






COMMODORE PERRY  
PANTHERS



**Metz**  
CULINARY MANAGEMENT

## Commodore Perry Breakfast Menu Oct.& Nov 2024

Monday	Tuesday	Wednesday	Thursday	Friday
9/30/24	10/1/24	10/2/24	10/3/24	10/4/24
Breakfast Pizza	Muffins	Sausage Biscuits	Sausage Pancke 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
10/7/24	10/8/24	10/9/24	10/10/24	10/11/24
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
10/14/24	10/15/24	10/16/24	10/17/24	10/18/24
	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
10/21/24	10/22/24	10/23/24	10/24/24	10/25/24
Muffins	French Toast Sticks	Sausage,egg,cheese muffin	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	
10/28/24	10/29/24	10/30/24	10/31/24	11/1/24
Breakfast Pizza	Assorted Muffins	Sausage,egg,cheese muffin	Dutch Waffles	
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	
11/4/24	11/5/24	11/6/24	11/7/24	11/8/24
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](mailto:metzfoods@cppanthers.org)  
724.253.3255 ext 1228

USDA is an Equal Opportunity Provider and Employer

Student Paid Breakfast \$0.00

Student Reduced Breakfast \$0.00



Adult Breakfast \$3.00



COMMODORE PERRY  
PANTHERS



# Commodore Perry Elementary Lunch Menu Oct. - Nov 2024

Monday	Tuesday	Wednesday	Thursday	Friday
<b>9/30/24</b>	<b>10/1/24</b>	<b>10/2/24</b>	<b>10/3/24</b>	<b>10/4/24</b>
Chicken Alfredo	Nacho Grande	Chicken Sandwich	Corn Dogs	Personal Pizza
Garlic Breadstick		Baked Potato Chips	Seasoned Potato Wedges	
or Ham & Cheese Craveable	or Ham & Cheese Craveable	or Ham & Cheese Craveable	or Ham & Cheese Craveable	or Ham & Cheese Craveable
Broccoli	Green Peas / Black Beans	Carrots / Chick Peas	Green Peas	Buttered Corn
Choice of Milk	Choice of Milk	Choice of Milk	Milk of Choice	Choice of Milk
Choice of Fruit	Choice of Fruit	Choice of Fruit	Choice of Fruit	Choice of Fruit
<b>10/7/24</b>	<b>10/8/24</b>	<b>10/9/24</b>	<b>10/10/24</b>	<b>10/11/24</b>
French Toast / Sausage	Grilled Cheese	Meatball Subs	Nacho's	Personal Pepperoni
Hash Browns	Tomato Soup	Curly Fries	Pretzel Stick	Pizza
or Yogurt Craveable	or Yogurt Craveable	or Yogurt Craveable	or Yogurt Craveable	or Yogurt Craveable
Mix Fruit	Baby carrots	Seasoned Green Beans	Mixed Vegetable	Corn/ Chic 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
<b>10/14/24</b>	<b>10/15/24</b>	<b>10/16/24</b>	<b>10/17/24</b>	<b>10/18/24</b>
	Ham & Cheese Hoagie	Popcorn Chicken Bowl	Sofl Beef Taco	Personal Pizza
	Baked Chips or PB&J Craveable	Mashed Potatoes/ Roll or PB&J Craveable	Lettuce & Tomatoes or PB&J Craveable	Side Salads or PB&J 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	
<b>10/21/24</b>	<b>10/22/24</b>	<b>10/23/24</b>	<b>10/24/24</b>	<b>10/25/24</b>
Pierogies / Roll	General TSO	Pancake & Sausage	Corn dogs	
or Ham & Cheese Craveable	or Ham & Cheese Craveable	Hash Browns	Potato Wedges	
		or Ham & Cheese Craveable	or Ham & Cheese Craveable	
Seasoned Green Beans	Broccoli	Mix Fruit	Green Peas/ Garbanzo Beans	
Choice of Milk	Choice of Milk	Choice of Milk	Choice Of Milk	
Choice of Fruit	Choice of Fruit	Choice of Fruit	Choice of Fruit	
<b>10/28/24</b>	<b>10/29/24</b>	<b>10/30/24</b>	<b>10/31/24</b>	<b>11/1/24</b>
Chilli Chees Dogs	Chicken Nuggets with	Pasta With Meat Sauce	Soft Beef Taco	
Baked beans	Buttered Noodles	Garlic Bread Stick	Lettuce & Tomatoes	
or Yogurt Craveable	or Yogurt Craveable	or Yogurt Craveable	or Yogurt Craveable	
Carrots	Ranch Cauliflower Bites	Seasoned Green Beans	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	
<b>11/4/24</b>	<b>11/5/25</b>	<b>11/6/24</b>	<b>11/7/24</b>	<b>11/8/24</b>
Chicken and Gravy on a Biscuit	B'BQ Sandwich	Ham and Cheese	Nacho's	Personal Pizza
or	Baked Chips	on a Pretzel Bun	Pretzel Stick	
or PB&J Craveable	or PB & J Craveable	or PB&J Craveable	or PB&J Craveable	or PB&J Craveable
Mashed Potatoes	Green Peas	Broccoli	Corn	Carrots/ Chick Pea Salad
Mixed Vegetable	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

### 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  
Brenda DeSantis  
meizfoods@cppanthers.org  
724.253.3255 ext 1228

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**Student Paid Lunch \$0.00**

**Student Reduced Lunch \$0.00**

**Adult Lunch \$4.75**



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CULINARY MANAGEMENT

# Commodore Perry High School Lunch Menu Oct-Nov 2024

What is a Meal?

Monday	Tuesday	Wednesday	Thursday	Friday
<b>9/30/24</b>	<b>10/1/24</b>	<b>10/2/24</b>	<b>10/3/24</b>	<b>10/4/24</b>
Chicken Alfredo	Nacho Grande	Chicken Sandwich	Corn Dogs	Personal Pizza
Bread Stick		Baked Chips	Seasoned Potato Wedges	
or Tried and True	or Tried and True	or Tried And True	or Tried and True	or Tried and True
Broccoli	Green Peas/Black Beans	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 Fruit	Choice of Fruit
<b>10/7/24</b>	<b>10/8/24</b>	<b>10/9/24</b>	<b>10/10/24</b>	<b>10/11/24</b>
French Toast Sticks	Toasted Grilled Cheese	Meatballo Subs	Nacho's	Personal Pizza
Hash Brown Patty ,Sausage	with Tomato Soup	Curly Fries	Pretzel Stick	
Syrup				
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/ 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
<b>10/14/24</b>	<b>10/15/24</b>	<b>10/16/24</b>	<b>10/17/24</b>	<b>10/18/24</b>
	Ham & Cheese Hoagie	Popcorn Chicken Bowl	Solf Beef Taco	Personal Pizza
	Baked Chips	Mashed Potatoes/ Roll	Lettuce , Tomatoes	Side Salad
	or Tried and True	or Tried and True	or Tried and True	or Tried and True
	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
<b>10/21/24</b>	<b>10/22/24</b>	<b>10/23/24</b>	<b>10/24/24</b>	<b>10/25/24</b>
Pierogies	General TSO	Pancakes & Sausage	Corn Dogs	
Roll	Rice / Roll	Hash Brown Patty ,Syrup	Potato Wedges	
or Tried and True	or Tried and True	or Tried and True	or Tried and True	
Green Beans	Broccoli	Mix Fruit	Green Peas	
Choice of Milk	Choice of Milk	Choice of Milk	Choice of Milk	
Choice of Fruit	Choice of Fruit	Choice of Fruit	Choice of Fruit	
<b>10/28/24</b>	<b>10/29/24</b>	<b>10/30/24</b>	<b>10/31/24</b>	
Chili Cheese Dogs	Chicken Nuggets with	Pasta with Meat Sauce	Soft Beef Taco	
Baked Beans	Buttered Noodles	Garlic Bread Sticks	Lettuce & Tomatoes	
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	
Choice of Milk	Choice of Milk	Choice of Milk	Choice of Milk	
<b>11/4/24</b>	<b>11/5/24</b>	<b>11/6/24</b>	<b>11/7/24</b>	<b>11/8/24</b>
Chicken and Gravy on a Biscuit	B'BQ Sandwich	Ham and Cheese	Nacho's	Personal Pizza
Mashed Potatoes and Gravy	Baked Chips	on a Pretzel Bun	Pretzel Stick	
Tried and True	or Tried and True	or Tried and True	Lettuce , Tomatoes	or Tried and True
Mixed Vegetables	Green Peas	Broccoli	Corn	Carrots/ Chick Peas
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  
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