

# November/December 2022

## 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 Free  
Adults \$ 4.25

General Manager  
Kristen Carson  
metzfoods@cpanthers.org  
724.253.3255 ext 1228

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# COMMODORE PERRY ELEMENTARY LUNCH MENU

Monday 11/14/2022	Tuesday 11/15/2022	Wednesday 11/16/2022	Thursday 11/17/2022	Friday 11/18/2022
Ziti Pasta with Meatballs and Garlic Bread or Nacho Craveable <b>Featured Veggies:</b> Mixed Vegetables Potato Salad Choice of Fruit Choice of Milk	Beef Nacho Grande or Nacho Craveable <b>Featured Veggies:</b> Ranch Refried Beans Ranchero Carrots Choice of Fruit Choice of Milk	BBQ Pulled Pork Sandwich or Nacho Craveable <b>Featured Veggies:</b> Sweet Potato Fries Ranch Cauliflower Bites Choice of Fruit Choice of Milk	Chicken Patty On a Bun or Nacho Craveable <b>Featured Veggies:</b> Steamed Corn Romaine Salad Choice of Fruit Choice of Milk	Pizza Crunchers or Nacho Craveable <b>Featured Veggies:</b> Carrots Macaroni Salad Choice of Fruit Choice of Milk
11/21/2022 Hot Dog on a Bun or Pizza Craveable <b>Featured Veggies:</b> Oven Fries Cheesy Broccoli Choice of Fruit Choice of Milk	11/22/2022 <b>THANKSGIVING LUNCH</b> Baked Chicken with Stuffing and Gravy or Pizza Craveable <b>Featured Veggies:</b> Mashed Potatoes Corn Choice of Fruit Choice of Milk	11/23/2022 Italian Meatballs and Cheese Hoadie or Pizza Craveable <b>Featured Veggies:</b> Tater Tots Carrots Choice of Fruit Choice of Milk		
	11/29/2022 Pizza Burger on a Bun or Yogurt Craveable <b>Featured Veggies:</b> French Fries Green Beans Choice of Fruit Choice of Milk	11/30/2022 <b>Asian Day</b> Asian Sesame Chicken Over White Rice or Yogurt Craveable <b>Featured Veggies:</b> Mixed Vegetables Coleslaw Choice of Fruit Choice of Milk	12/1/2022 Hot Ham and Cheese on a Pretzel Roll or Yogurt Craveable <b>Featured Veggies:</b> Roasted Zucchini Side Caesar Salad Choice of Fruit Choice of Milk	12/2/2022 Pepperoni or Cheese Calzone or Yogurt Craveable <b>Featured Veggies:</b> Cheesy Broccoli Tater Tots Choice of Fruit Choice of Milk
12/5/2022 Honey Fried Chicken With Dinner Roll or Breadstick Dipper Craveable <b>Featured Veggies:</b> Mashed Potatoes and Gravy Steamed Corn Choice of Fruit Choice of Milk	12/6/2022 French Toast with Sausage or Breadstick Dipper Craveable <b>Featured Veggies:</b> Homefries Fruit Salad Choice of Fruit Choice of Milk	12/7/2022 Bacon Cheeseburger On a Hamburger Bun or Breadstick Dipper Craveable <b>Featured Veggies:</b> Onion Rings Steamed Carrots Choice of Fruit Choice of Milk	12/8/2022 "County Fair Day" Corn Dog with Pretzel Stick or Breadstick Dipper Craveable <b>Featured Veggies:</b> Cheesy Fries Coleslaw Choice of Fruit Choice of Milk	12/9/2022 Pepperoni Pizza or Breadstick Dipper Craveable <b>Featured Veggies:</b> Macaroni Salad Steamed Corn Choice of Fruit Choice of Milk
12/12/2022 Sloppy Joe on a WG Bun or Superfruit Craveable <b>Featured Veggies:</b> BBQ Baked Beans BBQ Chicpea Salad Choice of Fruit Choice of Milk	12/13/2022 Chicken Nuggets with Buttered Noodles or Superfruit Craveable <b>Featured Veggies:</b> Ranch Cauliflower Bites Curly Fries Choice of Fruit Choice of Milk	12/14/2022 Soft or Hard Tacos or Superfruit Craveable <b>Featured Veggies:</b> Coleslaw Tater Tots Choice of Fruit Choice of Milk	12/15/2022 Pasta Bar Chicken Alfredo over Penne with Garlic Bread or Superfruit Craveable <b>Featured Veggies:</b> Steamed Broccoli Celery Sticks with Ranch Choice of Fruit Choice of Milk	12/16/2022 <b>Merry Perry Christmas</b> Sliced Ham with Dinner Roll or Superfruit Craveable <b>Featured Veggies:</b> Cheesy Potatoes Steamed Corn Choice of Fruit Choice of Milk
12/19/2022 Chicken and Gravy over a Biscuit or Grilled Chicken Craveable <b>Featured Veggies:</b> Mashed Potatoes Mixed Vegetables Choice of Fruit Choice of Milk	12/20/2022 Sweet and Sour Chicken or Grilled Chicken Craveable <b>Featured Veggies:</b> Brown Rice Roasted Asparagus Choice of Fruit Choice of Milk	12/21/2022 Deli Day Italian Hogies on Whole Grain Bun or Grilled Chicken Craveable <b>Featured Veggies:</b> Mac and Cheese Coleslaw Choice of Fruit Choice of Milk	12/22/2022 Popcorn Chicken Bowl with Dinner Roll or Grilled Chicken Craveable <b>Featured Veggies:</b> Mashed Potatoes Steamed Corn Choice of Fruit Choice of Milk	