

October 2022

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

Daily Fruit Selection May include:
 oranges, apples, bananas, grapes, pears, peaches, cantaloupe, melon, strawberries, applesauce, pineapple, 100% fruit juices, and mandarin oranges



LEAVE YOUR LUNCHBOX AT HOME!
DAILY ALTERNATES.

Craveable of the Week, which could include:

Nacho with Chips and Salsa, Make your Own Pizza, Yogurt Cheese stick and Crackers, Breadstick Dipper, and more..

Lunch Prices:
 Students \$
 Reduced \$
 Adults \$ 4.25

General Manager
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 Provider and Employer



Monday 10/3/2022	Tuesday 10/4/2022	Wednesday 10/5/2022 Breakfast for Lunch!	Thursday 10/6/2022	Friday 10/7/2022
Ziti Pasta with Meatballs and Garlic Bread or Nacho Craveable Featured Veggies: Mixed Vegetables Potato Salad Choice of Fruit Choice of Milk	Beef Nacho Grande or Nacho Craveable Featured Veggies: Ranch Refried Beans Ranchero Carrots Choice of Fruit Choice of Milk	Scrambled Eggs with Cheese Sausage Patties or Nacho Craveable Featured Veggies: Hash Brown Potato Fresh Cucumber Slices Choice of Fruit Choice of Milk	Chicken Patty On a Bun or Nacho Craveable Featured Veggies: Steamed Corn Romaine Salad Choice of Fruit Choice of Milk	Bagged Lunch! Ham and Cheese Sandwich or Uncrustable Featured Veggies: Bag of Chips Celery/Carrot Sticks Choice of Fruit Choice of Milk
	10/11/2022 Walking Taco with Pretzel Stick or Pizza Craveable Featured Veggies: Green Beans Lettuce and Tomato Cup Choice of Fruit Choice of Milk	10/12/2022 Italian Meatballs and Cheese on a Roll or Pizza Craveable Featured Veggies: Mashed Potatoes Honey Glazed Carrots Choice of Fruit Choice of Milk	10/13/2022 Texas Toasted Cheese Sandwich or Pizza Craveable Featured Veggies: Tomato Soup Mixed Vegetables Choice of Fruit Choice of Milk	10/14/2022 Pepperoni Pizza Bagel or Pizza Craveable Featured Veggies: Curly Fries Chick Pea Salad Choice of Fruit Choice of Milk
	10/17/2022 Popcorn Chicken Bowl with Dinner Roll or Yogurt Craveable Featured Veggies: Mashed Potatoes Steamed Corn Choice of Fruit Choice of Milk	10/18/2022 VEG FEST! Black Bean Burger on a Bun or Pepper and Hummus Flatbread Featured Veggies: Vegetable Soup Cauliflower Rice Choice of Fruit Choice of Milk	10/19/2022 Asian Day Asian Sesame Chicken Over Fried Rice or Yogurt Craveable Featured Veggies: Mixed Vegetables Coleslaw Choice of Fruit Choice of Milk	10/20/2022 Hot Ham and Cheese on a Pretzel Roll or Yogurt Craveable Featured Veggies: Roasted Zucchini Side Caesar Salad Choice of Fruit Choice of Milk
10/24/2022 Turkey and Cheese on a Croissant or Pumpkin Pie Craveable Featured Veggies: Steamed Green Beans Potato Salad Choice of Fruit Choice of Milk	10/25/2022 BBQ Pulled Pork Sandwich or Pumpkin Pie Craveable Featured Veggies: Garlic Red Potatoes Green Peas Choice of Fruit Choice of Milk	10/26/2022 Bacon Cheeseburger on a Hamburger Bun or Pumpkin Pie Craveable Featured Veggies: Onion Rings Steamed Carrots Choice of Fruit Choice of Milk	10/27/2022 "County Fair Day" Corn Dog with Pretzel Stick or Pumpkin Pie Craveable Featured Veggies: Cheesy Fries Coleslaw Choice of Fruit Choice of Milk	10/28/2022 Pepperoni Pizza or Pumpkin Pie Craveable Featured Veggies: Macaroni Salad Steamed Corn Choice of Fruit Choice of Milk
10/31/2022 Sloppy Joe on a Hawaii Roll or Superfruit Craveable Featured Veggies: BBQ Baked Beans BBQ Chickpea Salad Choice of Fruit Choice of Milk	11/1/2022 Chicken Nuggets with Buttered Noodles or Superfruit Craveable Featured Veggies: Ranch Cauliflower Bites Curly Fries Choice of Fruit Choice of Milk	11/2/2022 Soft Tacos or Superfruit Craveable Featured Veggies: Coleslaw Tater Tots Choice of Fruit Choice of Milk	11/3/2022 Pasta Bar Chicken Alfredo over Penne with Garlic Bread or Superfruit Craveable Featured Veggies: Steamed Broccoli Celery Sticks with Ranch Choice of Fruit Choice of Milk	11/4/2022 Fiestada Pizza or Superfruit Craveable Featured Veggies: Oven Fries Cucumber Slices Choice of Fruit Choice of Milk
11/7/2022 Chicken and Gravy over a Biscuit or Grilled Chicken Craveable Featured Veggies: Mashed Potatoes Mixed Vegetables Choice of Fruit Choice of Milk	11/8/2022 Teriyaki Chicken with Egg Roll or Grilled Chicken Craveable Featured Veggies: Fried Rice Side Salad Choice of Fruit Choice of Milk	11/9/2022 Deli Day Italian Hogies on Whole Grain Bun or Grilled Chicken Craveable Featured Veggies: Mac and Cheese Coleslaw Choice of Fruit Choice of Milk	11/10/2022 Popcorn Chicken Bowl with Dinner Roll or Grilled Chicken Craveable Featured Veggies: Mashed Potatoes Steamed Corn Choice of Fruit Choice of Milk	11/11/2022 Cheesy Pizza or Grilled Chicken Craveable Featured Veggies: Macaroni Salad Steamed Green Beans Choice of Fruit Choice of Milk