



Commodore Perry Breakfast Menu March-April 2023

Monday	Tuesday	Wednesday	Thursday	Friday	ſ
3/20/23	3/21/23 Bagel with Cream Cheese	3/22/23 CP Breakfast Sandwich	3/23/23 Pancakes with Sausage	3/24/23 Yogurt Parfait with Fruit	
	or	or or	Or	Or	1
$\bigcirc\bigcirc$	Assorted Cereals	Assorted Cereals	Assorted Cereals	Assorted Cereals	1
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7	Assorted 100% Fruit Juice	1			
	& Assorted Fresh or Canned Fruit	& Assorted Fresh or Canned Fruit	& Assorted Fresh or Canned Fruit	& Assorted Fresh	1
	Choice of Milk	Choice of Milk	Choice of Milk	or Canned Fruit Choice of Milk	1
3/27/23	3/28/23	3/29/23	3/30/23	3/31/23	ı
Strawberry Filled Bagel	Pancake on a Stick	Ham and Cheese Bagel	French Toast Sticks w/ Sausage	Glazed Donut	١,
or	or	or	or	or	1
Assorted Cereals	Assorted Cereals	Assorted Cereals	Assorted Cereals	Assorted Cereals	1
					႕
Assorted 100% Fruit Juice	Assorted 100% Fruit Juice	Assorted 100% Fruit Juice	Assorted 100% Fruit Juice	Assorted 100% Fruit Juice	l
& Assorted Fresh	& Assorted Fresh	& Assorted Fresh	& Assorted Fresh	& Assorted Fresh	
or Canned Fruit	or Canned Fruit	or Canned Fruit	or Canned Fruit	or Canned Fruit	
Choice of Milk 4/3/23	Choice of Milk 4/4/23	Choice of Milk 4/5/23	Choice of Milk 4/6/23	Choice of Milk 4/7/23	
Apple or Cherry Strudel	Cinnamon Rolls	Egg, Sausage & Cheese Burrito	- × ×	HAPPY	
or	or	or	EASTER	EASTER	
Assorted Cereals	Assorted Cereals	Assorted Cereals	CHO CK	CHO (CI)	
Assorted 100% Fruit Juice	Assorted 100% Fruit Juice	Assorted 100% Fruit Juice			
& Assorted Fresh	& Assorted Fresh	& Assorted Fresh			l
or Canned Fruit	or Canned Fruit	or Canned Fruit		*	
Choice of Milk 4/10/23	Choice of Milk 4/11/23	Choice of Milk 4/12/23	4/13/23	4/14/23	F
- X X	Bagels with Cream Cheese	CP Breakfast Sandwich	Pancakes with Sausage	Yogurt Parfait with Fruit	1
HAPPY	Or	Or breaklast Sandwich	Or	Or	
EASTER	Assorted Cereals	Assorted Cereals	Assorted Cereals	Assorted Cereals	1
					1
	Assorted 100% Fruit Juice	1			
	& Assorted Fresh	& Assorted Fresh	& Assorted Fresh	& Assorted Fresh	<u> </u>
	or Canned Fruit	or Canned Fruit	or Canned Fruit	or Canned Fruit	
	Choice of Milk	Choice of Milk	Choice of Milk	Choice of Milk	
4/17/23	4/18/23 Pancake on a Stick	4/19/23	4/20/23	4/21/23	
Strawberry Filled Bagel		Ham and Cheese Bagel	French Toast Sticks w/ Sausage	CP Glazed Donut	1
or Assorted Cereals	or Assorted Cereals	or Assorted Cereals	or Assorted Cereals	or Assorted Cereals	-
7.0007.000	7.000.100 00.00.0	7.000.104 00.04.0	7.000.104.00.04.0	710001104 0010410	1
Assorted 100% Fruit Juice	Assorted 100% Fruit Juice	Assorted 100% Fruit Juice	Assorted 100% Fruit Juice	Assorted 100% Fruit Juice	1
& Assorted Fresh	& Assorted Fresh	& Assorted Fresh	& Assorted Fresh	& Assorted Fresh	
or Canned Fruit	or Canned Fruit	or Canned Fruit	or Canned Fruit	or Canned Fruit	
Choice of Milk	Choice of Milk	Choice of Milk	Choice of Milk	Choice of Milk	
4/24/23	4/25/23	4/26/23	4/27/23	4/28/23	
Apple or Cherry Strudel	Cinnamon Rolls	Egg and Cheese Burrito	Waffles with Sausage	Breakfast Pizza	-
or Assorted Cereals	or Assorted Cereals	or Assorted Cereals	or Assorted Cereals	or Assorted Cereals	-
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Assorted 100% Fruit Juice	Assorted 100% Fruit Juice	Assorted 100% Fruit Juice	Assorted 100% Fruit Juice	Assorted 100% Fruit Juice	
& Assorted Fresh	& Assorted Fresh	& Assorted Fresh	& Assorted Fresh	& Assorted Fresh	
or Canned Fruit	or Canned Fruit	or Canned Fruit	or Canned Fruit	or Canned Fruit	

What is a Meal?

You must choose at least 3 of the 4 components available for the school breakfast price.

Choice of: Grain or grain/protein Choice of fruit or vegetable (must take at least a 1/2 cup) and

Choice of Milk
Choice of Milk - 1% white, fat-free
white, chocolate, vanilla and
strawberry

You must take at least 1/2 cup of fruit or vegetable

Whole Grain Cereal Selection May Include:

Cinnamon Toast Crunch
Trix
Cocoa Puffs
Fruity Cheerios
Rice Crunch
Kix
Cheerios
Fruit Loops
Frosted Flakes
* Includes a Muffin or Poptart

Fruit May Include:

Canned peaches, applesauce, pears, pineapple, fruit cocktail, mandarin oranges, 100% juice (apple, orange), fresh fruit selection including apples, bananas and oranges

Menu Subject to Change due to Availability

Food Service Director Kristen Carson

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USDA is an Equal Opportunity Provider and Employer

Student Paid Breakfast \$0.00

Student Reduced Breakfast \$0.00

Adult Breakfast \$2.25