## November 2021



## 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 a
vegetable
(must take at least a 1/2 cup)

Choice of Milk 1% White or 1% Chocolate

Fruit May Include:
Canned
Peaches, pineapple, fruit cocktail,
pears, applesauce, or mandarin
oranges

100% juice (apple or orange)

Fresh Fruit may include: Apple, Banana or Orange

> Breakfast Prices: Students: \$1.30 Reduced: \$0.30

Adult Breakfast: \$2.25 Milk: \$0.65

General Manager - David Pankratz Cook - Trina Rice 724-253-3255 Ext:1228 ma1049@metzcorp.com

For your convenience we offer a way to pay online. Go to "www.payschoolscentral.com to find out more.

USDA is an equal opportunity provider and employer

Menu subject to change based on product availability



## **Commodore Perry Breakfast Menu**

Monday	Tuesday	Wednesday	Thursday	Friday
11/1/2021	11/2/2021	11/3/2021	11/4/2021	11/5/2021
Maple Pancakes	Sausage & Cheese Biscuit or	Omelet With Toast or	Mini Cinnamon Bagels or	No School
Assorted Cereal	Assorted Cereal	Assorted Cereal	Assorted Cereal	
With a Muffin	With Belly Bears	With Belly Bears	With Belly Bears	
Assorted Canned Fruit	Assorted Canned Fruit	Assorted Canned Fruit	Assorted Canned Fruit	
or Fresh Fruit	or Fresh Fruit	or Fresh Fruit	or Fresh Fruit	
100% Fruit Juice	100% Fruit Juice	100% Fruit Juice	100% Fruit Juice	Tax Day (Unit
Choice of Milk	Choice of Milk	Choice of Milk	Choice of Milk	
441010004	44/0/0004	44/40/0004	1 44/44/0004	44/40/0004
11/8/2021 Mini Strawberry Bagels	11/9/2021 Breakfast Pizza	11/10/2021 Pancake on a Stick	11/11/2021 Bagel With Cream Cheese	11/12/2021 Chocolate Donuts
or	Or	or	or	or
Assorted Cereal				
With a Muffin	With Belly Bears	With Belly Bears	With Belly Bears	With Belly Bears
Assorted Canned Fruit or Fresh Fruit				
or riesii rioii	or riesh rion	or riesii rioii	of riesti rioli	or riesii rioii
100% Fruit Juice				
Choice of Milk				
11/15/2021	11/16/2021	11/17/2021	11/18/2021	11/19/2021
Yogurt and Blueberry Loaf	Cinnamon Bun	Egg and Cheese Burrito	Mini Blueberry Pancakes	Yeast Donut
or	or	or	or	or
Assorted Cereal With a Muffin	Assorted Cereal With Belly Bears			
Assorted Canned Fruit				
or Fresh Fruit				
100% Fruit Juice				
Choice of Milk				
44/00/0004	44/00/0004	44/04/0004	44/05/0004	44/00/0004
11/22/2021 Mini Cinni	11/23/2021 Scrambled Eggs W/ Toast	11/24/2021 Sausage Egg & Cheese	11/25/2021 No School	11/26/2021 No School
or	Or Or	on a English Muffin or	INO SCHOOL	140 301001
Assorted Cereal	Assorted Cereal	Assorted Cereal		NA NA
With a Muffin	With Belly Bears	With Belly Bears	TI	
Assorted Canned Fruit or Fresh Fruit	Assorted Canned Fruit or Fresh Fruit	Assorted Canned Fruit or Fresh Fruit	Hap	opy T
Of Tresh from	Of fresh from	Officalition		
			Thanks	giving
100% Fruit Juice	100% Fruit Juice	100% Fruit Juice	FIRETIFIC	3,4,113
Choice of Milk	Choice of Milk	Choice of Milk		
11/29/2021	11/30/2021	12/1/2021	12/2/2021	12/3/2021
No School	French Toast Sticks	Ham & Cheese Bagel	Breakfast Pizza	Chocolate Donuts
	with sausage links Assorted Cereal	or Assorted Cereal	or Assorted Cereal	or Assorted Cereal
	With Belly Bears	With Belly Bears	With Belly Bears	With Belly Bears
	Assorted Canned Fruit	Assorted Canned Fruit	Assorted Canned Fruit	Assorted Canned Fruit
2 (2)	or Fresh Fruit	or Fresh Fruit	or Fresh Fruit	or Fresh Fruit
CE VIII				
	100% Fruit Juice	100% Fruit Juice	100% Fruit Juice	100% Fruit Juice
	Ob size of Mills	Ob size of Mills	Obsiss of Mills	00 /011 att balos

Choice of Milk