





COMMODORE PERRY  
PANTHERS



**Metz**  
CULINARY MANAGEMENT

## Commodore Perry Elementary Lunch Menu Aug-Sep 2023

Monday	Tuesday	Wednesday	Thursday	Friday
8/28/23	8/29/23	8/30/23	8/31/23	9/1/23
	Nacho Grande &	Pulled Pork Sandwich	Mini Corn Dogs w/ cheese sauce	French Bread Pizza
	Refried Beans	Sweet Potato Fries	and a Pretzel Stick	with dipping Sauce
	or Nacho Craveable	or Nacho Craveable	or Nacho Craveable	or Nacho Craveable
	Rancho Carrots	Ranch Cauliflower Bites	French Fries	Corn
	Choice of Milk	Choice of Milk	Green Peas	Choice of Milk
	Choice of Fruit	Choice of Fruit	Choice of Milk	Choice of Fruit
			Choice of Fruit	
9/4/23	9/5/23	9/6/23	9/7/23	9/8/23
	Toasted Grilled Cheese	Bacon Cheeseburger	Walking Taco	Pizza Crunchers
	with Tomato Soup	Curly Fries	with pretzel stick	Curly Fries
	or Yogurt Craveable	or Yogurt Craveable	or Yogurt Craveable	or Yogurt Craveable
	Baby carrots	Seasoned Green Beans	Mixed Vegetable	Chic Pea Salad
	Choice of Milk	Choice of Milk	Choice of Milk	Choice of Milk
	Choice of Fruit	Choice of Fruit	Choice of Fruit	Choice of Fruit
9/11/23	9/12/23	9/13/23	9/14/23	9/15/23
Popcorn Chicken Bowl	Italian Sausage Sandwich	Pulled Pork Sandwich	Chicken Buffalo Dip	Cheese Pizza
with dinner roll	with peppers and onions	Sweet Potatoe Fries	with Nacho Chips	French Fries
or Super Fruit Craveable	or Super Fruit Craveable	or Super Fruit Craveable	or Super Fruit Craveable	or Super Fruit Craveable
Mashed potatoes/gravy	French Fries	Baked beans	Roasted Zucchini	Steamed Carrots
Corn	Green Peas	Choice of Milk	Choice of Milk	Choice of Milk
Choice of Milk	Choice of Milk	Choice of Fruit	Choice of Fruit	Choice of Fruit
Choice of Fruit	Choice of Fruit			
9/18/23	9/19/23	9/20/23	9/21/23	9/22/23
Ham and Cheese	Pierogies and Kielbasi	Cowboy Burger	Mini Corn Dog w/ cheese sauce	French Bread Pizza
on a Pretzel Bun	with a roll	with baked beans	with a Pretzel Stick	tator tots
or Italian Craveable	or Italian Craveable	or Italian Craveable	or Italian Craveable	or Italian Craveable
Green Beans	Corn	Carrots	French Fries	buttered corn
Choice of Milk	Choice of Milk	Choice of Milk	Green Peas	Choice of Milk
Choice of Fruit	Choice of Fruit	Choice of Fruit	Choice of Milk	Choice of Fruit
			Choice of Fruit	
9/25/23	9/26/23	9/27/23	9/28/23	9/29/23
Hot dog on a bun	Chicken Nuggets with	Chicken Alfredo over Penne	Soft Beef Taco	Pizza Crunchers
baked beans	Buttered Noodles	with a Breadstick	French Fries	or
or Ham and cheese Craveable	or Ham and Cheese Craveable	or Ham and Cheese Craveable	or Ham and Cheese Craveable	or Ham and Cheese Craveable
Carrots	Ranch Cauliflower Bites	Broccoli	Corn	Green Peas
Choice of Milk	Choice of Milk	Choice of Milk	Choice of Milk	Choice of Milk
Choice of Fruit	Choice of Fruit	Choice of Fruit	Choice of Fruit	Choice of Fruit
10/2/23	10/3/23	10/4/23	10/5/23	10/6/23
Chicken and Gravy on a Biscuit	Bacon Cheeseburger	Ham and Cheese	Popcorn Chicken Bowl	Cheese Pizza
or	tator tots	on a Pretzel Bun	with roll	
or PBJ Craveable	or PBJ Craveable	or PBJ Craveable	or PBJ Craveable	or PBJ Craveable
Mashed Potatoes and Gravy	Green Peas	Broccoli and Cheese Sauce	Mashed Potatoes/Gravy	Carrots
Mixed Vegetable	Choice of Milk	Choice of Milk	Corn	Choice of Milk
Choice of Milk	Choice of Fruit	Choice of Fruit	Choice of Milk	Choice of Fruit
Choice of Fruit			Choice of Fruit	
<b>Student Paid Lunch \$0.00      Student Reduced Lunch \$0.00      Adult Lunch \$4.75</b>				

### 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, 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 \$ 4.75

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