

# Commodore Perry MS/HS LunchMenu

## October 2021

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

10/1/21



### cheffresh Chef Salad, Grilled Chicken Salad or Turkey Cheese Wrap



10/4/21



10/5/21



10/6/21



10/7/21

Entrée  
Toasted Pepperoni  
pizza flatbread sandwich

**FEATURED VEGGIES**  
Steamed Peas  
Broccoli Salad  
Featured Fruit  
Choice of Milk

10/8/21

### cheffresh Chef Salad, Italian Salad or Ham And Cheese Wrap

Entrée  
Italian Meatball  
and cheese on a  
sub bun

**FEATURED VEGGIES**  
Green Beans  
Baby Carrots  
Featured Fruit  
Choice of Milk

10/11/21

Entrée  
Walking Taco  
with a roll

**FEATURED VEGGIES**  
Steamed Corn  
Lettuce & Tomato  
Featured Fruit  
Choice of Milk

10/12/21

Entrée  
Loaded Bacon & Cheddar  
Pierogies

**FEATURED VEGGIES**  
Mixed Vegetables  
Chick Pea Salad  
Featured Fruit  
Choice of Milk

10/13/21

**GRILL DAY**  
Toasted Cheese  
Sandwich

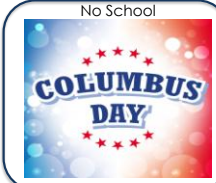
**FEATURED VEGGIES**  
Tomato Soup  
Sliced Cucumbers  
Featured Fruit  
Choice of Milk

10/14/21

No School

10/15/21

### cheffresh Chef Salad, Taco Salad or Turkey/Bacon/Cheddar Wrap



10/18/21

No School

10/19/21

Entrée  
Soft Pork Taco

**FEATURED VEGGIES**  
Steamed Mix Vegetables  
Cole slaw  
Featured Fruit  
Choice of Milk

10/20/21

Entrée  
Pasta W/ Meatsauce  
Garlic Knots

**FEATURED VEGGIES**  
Steamed Green Beans  
Side Salad  
Featured Fruit  
Choice of Milk

10/21/21

Entrée  
Cheeseburger tater tot  
Bowl

**FEATURED VEGGIES**  
Tater Tots  
Pickles  
Featured Fruit  
Choice of Milk

10/22/21

### cheffresh Chef Salad, Fajita Chicken Salad or Chicken Salad Wrap

Entrée  
Lasagna  
with a bread stick

**FEATURED VEGGIES**  
Steamed Green Beans  
Side Salad  
Featured Fruit  
Choice of Milk

10/25/21

Entrée  
Buffalo Chicken Dip  
over Tortilla Chips

**FEATURED VEGGIES**  
Refried Beans  
Lettuce And Tomato  
Featured Fruit  
Choice of Milk

10/26/21

Entrée  
Popcorn Chicken Bowl

**FEATURED VEGGIES**  
Mashed Potato  
Steamed Corn  
Featured Fruit  
Choice of Milk

10/27/21

Entrée  
Fish Sticks  
with a pretzel stick

**FEATURED VEGGIES**  
Au Gratin Potato  
pepper strips  
Featured Fruit  
Choice of Milk

10/28/21

Entrée  
Corn Dog

**FEATURED VEGGIES**  
Steamed Carrots  
Sliced Cucumbers  
Featured Fruit  
Choice of Milk

10/29/21

### cheffresh Chef Salad, Crispy Chicken Salad or Italian Deli Wrap

Entrée  
Build a Burger  
Cheese, sauteed onions  
mushrooms, onion rings,  
bacon

**FEATURED VEGGIES**  
Shoestring French Fries  
Fresh Broccoli  
Featured Fruit  
Choice of Milk

10/25/21

Entrée  
Beef Hard Taco  
w/spanish rice

**FEATURED VEGGIES**  
Mexicali Corn  
Refried Beans  
Featured Fruit  
Choice of Milk

10/26/21

Entrée  
Chicken Alfredo over  
Penne/with a breadstick

**FEATURED VEGGIES**  
Steamed Broccoli  
celery sticks  
Featured Fruit  
Choice of Milk

10/27/21

Entrée  
Hot Ham & Cheese  
on a pretzel roll

**FEATURED VEGGIES**  
Tater Tots  
Ranchero Carrots  
Featured Fruit  
Choice of Milk

10/28/21

Entrée  
Chicken Flatbread  
Quesadilla

**FEATURED VEGGIES**  
Steamed Peas  
Cherry Tomatoes  
Featured Fruit  
Choice of Milk

10/29/21

### cheffresh



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

- Meat or Meat Alternate
- Choice of Vegetable
- Choice of Fruit
- Grain/Bread
- Choice of Milk



Offering a variety of Chef Inspired Creations

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

Adult: \$3.25 with Bottled Water  
Milk: \$.65

#### Daily Options May include:

- Chicken Patty Sandwich
- Spicy Chicken Patty Sandwich
- Hamburger/Cheeseburger
- Pizza, Variety

Menu Subject To Change.  
For your convenience we offer a way to pay online.

[www.payschoolscentral.com](http://www.payschoolscentral.com)

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