

March/April 2023

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 Free
Adults \$ 4.25

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Monday 3/20/2023	Tuesday 3/21/2023	Wednesday 3/22/2023	Thursday 3/23/2023	Friday 3/24/2023
	Beef Nacho Grande or Nacho Craveable Featured Veggies: Ranch Refried Beans Ranchero Carrots Choice of Fruit Choice of Milk	BBQ Pulled Pork Sandwich or Nacho Craveable Featured Veggies: Sweet Potato Fries Ranch Cauliflower Bites Choice of Fruit Choice of Milk	Loaded Bacon and Cheddar Pierogis or Nacho Craveable Featured Veggies: Steamed Corn Romaine Salad Choice of Fruit Choice of Milk	Pizza Crunchers or Nacho Craveable Featured Veggies: Carrots Macaroni Salad Choice of Fruit Choice of Milk
3/27/2023	3/28/2023	3/29/2023	3/30/2023	3/31/2023
Hot Dog on a Bun or Pizza Craveable Featured Veggies: Oven Fries Cheesy Broccoli Choice of Fruit Choice of Milk	Italian Meatballs and Cheese Hoagie Pizza Craveable Featured Veggies: Tator Tots Carrots Choice of Fruit Choice of Milk	Walking Taco with a Pretzel Stick or Pizza Craveable Featured Veggies: Green Beans Lettuce and Tomato cup Choice of Fruit Choice of Milk	Texas Toasted Cheese Sandwich or Pizza Craveable Featured Veggies: Tomato Soup Mixed Vegetables Choice of Fruit Choice of Milk	Pepperoni Pizza Bagel or Pizza Craveable Featured Veggies: Curly Fries Chick Pea Salad Choice of Fruit Choice of Milk
4/3/2023	4/4/2023	4/5/2023 Asian Day	4/6/2023 HAPPY EASTER	4/7/2023 HAPPY EASTER
Popcorn Chicken Bowl with Dinner Roll or Yogurt Craveable Featured Veggies: Mashed Potatoes Steamed Corn Choice of Fruit Choice of Milk	Pizza Burger on a Bun or Yogurt Craveable Featured Veggies: French Fries Green Beans Choice of Fruit Choice of Milk	Asian Sesame Chicken Over White Rice or Yogurt Craveable Featured Veggies: Mixed Vegetables Coleslaw Choice of Fruit Choice of Milk		
4/10/2023 HAPPY EASTER	4/11/2023	4/12/2023	4/13/2023 "County Fair Day"	4/14/2023
	French Toast with Sausage or Breadstick Dipper Craveable Featured Veggies: Homefries Fruit Salad Choice of Fruit Choice of Milk	Bacon Cheeseburger On a Hamburger Bun or Breadstick Dipper Craveable Featured Veggies: Onion Rings Steamed Carrots Choice of Fruit Choice of Milk	Corn Dog with Pretzel Stick or Breadstick Dipper Craveable Featured Veggies: Cheesy Fries Coleslaw Choice of Fruit Choice of Milk	Pepperoni Pizza or Breadstick Dipper Craveable Featured Veggies: Macaroni Salad Steamed Corn Choice of Fruit Choice of Milk
4/17/2023	4/18/2023	4/19/2023	4/20/2023 Pasta Bar	4/21/2023 Fiestada Pizza
Sloppy Joe on a WG Bun or Superfruit Craveable Featured Veggies: BBQ Baked Beans BBQ Chicpea Salad Choice of Fruit Choice of Milk	Chicken Nuggets with Buttered Noodles or Featured Veggies: Ranch Cauliflower Bites Curly Fries Choice of Fruit Choice of Milk	Soft or Hard Tacos or Superfruit Craveable Featured Veggies: Coleslaw Tater Tots Choice of Fruit Choice of Milk	Chicken Alfredo over Penne with Garlic Bread or Superfruit Craveable Featured Veggies: Steamed Broccoli Celery Sticks with Ranch Choice of Fruit Choice of Milk	or or Superfruit Craveable Featured Veggies: Superfruit Craveable Cucumber Slices Choice of Fruit Choice of Milk
4/24/2023	4/25/2023	4/26/2023 Deli Day	4/27/2023	4/28/2023
Chicken and Gravy over a Biscuit or Grilled Chicken Craveable Featured Veggies: Mashed Potatoes Mixed Vegetables Choice of Fruit Choice of Milk	General Tso Chicken or Grilled Chicken Craveable Featured Veggies: Brown Rice Side Salad Choice of Fruit Choice of Milk	Italian Hogies on Whole Grain Bun or Grilled Chicken Craveable Featured Veggies: Mac and Cheese Coleslaw Choice of Fruit Choice of Milk	Popcorn Chicken Bowl with Dinner Roll or Grilled Chicken Craveable Featured Veggies: Mashed Potatoes Steamed Corn Choice of Fruit Choice of Milk	Cheesy Pizza or Grilled Chicken Craveable Featured Veggies: Macaroni Salad Steamed Green Beans Choice of Fruit Choice of Milk