





COMMODORE PERRY
PANTHERS



Metz
CULINARY MANAGEMENT

Commodore Perry Breakfast Menu Aug-Sep 2023

Monday	Tuesday	Wednesday	Thursday	Friday
8/28/23	8/29/23	8/30/23	8/31/23	9/1/23
	Bagel with Cream Cheese	Assorted Muffins	Pancakes with Sausage	Glazed Donut
	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
9/4/23	9/5/23	9/6/23	9/7/23	9/8/23
	French Toast Sticks	Sausage,egg,cheese, muffin	Assorted Muffins	Glazed Donut
	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
9/11/23	9/12/23	9/13/23	9/14/23	9/15/23
Breakfast Pizza	Cinnamon Rolls	Egg, Sausage & Cheese Burrito	Mini Waffles	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
9/18/23	9/19/23	9/20/23	9/21/23	9/22/23
Bagel with Cream Cheese	French Toast Sticks	Sausage,egg,cheese muffin	Sausage Pancake on a Stick	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
9/25/23	9/26/23	9/27/23	9/28/23	9/29/23
Breakfast Pizza	Assorted Muffins	Sausage,egg,cheese muffin	Yogurt Parfait	Glazed Donuts
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
10/2/23	10/3/23	10/4/03	10/5/23	10/6/23
Mini Waffles	Cinnamon Roll	Egg,Sausage,Cheese Burrito	Sausage Pancake on a Stick	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

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
Lucky Charms
Cheerios
Fruit Loops
Frosted Flakes
* Includes Belly Bears

Fruit May Include:

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

Menu Subject to Change due to Availability

Food Service Director

Brenda DeSantis

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USDA is an Equal Opportunity Provider and
Employer

Student Paid Breakfast \$0.00

Student Reduced Breakfast \$0.00

Adult Breakfast \$2.40