





COMMODORE PERRY
PANTHERS



Metz
CULINARY MANAGEMENT

Commodore Perry High School 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 and refried beans	Pulled Pork Sandwich	Mini Corn Dogs w/ cheese sauce	French Bread Pizza
	or Salad Bar	Sweet Potatoe Fries	and a Pretzel Stick & Fries	with dipping sauce
	or Tried and True	or Salad Bar	or Salad Bar	or Salad Bar
		or Tried and True	or Tried and True	or Tried and True
	Rancho Carrots			
	Choice of Milk	Ranch Cauliflower Bites	Green Peas	Corn
	Choice of Fruit	Choice of Milk	Choice of Milk	Choice of Milk
		Choice of Fruit	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 Cruncher
	with Tomato Soup	Curly Fries	with Pretzel Stick	Curly Fries
	or Salad Bar	or Salad Bar	or Salad Bar	or Salad Bar
	or Tried and True	or Tried and True	or Tried and True	or Tried and True
	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 Salad Bar	or Salad Bar	or Salad Bar	or Salad Bar	or Salad Bar
or Tried and True	or Tried and True	or Tried and True	or Tried and True	or Tried and True
Mashed Potatoes/Gravy	French Fries			
Corn	Green Peas	Baked Beans	Roasted Zucchini	Steamed Carrots
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 Salad Bar	or Salad Bar	or Salad Bar	or Salad Bar	or Salad Bar
or Tried and True	or Tried and True	or Tried and True	or Tried and True	or Tried and True
			French Fries	
Green Beans	Corn	Carrots	Green Peas	Buttered Corn
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
9/25/23	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 Bread Stick	French Fries	
or Salad Bar	or Salad Bar	or Salad Bar	or Salad Bar	or Salad Bar
or Tried and True	or Tried and True	or Tried and True	or Tried and True	or Tried and True
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 Cheesburger	Ham and Cheese	Popcorn Chicken Bowl w/roll	Cheese Pizza
Mashed Potatoes and Gravy	tator tots	on a Pretzel Bun	Mashed Potatoes/Gravy	
or Salad Bar	or Salad Bar	or Salad Bar	or Salad Bar	or Salad Bar
Tried and True	or Tried and True	or Tried and True	or Tried and True	or Tried and True
Mixed Vegetables	Green Peas	Broccoli and Cheese Sauce	Corn	Carrots
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
<div> Student Paid Lunch \$0.00 Student Reduced Lunch \$0.00 Adult Lunch \$4.75 </div>				

What is a Meal?

You must choose at least 3 of the 5 components available for the school lunch price. A 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

Daily Vegetable Choices May Include:

Spinach, Broccoli, Romaine Salad, Spring Salad, Carrots, Sweet Potatoes, Tomatoes, Red Peppers, Beans, Peas, Potatoes, Corn, Lima Beans, Celery sticks, Cucumbers, Cauliflower, Green Peppers, Green Beans, Cabbage and Green Peppers

Daily Fruit Choices May Include:

Oranges, Apples, Bananas, Grapes, Pears, Peaches, Cantaloupe, Melon, Strawberries, Applesauce, Pineapple, and Mandarin Oranges

Tried and True Line:

Daily entrée options may include:
Cheeseburger on a Bun
Hamburger on a Bun
Chicken Patty on a Bun
Spicy Chicken Patty on a Bun
Cheese or Pepperoni Pizza

Lunch Prices:

Student \$
Reduced \$
Adult \$ 4.75

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