

March/April 2022



# 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.payschoolcentral.com](http://www.payschoolcentral.com) to find out more.

USDA is an equal opportunity provider and employer

Menu subject to change based on product availability

Looking for a part time job where you have the same schedule as your kids?  
We are looking for Food service workers at Commodore Perry School District.  
If you are interested or want to learn more contact David Pankratz @ 724-253-3255 Ext. 1228

Monday	Tuesday	Wednesday	Thursday	Friday
<b>3/14/2022</b> Mini Cinnamon Bagels Assorted Pastries & Cereal With a Muffin <b>Assorted Canned Fruit or Fresh Fruit</b> 100% Fruit Juice Choice of Milk	<b>3/15/2022</b> Sausage & Cheese Biscuit or Assorted Pastries & Cereal With Belly Bears <b>Assorted Canned Fruit or Fresh Fruit</b> 100% Fruit Juice Choice of Milk	<b>3/16/2022</b> Omelet With Toast or Assorted Pastries & Cereal With Belly Bears <b>Assorted Canned Fruit or Fresh Fruit</b> 100% Fruit Juice Choice of Milk	<b>3/17/2022</b> Pancakes or Assorted Pastries & Cereal With Belly Bears <b>Assorted Canned Fruit or Fresh Fruit</b> 100% Fruit Juice Choice of Milk	<b>3/18/2022</b> Vacation Day <b>Happy St. Patrick's Day</b>
<b>3/21/2022</b> Vacation Day 	<b>3/22/2022</b> Breakfast Pizza or Assorted Pastries & Cereal With Belly Bears <b>Assorted Canned Fruit or Fresh Fruit</b> 100% Fruit Juice Choice of Milk	<b>3/23/2022</b> Pancake on a Stick or Assorted Pastries & Cereal With Belly Bears <b>Assorted Canned Fruit or Fresh Fruit</b> 100% Fruit Juice Choice of Milk	<b>3/24/2022</b> Bagel With Cream Cheese or Assorted Pastries & Cereal With Belly Bears <b>Assorted Canned Fruit or Fresh Fruit</b> 100% Fruit Juice Choice of Milk	<b>3/25/2022</b> Donuts or Assorted Pastries & Cereal With Belly Bears <b>Assorted Canned Fruit or Fresh Fruit</b> 100% Fruit Juice Choice of Milk
<b>3/28/2022</b> Yogurt and Blueberry Loaf or Assorted Pastries & Cereal With a Muffin <b>Assorted Canned Fruit or Fresh Fruit</b> 100% Fruit Juice Choice of Milk	<b>3/29/2022</b> Cinnamon Bun or Assorted Pastries & Cereal With Belly Bears <b>Assorted Canned Fruit or Fresh Fruit</b> 100% Fruit Juice Choice of Milk	<b>3/30/2022</b> Egg and Cheese Burrito or Assorted Pastries & Cereal With Belly Bears <b>Assorted Canned Fruit or Fresh Fruit</b> 100% Fruit Juice Choice of Milk	<b>3/31/2022</b> Pancakes or Assorted Pastries & Cereal With Belly Bears <b>Assorted Canned Fruit or Fresh Fruit</b> 100% Fruit Juice Choice of Milk	<b>4/1/2022</b> Donut or Assorted Pastries & Cereal With Belly Bears <b>Assorted Canned Fruit or Fresh Fruit</b> 100% Fruit Juice Choice of Milk
<b>4/4/2022</b> Mini Cinni or Assorted Pastries & Cereal With a Muffin <b>Assorted Canned Fruit or Fresh Fruit</b> 100% Fruit Juice Choice of Milk	<b>4/5/2022</b> Scrambled Eggs W/ Toast or Assorted Pastries & Cereal With Belly Bears <b>Assorted Canned Fruit or Fresh Fruit</b> 100% Fruit Juice Choice of Milk	<b>4/6/2022</b> Sausage Egg & Cheese on a English Muffin or Assorted Pastries & Cereal With Belly Bears <b>Assorted Canned Fruit or Fresh Fruit</b> 100% Fruit Juice Choice of Milk	<b>4/7/2022</b> Pancakes or Assorted Pastries & Cereal With Belly Bears <b>Assorted Canned Fruit or Fresh Fruit</b> 100% Fruit Juice Choice of Milk	<b>4/8/2022</b> Donuts or Assorted Pastries & Cereal With Belly Bears <b>Assorted Canned Fruit or Fresh Fruit</b> 100% Fruit Juice Choice of Milk
<b>4/11/2022</b> Dutch Waffle or Assorted Pastries & Cereal With a Muffin <b>Assorted Canned Fruit or Fresh Fruit</b> 100% Fruit Juice Choice of Milk	<b>4/12/2022</b> French Toast Sticks with sausage links Assorted Pastries & Cereal With Belly Bears <b>Assorted Canned Fruit or Fresh Fruit</b> 100% Fruit Juice Choice of Milk	<b>4/13/2022</b> Ham & Cheese Bagel or Assorted Pastries & Cereal With Belly Bears <b>Assorted Canned Fruit or Fresh Fruit</b> 100% Fruit Juice Choice of Milk	<b>4/14/2022</b> Vacation Day 	<b>4/15/2022</b> Vacation Day
<b>4/18/2022</b> Vacation Day 	<b>4/19/2022</b> Breakfast Pizza or Assorted Pastries & Cereal With Belly Bears <b>Assorted Canned Fruit or Fresh Fruit</b> 100% Fruit Juice Choice of Milk	<b>4/20/2022</b> Bacon Egg & Cheese on a English Muffin or Assorted Pastries & Cereal With a Muffin <b>Assorted Canned Fruit or Fresh Fruit</b> 100% Fruit Juice Choice of Milk	<b>4/21/2022</b> Cinnamon toast Bread or Assorted Pastries & Cereal With Belly Bears <b>Assorted Canned Fruit or Fresh Fruit</b> 100% Fruit Juice Choice of Milk	<b>4/22/2022</b> Donuts or Assorted Pastries & Cereal With Belly Bears <b>Assorted Canned Fruit or Fresh Fruit</b> 100% Fruit Juice Choice of Milk