





COMMODORE PERRY  
PANTHERS



**Metz**  
CULINARY MANAGEMENT

## Commodore Perry Breakfast Menu Feb.- Mar. 2024

Monday	Tuesday	Wednesday	Thursday	Friday
2/12/24	2/13/24	2/14/24	2/15/24	2/16/24
Breakfast Pizza	Muffins	Sausage Biscuits	Sausage Pancake on a Stick	
or	or	or	or	
Assorted Cereals	Assorted Cereals	Assorted Cereals	Assorted Cereals	
Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit	Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit	Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit	Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit	
Choice of Milk	Choice of Milk	Choice of Milk	Choice of Milk	
2/19/24	2/20/24	2/21/24	2/22/24	2/23/24
	French Toast Sticks	Sausage,egg,cheese, muffin	Assorted Muffins	Glazed Donut
	or	or	or	or
	Assorted Cereals	Assorted Cereals	Assorted Cereals	Assorted Cereals
	Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit	Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit	Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit	Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit
	Choice of Milk	Choice of Milk	Choice of Milk	Choice of Milk
2/26/24	2/27/24	2/28/24	2/29/24	3/1/24
Breakfast Pizza	Cinnamon Rolls	Sausage Biscuits	Mini Waffles	Glazed Donut
or	or	or	or	or
Assorted Cereals	Assorted Cereals	Assorted Cereals	Assorted Cereals	Assorted Cereals
Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit	Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit	Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit	Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit	Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit
Choice of Milk	Choice of Milk	Choice of Milk	Choice of Milk	Choice of Milk
3/4/24	3/5/24	3/6/24	3/7/24	3/8/24
Muffins	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 or Canned Fruit	Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit	Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit	Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit	Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit
Choice of Milk	Choice of Milk	Choice of Milk	Choice of Milk	Choice of Milk
3/11/24	3/12/24	3/13/24	3/14/24	3/15/24
Breakfast Pizza	Assorted Muffins	Sausage,egg,cheese muffin	Dutch Waffles	Glazed Donuts
or	or	or	or	or
Assorted Cereals	Assorted Cereals	Assorted Cereals	Assorted Cereals	Assorted Cereals
Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit	Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit	Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit	Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit	Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit
Choice of Milk	Choice of Milk	Choice of Milk	Choice of Milk	Choice of Milk
3/18/24	3/19/24	3/20/24	3/21/24	3/22/24
Mini Waffles	Cinnamon Roll	Egg,Sausage,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 or Canned Fruit	Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit	Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit	Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit	Assorted 100% Fruit Juice & Assorted Fresh 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 Beans

### 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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USDA is an Equal Opportunity Provider and  
Employer

Student Paid Breakfast \$0.00

Student Reduced Breakfast \$0.00

Adult Breakfast \$2.40