







COMMODORE PERRY
PANTHERS



Metz
CULINARY MANAGEMENT

Commodore Perry Elementary Lunch Menu Jan. - Feb 2024

Monday	Tuesday	Wednesday	Thursday	Friday
1/1/24	1/2/24	1/3/24	1/4/24	1/5/24
		Pulled Pork Sandwich	Mini Corn Dogs w/ cheese sauce	French Bread Pizza
		Tater Tots	and a Pretzel Stick	with dipping Sauce
		or Nacho Craveable	or Nacho Craveable	or Nacho Craveable
		Ranch Cauliflower Bites	French Fries	Corn
		Choice of Milk	Green Peas	Choice of Milk
		Choice of Fruit	Choice of Milk	Choice of Fruit
1/8/24	1/9/24	1/10/24	1/11/24	1/12/24
General TSO Chicken	Toasted Grilled Cheese	Bacon Cheeseburger	Walking Taco	
with brown rice & egg roll	with Tomato Soup	Curly Fries	with pretzel stick	
or Yogurt Craveable	or Yogurt Craveable	or Yogurt Craveable	or Yogurt Craveable	
Broccoli	Baby carrots	Seasoned Green Beans	Mixed Vegetable	
Choice of Milk	Choice of Milk	Choice of Milk	Choice of Milk	
Choice of Fruit	Choice of Fruit	Choice of Fruit	Choice of Fruit	
1/15/24	1/16/24	1/17/24	1/18/24	1/19/24
	Chicken Sandwich	Pulled Pork Sandwich	Soft Beef Taco	Pizza
	Tater Tots	Sweet Potatoe Fries	Tater Tots	French Fries
	or Super Fruit Craveable	or Super Fruit Craveable	or Super Fruit Craveable	or Super Fruit Craveable
	Green Peas	Baked beans	Roasted Zucchini	Steamed Carrots
	Choice of Milk	Choice of Milk	Choice of Milk	Choice of Milk
	Choice of Fruit	Choice of Fruit	Choice of Fruit	Choice of Fruit
1/22/24	1/23/24	1/24/24	1/25/24	1/26/24
Ham and Cheese	Pierogies and Kielbasi	General TSO Chicken	Mini Corn Dog w/ cheese sauce	French Bread Pizza
on a Pretzel Bun	with a roll	Brown Rice	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
1/29/24	1/30/24	1/31/24	2/1/24	2/2/24
Hot dog on a bun	Chicken Nuggets with	Chicken Alfredo over Penne	Soft Beef Taco	Pizza Crunchers
baked beans	Buttered Noodles	Bread Stick	French Fries	or
or Ham and cheese Craveable	or Ham and Cheese Craveable	Or Ham & Cheese Cravable	or Ham and Cheese Craveable	or Ham and Cheese Craveable
Carrots	Ranch Cauliflower Bites	Dessert	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
2/5/24	2/6/24	2/7/24	2/8/24	2/9/24
Chicken and Gravy on a Biscuit	Bacon Cheeseburger	Ham and Cheese	Popcorn Chicken Bowl	Pizza
or	tator tots	on a Pretzel Bun	with roll	Tater Tots
	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	

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

General Manager
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Student Paid Lunch \$0.00

Student Reduced Lunch \$0.00

Adult Lunch \$4.75