







COMMODORE PERRY  
PANTHERS



**Metz**  
CULINARY MANAGEMENT

## Commodore Perry Breakfast Menu Jan.-Feb 2024

Monday 1/1/24	Tuesday 1/2/24	Wednesday 1/3/24	Thursday 1/4/24	Friday 1/5/24
		Assorted Muffins	Pancakes with Sausage	Glazed Donut
		or	or	or
		Assorted Cereals	Assorted Cereals	Assorted Cereals
		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
1/8/24	1/9/24	1/10/24	1/11/24	1/12/24
Yogurt Parfait	French Toast Sticks	Sausage,egg,cheese, muffin	Assorted Muffins	
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	
1/15/24	1/16/24	1/17/24	1/18/24	1/19/24
	Cinnamon Rolls		Mini Waffles	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
1/22/24	1/23/24	1/24/24	1/25/24	1/26/24
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
1/29/24	1/30/24	1/31/24	2/1/24	2/2/24
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
2/5/24	2/6/24	2/7/24	2/8/24	2/9/24
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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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**