



Commodore Perry Breakfast Menu Jan.-Feb 2024

Monday	Tuesday	Wednesday	Thursday	Friday
1/1/24	1/2/24	1/3/24	1/4/24	1/5/24
		Assorted Muffins	Pancakes with Sausage	Glazed Donut
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9 6	7 9	Assorted 100% Fruit Juice	Assorted 100% Fruit Juice	Assorted 100% Fruit Juice
		& Assorted Fresh	& Assorted Fresh	& Assorted Fresh
	 	or Canned Fruit	or Canned Fruit	or Canned Fruit
1/8/24	1/9/24	Choice of Milk 1/10/24	Choice of Milk 1/11/24	Choice of Milk 1/12/24
Yogurt Parfait	French Toast Sticks	Sausage,egg,cheese, muffin	Assorted Muffins	1/12/27
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Assorted Cereals	Assorted Cereals	Assorted Cereals	Assorted Cereals	$\cap \cap$
Assorted 100% Fruit Juice	Assorted 100% Fruit Juice	Assorted 100% Fruit Juice	Assorted 100% Fruit Juice	0) (0
& Assorted Fresh	& Assorted Fresh	& Assorted Fresh	& 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	
1/15/24	1/16/24	1/17/24	1/18/24	1/19/24
	Cinnamon Rolls		Mini Waffles	Glazed Donut
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	& Assorted Fresh	& Assorted Fresh	& Assorted Fresh	& Assorted Fresh
	or Canned Fruit	or Canned Fruit	or Canned Fruit	or Canned Fruit
1/22/24	or Canned Fruit Choice of Milk	or Canned Fruit Choice of Milk	or Canned Fruit Choice of Milk	or Canned Fruit Choice of Milk
1/22/24 Ranel with Cream Cheese	or Canned Fruit Choice of Milk 1/23/24	or Canned Fruit Choice of Milk 1/24/24	or Canned Fruit Choice of Milk 1/25/24	or Canned Fruit Choice of Milk 1/26/24
Bagel with Cream Cheese	or Canned Fruit Choice of Milk 1/23/24 French Toast Sticks	or Canned Fruit Choice of Milk 1/24/24 Sausage,egg,cheese muffin	or Canned Fruit Choice of Milk 1/25/24 Sausage Pancake on a Stick	or Canned Fruit Choice of Milk 1/26/24 Glazed Donut
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Bagel with Cream Cheese or	or Canned Fruit Choice of Milk 1/23/24 French Toast Sticks or	or Canned Fruit Choice of Milk 1/24/24 Sausage,egg,cheese muffin or	or Canned Fruit Choice of Milk 1/25/24 Sausage Pancake on a Stick or	or Canned Fruit Choice of Milk 1/26/24 Glazed Donut or
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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
metzfoods@cppanthers.org
724.253.3255 ext 1228

USDA is an Equal Opportunity Provider and Employer

Student Paid Breakfast \$0.00

Student Reduced Breakfast \$0.00

Adult Breakfast \$2.40