






COMMODORE PERRY
PANTHERS



Metz
CULINARY MANAGEMENT

Commodore Perry Breakfast Menu Feb.- March 2025

Monday	Tuesday	Wednesday	Thursday	Friday	
2/3/25	2/4/25	2/5/25	2/6/25	2/7/25	
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	
2/10/25	2/11/25	2/12/25	2/13/25	2/14/25	
Dutch Waffles	Cinnamon Rolls	Sausage,egg,cheese, muffin	Assorted Muffins		
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		
2/17/25	2/18/25	2/19/25	2/20/25		2/21/25
	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	
2/24/25	2/25/25	2/26/25	2/27/25	2/28/25	
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	
3/3/25	3/4/25	3/5/25	3/6/25	3/7/25	
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	
3/10/25	3/11/25	3/12/25	3/13/25	3/14/25	
Mini Waffles	Cinnamon Roll	Egg,Sausage,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		

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

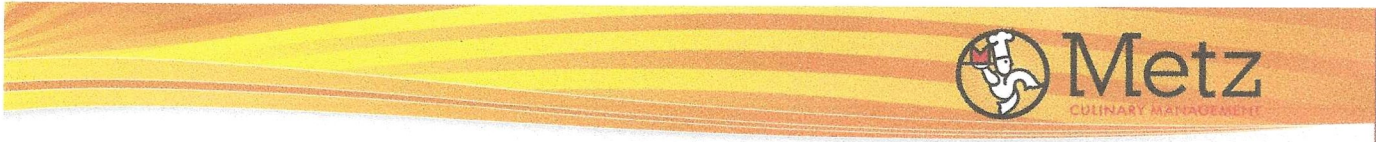
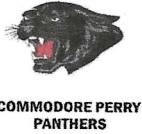
724.253.3255 ext 1228

USDA is an Equal Opportunity Provider and
Employer

Student Paid Breakfast \$0.00

Student Reduced Breakfast \$0.00

Adult Breakfast \$3.00



Commodore Perry Elementary Lunch Menu Feb.- March 2025

Monday	Tuesday	Wednesday	Thursday	Friday	
2/3/25	2/4/25	2/5/25	2/6/25	2/7/25	
Chicken Alfredo	Corn Dogs	Grilled Cheese	Nacho's	Personal Pan Pizza	
Garlic Breadstick or Ham & Cheese Craveable	Seasoned Potato Wedges or Ham & Cheese Craveable	Tomato Soup or Ham & Cheese Craveable	Pretzel Stick 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	
2/10/25	2/11/25	2/12/25	2/13/25	2/14/25	
French Toast / Sausage	Chicken Sandwich	Meatball Subs	Nacho's		
Hash Brown Patty or Yogurt Craveable	Baked Chips or Yogurt Craveable	Curly Fries or Yogurt Craveable	Pretzel Stick or Yogurt Craveable		
Mix Fruit	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		
2/17/25	2/18/25	2/19/25	2/20/25		2/21/25
	Ham & Cheese Hoagie	Popcorn Chicken Bowl	Soft Beef Taco		Pizza
	Baked Chips PB&J Craveable	Mashed Potatoes/ Roll PB&J Craveable	Lettuce & Tomatoes PB&J Craveable		Side Salads 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	
	2/24/25	2/25/25	2/26/25	2/27/25	2/28/25
Pierogies / Roll	General TSO	Pancake & Sausage	Corn dogs	Personal Cheese	
Ham & Cheese Craveable	Rice / Roll Ham & Cheese Craveable	Hash Brown Patty Ham & Cheese Craveable	Potato Wedges Ham & Cheese Craveable	Pizza Ham & Cheese 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	
3/3/25	3/4/25	3/5/25	3/6/25	3/7/25	
Chilli Chees Dogs	Chicken Nuggets with	Pasta With Meat Sauce	Soft Beef Taco	Personal Pizza	
Baked beans Yogurt Craveable	Buttered Noodles Yogurt Craveable	Garlic Bread Stick Yogurt Craveable	Lettuce & Tomatoes Yogurt Craveable	Yogurt 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	
3/10/25	3/11/25	3/12/25	3/13/25	3/14/25	
Chicken and Gravy on a Biscuit or or PB&J Craveable	B'BQ Sandwich Baked Chips or PB & J Craveable	Ham and Cheese on a Pretzel Bun or PB&J Craveable	Nacho's Pretzel Stick or PB&J Craveable		
Mashed Potatoes	Green Peas	Broccoli	Corn		
Mixed Vegetable	Choice of Milk	Choice of Milk	Corn		
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

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

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Provider and Employer

Student Paid Lunch \$0.00

Student Reduced Lunch \$0.00

Adult Lunch \$4.75



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PANTHERS



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CULINARY MANAGEMENT

Commodore Perry High School Lunch Menu- Feb.- March 2025

Monday	Tuesday	Wednesday	Thursday	Friday	
2/3/25	2/4/25	2/5/25	2/6/25	2/7/25	
Chicken Alfredo	Corn Dogs	Grilled Cheese	Nacho's	Personal Pan Pizza	
Bread Stick	Seasoned Potato Wedges	Tomato Soup	Pretzel Stick		
or Tried and True	or Tried and True				
		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	
2/10/25	2/11/25	2/12/25	2/13/25	2/14/25	
French Toast Sticks	Chicken Sandwich	Meatball Subs	Nacho's		
Sausage	Baked Chips	Curly Fries	Pretzel Stick		
Syrup	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		
Mix Fruit	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		
2/17/25	2/18/25	2/19/25	2/20/25		2/21/25
	Sub Sandwich	Popcorn Chicken Bowl	Soft Beef Taco		Personal Pizza
	Baked Chips	Mashed Potatoes/ Roll	Lettuce & Tomatoes		
	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		
2/24/25	2/25/25	2/26/25	2/27/25	2/28/25	
Pierogies	General TSO	Pancakes & Sausage	Nacho's	Personal Pizza	
Roll	Rice / Roll	Hash Browns, Syrup	Pretzel Sticks		
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	Corn	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	
3/3/25	3/4/25	3/5/25	3/6/25	3/7/25	
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	
3/10/25	3/11/25	3/12/25	3/13/25	3/14/25	
Chicken and Gravy on a Biscuit	B'Q Sandwich	Ham and Cheese	Nacho's		
Mashed Potatoes and Gravy	Baked Chips	on a Pretzel Bun	Pretzel Sticks		
or Tried and True	or Tried and True	or Tried and True	or Tried and True		
Mixed Vegetables	Green Peas	Broccoli	Corn		
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 Free

Adult \$ 4.75

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