





November/December 2022

COMMODORE PERRY HIGH SCHOOL LUNCH MENU

MONDAY 11/14/2022	TUESDAY 11/15/2022	WEDNESDAY 11/16/2022	THURSDAY 11/17/2022	FRIDAY 11/18/2022
cheffresh fresh • made • goodness • to • go				
MTO SALAD AND SANDWICH BAR				
Entrée Ziti Pasa with Meatballs and Garlic Bread FEATURED VEGGIES Mixed Vegetables Potato Salad Choice of Fruit Choice of Milk	Entrée Beef Nacho Grande FEATURED VEGGIES Ranch Refried Beans Ranchero Carrots Choice of Fruit Choice of Milk	Entrée BBQ Pulled Pork Sandwich FEATURED VEGGIES Sweet Potato Fries Ranch Cauliflower Bites Choice of Fruit Choice of Milk	Entrée Loaded Bacon and Cheddar Pierogis FEATURED VEGGIES Steamed Corn Romaine Salad Choice of Fruit Choice of Milk	Entrée Pizza Crunchers FEATURED VEGGIES Carrots Macaroni Salad Choice of Fruit Choice of Milk
11/21/2022	11/22/2022	11/23/2022	11/24/2022	11/25/2022
cheffresh fresh • made • goodness • to • go				
MTO SALAD AND SANDWICH BAR				
Entrée Chili Cheese Hot Doa FEATURED VEGGIES Oven Fries Cheesy Broccoli Choice of Fruit Choice of Milk	Entrée THANSGIVING LUNCH Baked Chicken with Stuffing and Gravy FEATURED VEGGIES Mashed Potatoes Corn Choice of Fruit Choice of Milk	Entrée Italian Meatballs and Cheese Hoagie FEATURED VEGGIES Tater Tots Carrots Choice of Fruit Choice of Milk		
11/28/2022	11/29/2022	11/30/2022	12/1/2022	12/2/2022
cheffresh fresh • made • goodness • to • go				
MTO SALAD AND SANDWICH BAR				
	Entrée Pizza Burser On a Bun FEATURED VEGGIES French Fries Green Beans Choice of Fruit Choice of Milk	Entrée Asian Sesame Chicken over White Rice FEATURED VEGGIES Mixed Vegetables Coleslaw Choice of Fruit Choice of Milk	Entrée Hot Ham and Cheese on a Pretzel Roll FEATURED VEGGIES Roasted Zucchini Side Caesar Salad Choice of Fruit Choice of Milk	Entrée Cheese or Pepperoni Calzone FEATURED VEGGIES Cheesy Broccoli Tater Tots Choice of Fruit Choice of Milk
12/5/2022	12/6/2022	12/7/2022	12/8/2022	12/9/2022
cheffresh fresh • made • goodness • to • go				
MTO SALAD AND SANDWICH BAR				
Entrée Honey Fried Chicken with Dinner Roll FEATURED VEGGIES Mashed Potatoes and Gravy Steamed Corn Choice of Fruit Choice of Milk	Entrée French Toast with Sausage FEATURED VEGGIES Homefries Fruit Salad Choice of Fruit Choice of Milk	Entrée Cowboy Burger with Cheese and BBQ Sauce FEATURED VEGGIES Onion Rings Steamed Carrots Choice of Fruit Choice of Milk	Entrée "County Fair Day" Corn Dogs with Pretzel Sticks FEATURED VEGGIES Cheesy Fries Coleslaw Choice of Fruit Choice of Milk	Entrée Pepperoni Pizza FEATURED VEGGIES Macaroni Salad Steamed Corn Choice of Fruit Choice of Milk
12/12/2022	12/13/2022	12/14/2022	12/15/2022	12/16/2022
cheffresh fresh • made • goodness • to • go				
MTO SALAD AND SANDWICH BAR				
Entrée Sloppy Joe on a WG Bun FEATURED VEGGIES BBQ Baked Beans BBQ Chickpeas Choice of Fruit Choice of Milk	Entrée Chicken Nuggets with Buttered Noodles FEATURED VEGGIES Ranch Cauliflower Bites Curly Fries Choice of Fruit Choice of Milk	Entrée Soft or Hard Tacos FEATURED VEGGIES Coleslaw Tater Tots Choice of Fruit Choice of Milk	Entrée Pasta Bar Chicken Alfredo over Penne with Garlic Bread FEATURED VEGGIES Steamed Broccoli Celery Sticks with Ranch Choice of Fruit Choice of Milk	Entrée Merry Perry Christmas Sliced Ham with Dinner Roll FEATURED VEGGIES Cheesy Potatoes Steamed Corn Choice of Fruit Choice of Milk
12/19/2022	12/20/2022	12/21/2022	12/22/2022	12/23/2022
cheffresh fresh • made • goodness • to • go				
MTO SALAD AND SANDWICH BAR				
Entrée Chicken and Gravy over Biscuits FEATURED VEGGIES Mashed Potatoes Mixed Vegetables Choice of Fruit Choice of Milk	Entrée Sweet and Sour Chicken FEATURED VEGGIES Brown Rice Roasted Asparagus Choice of Fruit Choice of Milk	Entrée Deli Day Italian Hoagies on Whole Grain Bun FEATURED VEGGIES Mac and Cheese Coleslaw Choice of Fruit Choice of Milk	Entrée Popcorn Chicken Bowl with Dinner Roll FEATURED VEGGIES Mashed Potatoes Steamed Corn Choice of Fruit Choice of Milk	

What is a Meal?

You must choose at least 3 of the 5 components available for the school lunch price. A 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

Daily Vegetable Choices May Include:

Spinach, Broccoli, Romaine Salad, Spring Salad, Carrots, Sweet Potatoes, Tomatoes, Red Peppers, Beans, Peas, Potatoes, Corn, Lima Beans, Celery sticks, Cucumbers, Cauliflower, Green Peppers, Green Beans, Cabbage and Green Peppers

Daily Fruit Choices May Include:

Oranges, Apples, Bananas, Grapes, Pears, Peaches, Cantaloupe, Melon, Strawberries, Applesauce, Pineapple, 100% Fruit Juices, and Mandarin Oranges

Tried and True Line:

Daily entrée options may include:
Cheeseburger on a Bun
Hamburger on a Bun
Chicken Patty on a Bun
Spicy Chicken Patty on a Bun
Cheese or Pepperoni Pizza

Lunch Prices:

Student \$
Reduced \$
Adult \$ 4.25

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