

March/April



COMMODORE 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

- Meat or meat alternate
- Choice of Vegetable
- Choice of Fruit
- Grain/Bread
- Choice of Milk - 1% white, and fat-free chocolate

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: David Pankratz

Cook: Trina Rice

724-253-3255 Ext 1228

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USDA is an equal opportunity provider and employer.



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

For your convenience we offer a way to pay online go to www.payschoolscentral.com

| Monday 3/14/22 | Tuesday 3/15/22 | Wednesday 3/16/22 | Thursday 3/17/22 | Friday 3/18/22 |
|---|---|---|--|---|
| Cowboy burger Cheese, onion ring and BBQ Sauce Featured Veggies: Curly Fries Baked Beans Featured Fruit Choice of Milk | Beef Enchilada Featured Veggies: Steamed Carrots Salsa Featured Fruit Choice of Milk | Chicken And Gravy over biscuit Featured Veggies: Mashed Potato Mixed Veggies Featured Fruit Choice of Milk | Mac And Cheese with bread stick Featured Veggies: Sweet Potato Fries Fresh Broccoli Featured Fruit Choice of Milk | Vacation Day |
| 3/21/22 Vacation Day | 3/22/22 Nacho Grande Featured Veggies: Refried Beans Tomato & Onion Salsa Featured Fruit Choice of Milk | 3/23/22 French Toast Sticks with sausage links Featured Veggies: Hash Brown Potato Side Salad Featured Fruit Choice of Milk | 3/24/22 Chicken Nuggets with buttered noodles Featured Veggies: Steamed Corn Celery Sticks Featured Fruit Choice of Milk | 3/25/22 Pepperoni Pizza Featured Veggies: Steamed Peas Broccoli Salad Featured Fruit Choice of Milk |
| 3/28/22 Italian Meatball and Cheese on a bun Featured Veggies: Steamed Green Beans Baby Carrots Featured Fruit Choice of Milk | 3/29/22 Walking Taco with roll Featured Veggies: Refried Beans Lettuce & Tomato Featured Fruit Choice of Milk | 3/30/22 Pierogis Featured Veggies: Mixed Veggies Sliced Fresh Peppers Featured Fruit Choice of Milk | 3/31/22 Toasted Cheese Sandwich Featured Veggies: Tomato Soup Sliced Cucumbers Featured Fruit Choice of Milk | 4/1/22 Stuffed Crust Cheese Pizza Featured Veggies: Sweet Potatoes Fresh Broccoli Featured Fruit Choice of Milk |
| 4/4/22 Turkey & Cheese Melt on a Croissant Featured Veggies: Steamed Peas Baby Carrots Featured Fruit Choice of Milk | 4/5/22 Soft Pork Taco Featured Veggies: Steamed Corn Cole Slaw Featured Fruit Choice of Milk | 4/6/22 Pasta w/ Meat sauce with a garlic knot Featured Veggies: Steamed Green Beans Side Salad Featured Fruit Choice of Milk | 4/7/22 Cheese burger Tater Tot bowl Featured Veggies: Tater Tots Pickles Featured Fruit Choice of Milk | 4/8/22 Hot Dog on a bun Featured Veggies: Baked Beans Fresh Cauliflower Featured Fruit Choice of Milk |
| 4/11/22 Lasagna with a bread stick Featured Veggies: Steamed Green Beans Side Salad Featured Fruit Choice of Milk | 4/12/22 Easter Dinner Ham Featured Veggies: Scalloped Potatoes Steamed Mixed Vegetables Featured Fruit Choice of Milk | 4/13/22 Popcorn Chicken bowl Featured Veggies: Mashed Potato Steamed Corn Featured Fruit Choice of Milk | 4/14/22 Vacation Day | 4/15/22 Vacation Day |
| 4/18/22 Vacation Day | 4/19/22 Beef Hard Taco with Spanish rice Featured Veggies: Mexicali Corn Refried Beans Featured Fruit Choice of Milk | 4/20/22 Chicken Alfredo over penne with a breadstick Featured Veggies: Steamed Broccoli Celery Sticks Featured Fruit Choice of Milk | 4/21/2022 Hot Ham & Cheese on a croissant Featured Veggies: Tater Tots Ranchero Carrots Featured Fruit Choice of Milk | 4/22/22 Chicken Quesadilla Featured Veggies: Steamed Peas Cherry Tomatoes Featured Fruit Choice of Milk |