





COMMODORE PERRY
PANTHERS



Metz
CULINARY MANAGEMENT

Commodore Perry Breakfast Menu April- May- June 2025

Monday	Tuesday	Wednesday	Thursday	Friday
4/28/25	4/29/25	4/30/25	5/1/25	5/2/25
Cinnamon Rolls	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 100% Fruit Juice	Assorted 100% Fruit Juice	Assorted 100% Fruit Juice	Assorted 100% Fruit Juice
& Assorted Fresh	& Assorted Fresh	& Assorted Fresh	& Assorted Fresh	& Assorted Fresh
or Canned Fruit	or Canned Fruit	or Canned Fruit	or Canned Fruit	or Canned Fruit
Choice of Milk	Choice of Milk	Choice of Milk	Choice of Milk	Choice of Milk
5/5/25	5/6/25	5/7/25	5/8/25	5/9/25
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 100% Fruit Juice	Assorted 100% Fruit Juice	Assorted 100% Fruit Juice	Assorted 100% Fruit Juice
& Assorted Fresh	& Assorted Fresh	& Assorted Fresh	& Assorted Fresh	& Assorted Fresh
or Canned Fruit	or Canned Fruit	or Canned Fruit	or Canned Fruit	or Canned Fruit
Choice of Milk	Choice of Milk	Choice of Milk	Choice of Milk	Choice of Milk
5/12/25	5/13/25	5/14/25	5/15/25	5/16/25
Muffins	Cinnamon Rolls	Sausage Biscuits	Mini Waffles	Glazed Donut
or	or	or	or	or
Assorted Cereals	Assorted Cereals	Assorted Cereals	Assorted Cereals	Assorted Cereals
Assorted 100% Fruit Juice	Assorted 100% Fruit Juice	Assorted 100% Fruit Juice	Assorted 100% Fruit Juice	Assorted 100% Fruit Juice
& Assorted Fresh	& Assorted Fresh	& Assorted Fresh	& Assorted Fresh	& Assorted Fresh
or Canned Fruit	or Canned Fruit	or Canned Fruit	or Canned Fruit	or Canned Fruit
Choice of Milk	Choice of Milk	Choice of Milk	Choice of Milk	Choice of Milk
5/19/25	5/20/25	5/21/25	5/22/25	5/23/25
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 100% Fruit Juice	Assorted 100% Fruit Juice	Assorted 100% Fruit Juice	Assorted 100% Fruit Juice
& Assorted Fresh	& Assorted Fresh	& Assorted Fresh	& Assorted Fresh	& Assorted Fresh
or Canned Fruit	or Canned Fruit	or Canned Fruit	or Canned Fruit	or Canned Fruit
Choice of Milk	Choice of Milk	Choice of Milk	Choice of Milk	Choice of Milk
5/26/25	5/27/25	5/28/25	5/29/25	5/30/25
	Assorted Muffins	Sausage,egg,cheese muffin	Dutch Waffles	Glazed Donuts
	or	or	or	or
	Assorted Cereals	Assorted Cereals	Assorted Cereals	Assorted Cereals
	Assorted 100% Fruit Juice	Assorted 100% Fruit Juice	Assorted 100% Fruit Juice	Assorted 100% Fruit Juice
	& Assorted Fresh	& Assorted Fresh	& Assorted Fresh	& Assorted Fresh
	or Canned Fruit	or Canned Fruit	or Canned Fruit	or Canned Fruit
6/2/25	6/3/25	6/4/25	6/5/25	6/6/25
Mini Waffles	Cinnamon Roll	Donuts	Muffins	
or	or	or	or	
Assorted Cereals	Assorted Cereals	Assorted Cereals	Assorted Cereals	
Assorted 100% Fruit Juice	Assorted 100% Fruit Juice	Assorted 100% Fruit Juice	Assorted 100% Fruit Juice	
& Assorted Fresh	& Assorted Fresh	& Assorted Fresh	& Assorted Fresh	
or Canned Fruit	or Canned Fruit	or Canned Fruit	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@cpanthers.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



Metz
CULINARY MANAGEMENT

Commodore Perry Elementary Lunch Menu April- May- June 2025

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, Peas

Daily Fruit Selection May Include:

oranges, apples, bananas, grapes, pears, peaches, cantaloupe, melon, strawberries, applesauce, pineapple, and mandarin oranges

Menu Subject to change .



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
metzfoods@cppanthers.org
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Monday	Tuesday	Wednesday	Thursday	Friday
4/28/25	4/29/25	4/30/25	5/1/25	5/2/25
Chicken Alfredo	Corn Dogs	Grilled Cheese	Nacho's	Ham & Cheese Sandwich
Garlic Breadstick	Seasoned Potato Wedges	Tomato Soup		Baked Chips
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	Vegetables/ Fruit
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
5/5/25	5/6/25	5/7/25	5/8/25	5/9/25
French Toast / Sausage	Chicken Sandwich	Meatball Subs	Nacho's	Personal Pepperoni
Hash Brown Patty	Baked Chips	Curly Fries		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 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
5/12/25	5/13/25	5/14/25	5/15/25	5/16/25
Corn Dogs	Ham & Chees Subs	Popcorn Chicken Bowl	Soft Beef Taco	Pizza
Potato Wedges	Baked Chips	Mashed Potatoes/ Roll	Lettuce & Tomatoes	Side Salads
PB&J Craveable	PB&J Craveable	PB&J Craveable	PB&J Craveable	PB&J Craveable
Baked Beans	Green Peas	Buttered Corn	Steamed Carrots	Buttered Corn
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
5/19/25	5/20/25	5/21/25	5/22/25	5/23/25
Chicken Ranch Taco	General TSO	Pancake & Sausage	Nacho's	Personal Cheese
	Rice / Roll	Hash Brown Patty		Pizza
Ham & Cheese Craveable	Ham & Cheese Craveable	Ham & Cheese Craveable	Ham & Cheese Craveable	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
5/26/25	5/27/25	5/28/25	5/29/25	5/30/25
	Chicken Nuggets with	Pasta With Meat Sauce	Soft Beef Taco	Personal Pizza
	Potato Wedges	Garlic Bread Stick	Lettuce & Tomatoes	
	Yogurt Craveable	Yogurt Craveable	Yogurt Craveable	Yogurt Craveable
	Ranch Cauliflower Bites	Seasoned Green Beans	Buttered Corn	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
6/2/25	6/3/25	6/4/25	6/5/25	6/6/25
Nacho's	B'BQ Sandwich	Corn Dogs	Ham & Cheese Sandwich	
or	Baked Chips		Baked Chips	
or PB&J Craveable	or PB & J Craveable	or PB&J Craveable	Vegetables/ Fruit	
	Green Peas	Mixed Vegetables		
Corn	Choice of Milk	Choice of Milk		
Choice of Milk	Choice of Fruit	Choice of Fruit	Choice of Milk	
<div> <div>Student Paid Lunch \$0.00</div> <div>Student Reduced Lunch \$0.00</div> <div>Adult Lunch \$4.75</div> </div>				



COMMODORE PERRY
PANTHERS



Metz
CULINARY MANAGEMENT

Commodore Perry High School Lunch Menu- April- May- June 2025

Monday	Tuesday	Wednesday	Thursday	Friday
4/28/25	4/29/25	4/30/25	5/1/25	5/2/25
Chicken Alfredo	Corn Dogs	Grilled Cheese	Nacho's	Ham & Cheese Sandwich
Bread Stick	Seasoned Potato Wedges	Tomato Soup	Pretzel Stick	Baked Chips
or Tried and True	or Tried and True			
		or Tried and True	or Tried and True	
Green Beans	Rancho Carrots	Chick Pea Salad		Vegetables/ Fruit
Choice of Milk	Choice of Milk	Ranch Cauliflower Bites	Green Peas	Ve
Choice of Fruit	Choice of Fruit	Choice of Milk	Choice of Milk	Choice of Milk
		Choice of Fruit	Choice of Fruit	Choice of Fruit
5/5/25	5/6/25	5/7/25	5/8/25	5/9/25
French Toast Sticks	Chicken Sandwich	Meatball Subs	Nacho's	Personal Pizza
Sausage	Baked Chips	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
5/12/25	5/13/25	5/14/25	5/15/25	5/16/25
Corn Dogs	Ham & Cheese Subs	Popcorn Chicken Bowl	Soft Beef Taco	Personal Pizza
Potato Wedges	Baked Chips	Mashed Potatoes/ Roll	Lettuce & Tomatoes	
or Tried and True	or Tried and True	or Tried and True	or Tried and True	or Tried and True
Baked Beans	Green Peas	Buttered Corn	Steamed Carrots	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
5/19/25	5/20/25	5/21/25	5/22/25	5/23/25
Chicken Ranch Taco	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
5/26/25	5/27/25	5/28/25	5/29/25	5/30/25
	Chicken Nuggets	Pasta with Meat Sauce	Soft Beef Taco	Pizza
	Potato Wedges	Bread Stick	Lettuce & Tomatoes	
	or Tried and True	or Tried and True	or Tried and True	or Tried and True
	Ranch Cauliflower Bites	Seasoned Green Beans	Buttered Corn	Green Peas
	Choice of Milk	Choice of Milk	Choice of Milk	Choice of Milk
6/2/25	6/3/25	6/4/25	6/5/25	6/6/25
Nacho's	B'BQ Sandwich	Corn Dogs	Ham & Cheese Sandwich	
	Baked Chips		Baked Chips	
Tried and True	or Tried and True	or Tried and True		
Corn				
	Green Peas	Broccoli	Vegetables/ 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

Vegetable Choices May Include:

Broccoli, Romaine Salad, Spring Salad, Carrots, Tomatoes, Peas, Potatoes, Corn, Celery sticks, Cucumbers, Cauliflower, Green Peppers, Green Beans

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:

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Adult \$ 4.75
Menu Subject to Change
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