

November 2021



Commodore Perry Breakfast Menu

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

Monday	Tuesday	Wednesday	Thursday	Friday
11/1/2021 Maple Pancakes Assorted Cereal With a Muffin Assorted Canned Fruit or Fresh Fruit 100% Fruit Juice Choice of Milk	11/2/2021 Sausage & Cheese Biscuit or Assorted Cereal With Belly Bears Assorted Canned Fruit or Fresh Fruit 100% Fruit Juice Choice of Milk	11/3/2021 Omelet With Toast or Assorted Cereal With Belly Bears Assorted Canned Fruit or Fresh Fruit 100% Fruit Juice Choice of Milk	11/4/2021 Mini Cinnamon Bagels or Assorted Cereal With Belly Bears Assorted Canned Fruit or Fresh Fruit 100% Fruit Juice Choice of Milk	11/5/2021 No School 
11/8/2021 Mini Strawberry Bagels or Assorted Cereal With a Muffin Assorted Canned Fruit or Fresh Fruit 100% Fruit Juice Choice of Milk	11/9/2021 Breakfast Pizza or Assorted Cereal With Belly Bears Assorted Canned Fruit or Fresh Fruit 100% Fruit Juice Choice of Milk	11/10/2021 Pancake on a Stick or Assorted Cereal With Belly Bears Assorted Canned Fruit or Fresh Fruit 100% Fruit Juice Choice of Milk	11/11/2021 Bagel With Cream Cheese or Assorted Cereal With Belly Bears Assorted Canned Fruit or Fresh Fruit 100% Fruit Juice Choice of Milk	11/12/2021 Chocolate Donuts or Assorted Cereal With Belly Bears Assorted Canned Fruit or Fresh Fruit 100% Fruit Juice Choice of Milk
11/15/2021 Yogurt and Blueberry Loaf or Assorted Cereal With a Muffin Assorted Canned Fruit or Fresh Fruit 100% Fruit Juice Choice of Milk	11/16/2021 Cinnamon Bun or Assorted Cereal With Belly Bears Assorted Canned Fruit or Fresh Fruit 100% Fruit Juice Choice of Milk	11/17/2021 Egg and Cheese Burrito or Assorted Cereal With Belly Bears Assorted Canned Fruit or Fresh Fruit 100% Fruit Juice Choice of Milk	11/18/2021 Mini Blueberry Pancakes or Assorted Cereal With Belly Bears Assorted Canned Fruit or Fresh Fruit 100% Fruit Juice Choice of Milk	11/19/2021 Yeast Donut or Assorted Cereal With Belly Bears Assorted Canned Fruit or Fresh Fruit 100% Fruit Juice Choice of Milk
11/22/2021 Mini Cinni or Assorted Cereal With a Muffin Assorted Canned Fruit or Fresh Fruit 100% Fruit Juice Choice of Milk	11/23/2021 Scrambled Eggs W/ Toast or Assorted Cereal With Belly Bears Assorted Canned Fruit or Fresh Fruit 100% Fruit Juice Choice of Milk	11/24/2021 Sausage Egg & Cheese on an English Muffin or Assorted Cereal With Belly Bears Assorted Canned Fruit or Fresh Fruit 100% Fruit Juice Choice of Milk	11/25/2021 No School 11/26/2021 No School 	
11/29/2021 No School 	11/30/2021 French Toast Sticks with sausage links Assorted Cereal With Belly Bears Assorted Canned Fruit or Fresh Fruit 100% Fruit Juice Choice of Milk	12/1/2021 Ham & Cheese Bagel or Assorted Cereal With Belly Bears Assorted Canned Fruit or Fresh Fruit 100% Fruit Juice Choice of Milk	12/2/2021 Breakfast Pizza or Assorted Cereal With Belly Bears Assorted Canned Fruit or Fresh Fruit 100% Fruit Juice Choice of Milk	12/3/2021 Chocolate Donuts or Assorted Cereal With Belly Bears Assorted Canned Fruit or Fresh Fruit 100% Fruit Juice Choice of Milk