Rice

**Featured Veggies:**  
Mexicali Corn  
Refried Beans  
Featured Fruit  
Choice of Milk



**Wednesday**



**10/6/21**

Pierogies

**Featured Veggies:**  
Mixed Veggies  
Chick Pea Salad  
Featured Fruit  
Choice of Milk

**10/13/21**

Pasta w/ Meatsauce with a garlic knot

**Featured Veggies:**  
Steamed Green Beans  
Side Salad  
Featured Fruit  
Choice of Milk

**10/20/21**

Popcorn Chicken bowl

**Featured Veggies:**  
Mashed Potato  
Steamed Corn  
Featured Fruit  
Choice of Milk

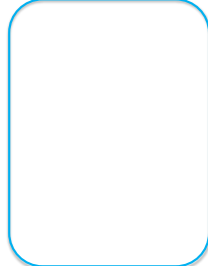
**10/27/21**

Chicken Alfredo over penne with a breadstick

**Featured Veggies:**  
Steamed Broccoli  
Celery Sticks  
Featured Fruit  
Choice of Milk



**Thursday**



**10/7/21**

Toasted Cheese Sandwich

**Featured Veggies:**  
Tomato Soup  
Sliced Cucumbers  
Featured Fruit  
Choice of Milk

**10/14/21**

Cheese burger Tater Tot bowl

**Featured Veggies:**  
Tater Tots  
Pickles  
Featured Fruit  
Choice of Milk

**10/21/21**

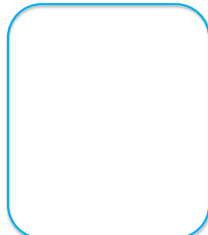
Fish Sticks with a pretzel Stick

**Featured Veggies:**  
Au Gratin Potato  
Pepper Strips  
Featured Fruit  
Choice of Milk

**10/28/21**

Hot Ham & Cheese on a pretzel roll

**Featured Veggies:**  
Tater Tots  
Ranchero Carrots  
Featured Fruit  
Choice of Milk



**Friday**

**10/1/21**

**Featured Veggies:**  
Steamed Peas  
Broccoli Salad  
Featured Fruit  
Choice of Milk

**10/8/21**

No School

**10/15/21**

Hot Dog

**Featured Veggies:**  
Baked Beans  
Fresh Cauliflower  
Featured Fruit  
Choice of Milk

**10/22/21**

Corn Dog

**Featured Veggies:**  
Steamed Carrots  
Sliced Cucumbers  
Featured Fruit  
Choice of Milk

**10/29/21**

Chicken Quesadilla

**Featured Veggies:**  
Steamed Peas  
Cherry Tomatoes  
Featured Fruit  
Choice of Milk

