



## Commodore Perry Breakfast Menu March-April 2023

Monday	Tuesday	Wednesday	Thursday	Friday
<b>3/20/23</b>	<b>3/21/23</b>	<b>3/22/23</b>	<b>3/23/23</b>	<b>3/24/23</b>
	Bagel with Cream Cheese	CP Breakfast Sandwich	Pancakes with Sausage	Yogurt Parfait with Fruit
	or	or	or	or
	Assorted Cereals	Assorted Cereals	Assorted Cereals	Assorted Cereals
	Assorted 100% Fruit Juice & Assorted Fresh	Assorted 100% Fruit Juice & Assorted Fresh	Assorted 100% Fruit Juice & Assorted Fresh	Assorted 100% Fruit Juice & Assorted Fresh
	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
<b>3/27/23</b>	<b>3/28/23</b>	<b>3/29/23</b>	<b>3/30/23</b>	<b>3/31/23</b>
Strawberry Filled Bagel	Pancake on a Stick	Ham and Cheese Bagel	French Toast Sticks w/ Sausage	Glazed Donut
or	or	or	or	or
Assorted Cereals	Assorted Cereals	Assorted Cereals	Assorted Cereals	Assorted Cereals
Assorted 100% Fruit Juice & Assorted Fresh	Assorted 100% Fruit Juice & Assorted Fresh	Assorted 100% Fruit Juice & Assorted Fresh	Assorted 100% Fruit Juice & Assorted Fresh	Assorted 100% Fruit Juice & 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
<b>4/3/23</b>	<b>4/4/23</b>	<b>4/5/23</b>	<b>4/6/23</b>	<b>4/7/23</b>
Apple or Cherry Strudel	Cinnamon Rolls	Egg, Sausage & Cheese Burrito		
or	or	or		
Assorted Cereals	Assorted Cereals	Assorted Cereals		
Assorted 100% Fruit Juice & Assorted Fresh	Assorted 100% Fruit Juice & Assorted Fresh	Assorted 100% Fruit Juice & Assorted Fresh		
or Canned Fruit	or Canned Fruit	or Canned Fruit		
Choice of Milk	Choice of Milk	Choice of Milk		
<b>4/10/23</b>	<b>4/11/23</b>	<b>4/12/23</b>	<b>4/13/23</b>	<b>4/14/23</b>
	Bagels with Cream Cheese	CP Breakfast Sandwich	Pancakes with Sausage	Yogurt Parfait with Fruit
	or	or	or	or
	Assorted Cereals	Assorted Cereals	Assorted Cereals	Assorted Cereals
	Assorted 100% Fruit Juice & Assorted Fresh	Assorted 100% Fruit Juice & Assorted Fresh	Assorted 100% Fruit Juice & Assorted Fresh	Assorted 100% Fruit Juice & Assorted Fresh
	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
<b>4/17/23</b>	<b>4/18/23</b>	<b>4/19/23</b>	<b>4/20/23</b>	<b>4/21/23</b>
Strawberry Filled Bagel	Pancake on a Stick	Ham and Cheese Bagel	French Toast Sticks w/ Sausage	CP Glazed Donut
or	or	or	or	or
Assorted Cereals	Assorted Cereals	Assorted Cereals	Assorted Cereals	Assorted Cereals
Assorted 100% Fruit Juice & Assorted Fresh	Assorted 100% Fruit Juice & Assorted Fresh	Assorted 100% Fruit Juice & Assorted Fresh	Assorted 100% Fruit Juice & Assorted Fresh	Assorted 100% Fruit Juice & 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
<b>4/24/23</b>	<b>4/25/23</b>	<b>4/26/23</b>	<b>4/27/23</b>	<b>4/28/23</b>
Apple or Cherry Strudel	Cinnamon Rolls	Egg and Cheese Burrito	Waffles with Sausage	Breakfast Pizza
or	or	or	or	or
Assorted Cereals	Assorted Cereals	Assorted Cereals	Assorted Cereals	Assorted Cereals
Assorted 100% Fruit Juice & Assorted Fresh	Assorted 100% Fruit Juice & Assorted Fresh	Assorted 100% Fruit Juice & Assorted Fresh	Assorted 100% Fruit Juice & Assorted Fresh	Assorted 100% Fruit Juice & 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

**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**