




COMMODORE PERRY
PANTHERS



Metz
CULINARY ARTS PROGRAM

Commodore Perry Elementary Lunch Menu Feb.- Mar.-2024

Monday	Tuesday	Wednesday	Thursday	Friday
2/12/24	2/13/24	2/14/24	2/15/24	2/16/24
Chicken Alfredo breadstick or Nacho Craveable	Nacho Grande & Mexican Rice or Nacho Craveable	Chicken Sandwich Tater Tots or Nacho Craveable Chick Pea Salad	Mini Corn Dogs w/ cheese sauce and a Pretzel Stick or Nacho Craveable	
Broccoli	Rancho Carrots	Ranch Cauliflower Bites	French Fries	
Choice of Milk	Choice of Milk	Choice of Milk	Green Peas	
Choice of Fruit	Choice of Fruit	Choice of Fruit	Choice of Milk	
			Choice of Fruit	
2/19/24	2/20/24	2/21/24	2/22/24	2/23/24
	Toasted Grilled Cheese with Tomato Soup or Yogurt Craveable	Bacon Cheeseburger Curly Fries or Yogurt Craveable	Walking Taco with pretzel stick or Yogurt Craveable	Pizza Crunchers Tater Tots or Yogurt Craveable
	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
2/26/24	2/27/24	2/28/24	2/29/24	3/1/24
Popcorn Chicken Bowl with dinner roll or Super Fruit Craveable	Chicken Sandwich Tater Tots or Super Fruit Craveable	Pierogies and Kielbasi With roll or Super Fruit Craveable	Soft Beef Taco Tater Tots or Super Fruit Craveable	Pizza or Super Fruit Craveable
Mashed potatoes/gravy		Green Beans	Corn	Steamed Carrots
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			
3/4/24	3/5/24	3/6/24	3/7/24	3/8/24
Ham and Cheese on a Pretzel Bun or Italian Craveable	Chicken Alfredo/ Penne Pasta Bread Stick or Italian Craveable	General TSO Chicken Brown Rice or Italian Craveable	Mini Corn Dog w/ cheese sauce with a Pretzel Stick or Italian Craveable	French Bread Pizza tater tots or Italian Craveable
Green Beans	Broccoli	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
			Choice of Fruit	
3/11/24	3/12/24	3/13/24	3/14/24	3/15/24
Hot dog on a bun baked beans or Ham and cheese Craveable	Chicken Nuggets with Buttered Noodles or Ham and Cheese Craveable	Pasta With Meat Sauce Bread Stick Or Ham & Cheese Craveable	Soft Beef Taco Tater Tots or Ham and Cheese Craveable	Pizza Crunchers or or Ham and Cheese Craveable
Carrots	Ranch Cauliflower Bites	Green Beans	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
3/18/24	3/19/24	3/20/24	3/21/24	3/22/24
Chicken and Gravy on a Biscuit or PB&J Craveable	Bacon Cheeseburger tater tots or PBJ Craveable	Ham and Cheese on a Pretzel Bun or PBJ Craveable	Popcorn Chicken Bowl with roll or PBJ Craveable	Pizza or PBJ Craveable
Mashed Potatoes and Gravy	Green Peas	Broccoli and Cheese Sauce	Mashed Potatoes/Gravy	Carrots/ Chick Pea Salad
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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USDA is an Equal Opportunity
Provider and Employer

Student Paid Lunch \$0.00

Student Reduced Lunch \$0.00

Adult Lunch \$4.75