COMMODORE PERRY
PANTHERS

Metz
CULINARY MANAGEMENT

Commodore Perry High School Lunch Menu-May 2024

Monday	Tuesday	Wednesday	Thursday	Friday
5/6/24	**5/7/24**	**5/8/24**	**5/9/24**	**5/10/24**
Chicken Alfredo	Nacho Grande	Chicken Sandwich	Corn Dogs	Pizza
Bread Stick		Pretzels	Potato Wedges	
or Tried and True	or Tried and True	or Salad Bar	or Salad Bar	or Salad Bar
		or Tried and True	or Tried and True	or Tried and True
Green Beans	Rancho Carrots	Chick Pea Salad		
Choice of Milk	Choice of Milk	Ranch Cauliflower Bites	Green Peas	Corn
Choice of Fruit	Choice of Fruit	Choice of Milk	Choice of Milk	Choice of Milk
		Choice of Fruit	Choice of Fruit	Choice of Fruit
5/13/24	**5/14/24**	**5/15/24**	**5/16/24**	**5/17/24**
French Toast Sticks	Toasted Grilled Cheese	Meatballo Subs	Walking Taco	Pizza
Sausage		Curly Fries		
Syrup	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
Mix Fruit	Baby Carrots	Seasoned Green Beans	Mixed Vegetable	Chic Pea Salad
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
5/20/24	**5/21/24**	**5/22/24**	**5/23/24**	**5/24/24**
Chicken Sandwich	Sub Sandwich	Pancakes	Soft BeffTaco	Pizza
Potato Wedges	Baked Chips	Link Sausage/ Syrup	Tater Tots	
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
Corn	Green Peas		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
5/27/24	**5/28/24**	**5/29/24**	**5/30/24**	**5/31/24**
	Cooks Choice	Pizza	Cooks Choice	Sack Lunches Ham&Chesse Sandwich
	Choice of Milk	Choice of Milk	Choice of Milk	Choice of Milk
	Choice of Fruit	Choice of Fruit	Choice of Fruit	Choice of Fruit
6/3/24	**6/4/24**	**6/5/24**	**6/6/24**	**6/7/24**
6/10/24	**6/11/24**	**6/12/24**	**6/13/24**	**6/14/24**

Student Paid Lunch $0.00 **Student Reduced Lunch $0.00** **Adult Lunch $4.75**

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 Bu
Cheese or Pepperoni Pizza

Lunch Prices:
Student $
Reduced $
Adult$ 4.75

General Manager
Brenda DeSantis
metzfoods@cppanthers.org
724.253.3255 ext 1228

USDA is an Equal Opportunity Provider and Employer

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Commodore Perry Elementary Lunch Menu May 2024

Monday	Tuesday	Wednesday	Thursday	Friday
5/6/24	5/7/24	5/8/24	5/9/24	5/10/24
Chicken Alfredo	Nacho Grande	Chicken Sandwich	Corn Dogs	Pizza
breadstick		Pretzels	Potato Wedges	
Ham & Cheese Craveable	Ham & Cheese Craveable	Ham & Cheese Craveable	Ham & Cheese Craveable	Ham & Cheese Craveable
Broccoli	Green Beans	Carrots		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	
5/13/24	5/14/24	5/15/24	5/16/24	5/17/24
French Toast / Sausage	Grilled Cheese	Meatball Subs	Walking Taco	Pizza
Syrup	Chips	Curly Fries		
or Yogurt Craveable	or Yogurt Craveable	or Yogurt Craveable	or Yogurt Craveable	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 Milk
Choice of Fruit	Choice of Fruit	Choice of Fruit	Choice of Fruit	Choice of Fruit
5/20/24	5/21/24	5/22/24	5/23/24	5/24/24
Chicken Sandwich	Sub Sandwich	Pancakes	Soft Beef Taco	Pizza
Potato Wedges	Baked Chips	Link Sausage/ Syrup		
or Super Fruit Craveable	or Super Fruit Craveable	or Super Fruit Craveable	or Super Fruit Craveable	or Super Fruit Craveable
Corn	Lettuce/ Tomatoes		Corn	Steamed Carrots
Choice Of Mik	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
5/27/24	5/28/24	5/29/24	5/30/24	5/31/24
	Cook Choice	Pizza	Cook Choice	Sack Lunch
				Ham & Cheee Sandwich
	PB&J Craveable	PB&J Craveable	PB&J Craveable	PB&J Craveable
	Choice of Milk	Choice of Milk	Choice Of Milk	Choice of Milk
	Choice of Fruit	Choice of Fruit	Choice of Fruit	Choice of Fruit
6/3/24	6/4/24	6/5/24	6/6/24	6/7/24
6/10/24	6/11/24	6/12/24	6/13/24	6/14/24

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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

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