



COMMODORE PERRY
PANTHERS



Metz
CULINARY MANAGEMENT

Commodore Perry Breakfast Menu Mar.- Apr. 2024

Monday	Tuesday	Wednesday	Thursday	Friday	
3/25/24	3/26/24	3/27/24	3/28/24	3/29/24	
Breakfast Pizza or Assorted Cereals	Muffins or Assorted Cereals	Sausage Biscuits or 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			
Choice of Milk	Choice of Milk	Choice of Milk			
4/1/24	4/2/24	4/3/24			
	French Toast Sticks or Assorted Cereals	Sausage, egg, cheese, muffin or Assorted Cereals			Assorted Muffins or 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	
	4/8/24	4/9/24	4/10/24	4/11/24	4/12/24
	Breakfast Pizza or Assorted Cereals	Cinnamon Rolls or Assorted Cereals	Sausage Biscuits or Assorted Cereals	Mini Waffles or Assorted Cereals	Glazed Donut or 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	
4/15/24	4/16/24	4/17/24	4/18/24	4/19/24	
Muffins or Assorted Cereals	French Toast Sticks or Assorted Cereals	Sausage, egg, cheese muffin or Assorted Cereals	Sausage Pancake on a Stick or Assorted Cereals	Glazed Donut or 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	
4/22/24	4/23/24	4/24/24	4/25/24	4/26/24	
Breakfast Pizza or Assorted Cereals	Assorted Muffins or Assorted Cereals	Sausage, egg, cheese muffin or Assorted Cereals	Dutch Waffles or Assorted Cereals	Glazed Donuts or 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	
4/29/24	4/30/24	5/1/24	5/2/24	5/3/24	
Mini Waffles or Assorted Cereals	Cinnamon Roll or Assorted Cereals	Egg, Sausage, Cheese Muffin or Assorted Cereals	Sausage Pancake on a Stick or 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		
Student Paid Breakfast \$0.00	Student Reduced Breakfast \$0.00	Adult Breakfast \$2.50			

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@cpanthers.org
724.253.3255 ext 1228

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COMMODORE PERRY
PANTHERS



Commodore Perry Elementary Lunch Menu Mar.- April 2024

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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Monday	Tuesday	Wednesday	Thursday	Friday
3/25/24	3/26/24	3/27/24	3/28/24	3/29/24
Chicken Alfredo breadstick or Nacho Craveable	Ham or Turkey Mashed Potatoes/ Gravy Corn, Roll Strawberry Short Cake	Chicken Sandwich Tater Tots or Nacho Craveable Chick Pea Salad Ranch Cauliflower Bites		
Broccoli	Choice of Milk	Choice of Milk		
Choice of Milk	Choice of Fruit	Choice of Fruit		
Choice of Fruit				
4/1/24	4/2/24	4/3/24	4/4/24	4/5/24
	Toasted Grilled Cheese with Tomato Soup or Yogurt Craveable	Cheeseburger Curly Fries or Yogurt Craveable	Walking Taco or Yogurt Craveable	Pizza 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
4/8/24	4/9/24	4/10/24	4/11/24	4/12/24
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 or Super Fruit Craveable	Pizza or Super Fruit Craveable
Mashed potatoes/gravy	Green Peas	Green Beans	Corn	Steamed Carrots
Corn	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				
4/15/24	4/16/24	4/17/24	4/18/24	4/19/24
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	Corn Dogs Tater Tots or Italian Craveable	French Bread Pizza or Italian Craveable
Green Beans	Broccoli	Carrots	Green Peas	buttered corn
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
4/22/24	4/23/24	4/24/24	4/25/24	4/26/24
Chees Dogs 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 Cravable	Soft Beef Taco or Ham and Cheese Craveable	Pizza 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
4/29/24	4/30/24	5/1/24	5/2/24	5/3/24
Chicken and Gravy on a Biscuit or PB&J Craveable	Cheeseburger tator tots or PBJ Craveable	Ham and Cheese on a Pretzel Bun or PBJ Craveable	Popcorn Chicken Bowl with roll or PBJ Craveable	
Mashed Potatoes and Gravy	Green Peas	Broccoli and Cheese Sauce	Mashed Potatoes/Gravy	
Mixed Vegetable	Choice of Milk	Choice of Milk	Corn	
Choice of Milk	Choice of Fruit	Choice of Fruit	Choice of Milk	
Choice of Fruit			Choice of Fruit	

Student Paid Lunch \$0.00

Student Reduced Lunch \$0.00

Adult Lunch \$4.75



COMMODORE PERRY
PANTHERS



Commodore Perry High School Lunch Menu- March-April 2024

What is a Meal?

You must choose at least 3 of the 5 components available for the school lunch price. A 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

Daily Vegetable Choices May Include:

Spinach, Broccoli, Romaine Salad, Spring Salad, Carrots, Sweet Potatoes, Tomatoes, Red Peppers, Beans, Peas, Potatoes, Corn, Lima Beans, Celery sticks, Cucumbers, Cauliflower, Green Peppers, Green Beans, Cabbage and Green Peppers

Daily Fruit Choices May Include:

Oranges, Apples, Bananas, Grapes, Pears, Peaches, Cantaloupe, Melon, Strawberries, Applesauce, Pineapple, and Mandarin Oranges

Tried and True Line:

Daily entrée options may include:
Cheeseburger on a Bun
Hamburger on a Bun
Chicken Patty on a Bun
Spicy Chicken Patty on a Bun
Cheese or Pepperoni Pizza

Lunch Prices:

Student \$
Reduced \$
Adult \$ 4.75

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Monday	Tuesday	Wednesday	Thursday	Friday
3/25/24	3/26/24	3/27/24	3/28/24	3/29/24
Chicken Alfredo	Ham or Turkey	Chicken Sandwich		
Bread Stick	Mashed Potatoes / Gravy	Tater tots		
or Tried and True	Roll, Corn	or Salad Bar		
Green Beans	Strawberry Short Cake	or Tried and True		
Choice of Milk	Choice of Milk	Chick Pea Salad		
Choice of Fruit	Choice of Fruit	Ranch Cauliflower Bites		
		Choice of Milk		
		Choice of Fruit		
4/1/24	4/2/24	4/3/24	4/4/24	4/5/24
	Toasted Grilled Cheese	Cheeseburger	Walking Taco	Pizza
	with Tomato Soup	Curly Fries	or Salad Bar	or Salad Bar
	or Salad Bar	or Salad Bar	or Tried and True	or Tried and True
	or Tried and True	or Tried and True		
		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
4/8/24	4/9/24	4/10/24	4/11/24	4/12/24
Popcorn chicken Bowl	Chicken Sandwich	Pierogies and Kielbasi	Soft Taco	Pizza
with dinner roll	Tater Tots	Roll	or Salad Bar	or Salad Bar
or Salad Bar	or Salad Bar	or Salad Bar	or Tried and True	or Tried and True
or Tried and True	or Tried and True	or Tried and True		
Mashed Potatoes/Gravy				
Corn	Green Peas	Baked Beans	Roasted Zucchini	Steamed Carrots
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
4/15/24	4/16/24	4/17/24	4/18/24	4/19/24
Ham and Cheese	Chicken Alfredo/ Penne Pasta	General TSO	Corn Dogs	French Bread Pizza
on a Pretzel Bun	Bread Sticks	Brown Rice	Tater Tots	or Salad Bar
or Salad Bar	or Salad Bar	or Salad Bar	or Salad Bar	or Tried and True
or Tried and True	or Tried and True	or Tried and True	or Tried and True	
Green Beans	Corn	Carrots	Green Peas	Buttered Corn
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
4/22/24	4/23/24	4/24/24	4/25/24	4/26/24
Cheese Dogs	Chicken Nuggets with	Pasta with Meat Sauce	Soft Beef Taco	Pizza
Baked Beans	Buttered Noodles	Bread Stick	Tater Tots	or Salad Bar
or Salad Bar	or Salad Bar	or Salad Bar	or Salad Bar	or Tried and True
or Tried and True	or Tried and True	or Tried and True	or Tried and True	
Carrots	Ranch Cauliflower Bites	Broccoli	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
4/29/24	4/30/24	5/1/24	5/2/24	5/3/24
Chicken and Gravy on a Biscuit	Cheeseburger	Ham and Cheese	Popcorn Chicken Bowl w/roll	
Mashed Potatoes and Gravy	tater tots	on a Pretzel Bun	Mashed Potatoes/Gravy	
or Salad Bar	or Salad Bar	or Salad Bar	or Salad Bar	
Tried and True	or Tried and True	or Tried and True	or Tried and True	
Mixed Vegetables	Green Peas	Broccoli and Cheese Sauce	Corn	
Choice of Milk	Choice of Milk	Choice of Milk	Choice of Milk	
Choice of Fruit	Choice of Fruit	Choice of Fruit	Choice of Fruit	

Student Paid Lunch \$0.00

Student Reduced Lunch \$0.00

Adult Lunch \$4.75