



COMMODORE PERRY
PANTHERS



Metz
CULINARY MANAGEMENT

Commodore Perry High School Lunch Menu- Aug- Sept 2024

What is a Meal?

Monday	Tuesday	Wednesday	Thursday	Friday
8/19/24	8/20/24	8/21/24	8/22/24	8/23/24
			Corn Dogs	French Bread Pizza
			Potato Wedges	
			or Tried and True	or Tried and True
			Green Peas	Corn
			Choice of Milk	Choice of Milk
Choice of Fruit	Choice of Fruit			
8/26/24	8/27/24	8/28/24	8/29/24	8/30/24
French Toast Sticks	Toasted Grilled Cheese	Meatballo Subs	Walking Taco	Personal Pizza
Sausage	with Tomato Soup	Curly Fries	Pretzel Stick	
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
9/2/24	9/3/24	9/4/24	9/5/24	9/6/24
	Sub Sandwich	Popcorn Chicken Bowl	Soft BeefTaco	Pizza
	Baked Chips	Mashed Potatoes/ Roll	Tater Tots	
	or Tried and True	or Tried and True	or Tried and True	or Tried and True
	Green Peas	Buttered Corn	Steamed Carrots	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	
9/9/24	9/10/24	9/11/24	9/12/24	9/13/24
Pierogies	General TSO	Pancakes & Sausage	Corn Dogs	Personal Pizza
Roll	Rice	Syrup	Potato Wedges	
or Tried and True	or Tried and True	or Tried and True	or Tried and True	or Tried and True
Green Beans	Broccoli	Mix Fruit	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
9/16/24	9/17/24	9/18/24	9/19/24	9/20/24
Chili Cheese Dogs	Chicken Nuggets with	Pasta with Meat Sauce	Soft Beef Taco	Pizza
Baked Beans	Buttered Noodles	Bread Stick	Lettuce & Tomatoes	
or Tried and True	or Tried and True	or Tried and True	or Tried and True	or Tried and True
Carrots	Ranch Cauliflower Bites	Seasoned Green Beans	Buttered Corn	Green Peas
Choice of Milk	Choice of Milk	Choice of Milk	Choice of Milk	Choice of Milk
9/23/24	9/24/24	9/25/24	9/26/24	9/27/24
Chicken and Gravy on a Biscuit	B'BQ Sandwich	Ham and Cheese	Walking Taco	Cheese Pizza
Mashed Potatoes and Gravy	Baked Chips	on a Pretzel Bun	Lettuce & Tomatoes	
Tried and True	or Tried and True	or Tried and True	or Tried and True	or Tried and True
Mixed Vegetables	Green Peas	Broccoli	Corn	Carrots/ Chick Pea Salad
Choice of Milk & Fruit	Choice of Milk & fruit	Choice of Milk & Fruit	Choice of Milk & Fruit	Choice of Milk & Fruit

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:

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

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

USDA is an Equal Opportunity Provider and Employer

Student Paid Lunch \$0.00

Student Reduced Lunch \$0.00

Adult Lunch \$4.75



COMMODORE PERRY
PANTHERS



Commodore Perry Breakfast Menu Aug.-Sept. 2024

Monday	Tuesday	Wednesday	Thursday	Friday
8/19/24	8/20/24	8/21/24	8/22/24	8/23/24
			Sausage Pancke on a Stick	Glazed Donut
			or	or
			Assorted Cereals	Assorted Cereals
			Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit	Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit
			Choice of Milk	Choice of Milk
8/26/24	8/27/24	8/28/24	8/29/24	8/30/24
Dutch Waffles	Cinnamon Rolls	Sausage,egg,cheese, muffin	Assorted Muffins	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
9/2/24	9/3/24	9/4/24	9/5/24	9/6/24
	Cinnamon Rolls	Sausage Biscuits	Mini Waffles	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
9/9/24	9/10/24	9/11/24	9/12/24	9/13/24
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
9/16/24	9/17/24	9/18/24	9/19/24	9/20/24
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
9/23/24	9/24/24	9/25/24	9/26/24	9/27/24
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

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@cppanthers.org
724.253.3255 ext 1228

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Student Paid Breakfast \$0.00

Student Reduced Breakfast \$0.00

Adult Breakfast \$2.50



COMMODORE PERRY
PANTHERS



Commodore Perry Elementary Lunch Menu Aug.-Sept 2024

Monday	Tuesday	Wednesday	Thursday	Friday
8/19/24	8/20/24	8/21/24	8/22/24	8/23/24
			Corn Dogs	French Bread Pizza
			Seasoned Potato Wedges or Ham & Cheese Craveable	or Ham & Cheese Craveable
			Green Peas	Buttered Corn
			Milk of Choice	Choice of Milk
			Choice of Fruit	Choice of Fruit
8/26/24	8/27/24	8/28/24	8/29/24	8/30/24
French Toast / Sausage	Grilled Cheese	Meatball Subs	Walking Taco	Personal Pepperoni
Hash Brown Patty or Yogurt Craveable	Tomato Soup or Yogurt Craveable	Curly Fries or Yogurt Craveable	Pretzel Stick or Yogurt Craveable	Pizza or Yogurt Craveable
Mix Fruit	Baby carrots	Seasoned Green Beans	Mixed Vegetable	Corn/ 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
9/2/24	9/3/24	9/4/24	9/5/24	9/6/24
	Ham & Cheese Hoagie	Popcorn Chicken Bowl	Soft Beef Taco	Pizza
	Tater Tots or Super Fruit Craveable	Mashed Potatoes/ Roll or Super Fruit Craveable	Lettuce & Tomatoes or Super Fruit Craveable	Side Salads or Super Fruit Craveable
	Green Peas	Buttered Corn	Steamed Carrots	Buttered 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
9/9/24	9/10/24	9/11/24	9/12/24	9/13/24
Pierogies / Roll	General TSO	Pancake & Sausage	Corn dogs	Personal Cheese
or PB&J Craveable	Rice / Roll or PB&J Craveable	Hash Brown Patty or PB&J Craveable	Potato Wedges or PB&J Craveable	Pizza or PB&J Craveable
Seasoned Green Beans	Broccoli	Mix Fruit	Green Peas/ Garbanzo Beans	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
9/16/24	9/17/24	9/18/24	9/19/24	9/20/24
Chilli Chees Dogs	Chicken Nuggets with	Pasta With Meat Sauce	Soft Beef Taco	Personal Pizza
Baked beans or Ham & cheese Craveable	Buttered Noodles or Ham & Cheese Craveable	Garlic Bread Stick or Ham & Cheese Craveable	Lettuce & Tomatoes or Ham & Cheese Craveable	or Ham & Cheese Craveable
Carrots	Ranch Cauliflower Bites	Seasoned Green Beans	Buttered 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
9/23/24	9/24/24	9/25/24	9/26/24	9/27/24
Chicken and Gravy on a Biscuit or or PB&J Craveable	B'BQ Sandwich or Baked Chips or PB & J Craveable	Ham and Cheese on a Pretzel Bun or PB&J Craveable	Walking Taco Lettuce & Tomatoes or PB&J Craveable	Pizza or PB&J Craveable
Mashed Potatoes	Green Peas	Broccoli	Corn	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	

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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