



# 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	or
Assorted Cereals	Assorted Cereals	Assorted Cereals	Assorted Cereals	Assorted Cereals
Assured Cereais	7.0301104 0010410			
ssorted 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 5/16/25
5/12/25	5/13/25	5/14/25	5/15/25	The same of the sa
Muffins	Cinnamon Rolls	Sausage Biscuits	Mini Waffles	Glazed Donut
or	or	or	Or Asserted Corpolo	or Assorted Cereals
Assorted Cereals	Assorted Cereals	Assorted Cereals	Assorted Cereals	Assorted Octobis
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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 Glazed Donut
Muffins	French Toast Sticks	Sausage,egg,cheese muffin	Sausage Pancake on a Stick	or or
or	or	Or	or Assorted Cereals	Assorted Cereals
Assorted Cereals	Assorted Cereals	Assorted Cereals	Assorted Cereais	7 Idoortou Coroaio
			Asserted 4000/ Emit luigo	Assorted 100% Fruit Juic
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	5/30/25
5/26/25	5/27/25	5/28/25	5/29/25	Glazed Donuts
	Assorted Muffins	Sausage,egg,cheese muffin	Dutch Waffles	
$\sim$	or	Or Assessed Cornello	or Assorted Cereals	Assorted Cereals
()()	Assorted Cereals	Assorted Cereals	Assorted Cereais	/ location delicate
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9 6	Assorted 100% Fruit Juice	Assorted 100% Fruit Juice	Assorted 100% Fruit Juice & Assorted Fresh	& Assorted Fresh
$\bigcup$	& Assorted Fresh	& Assorted Fresh	or Canned Fruit	or Canned Fruit
	or Canned Fruit	or Canned Fruit	Of Califica Fruit	Or Garmes 7 Tax
LININE	1 12 128	6/4/25	6/5/25	6/6/25
6/2/25	6/3/25		Muffins	
Mini Waffles	Cinnamon Roll	Donuts	or	1 ~~
or	Or Accorded Coroals	or Assorted Cereals	Assorted Cereals	$\uparrow$ ()()
Assorted Cereals	Assorted Cereals	Associate Octobro	7,000.134 00.04.0	
	1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1	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@cppanthers.org

724.253.3255 ext 1228

USDA is an Equal Opportunity Provider and Employer





# Commodore Perry Elementary 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
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
Choice of Franc	Choice of Franc			
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
or rogarionario				
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
Onoice of Fruit	Ondido di i Tuli			
5/12/25	5/13/25	5/14/25	5/15/25	5/16/25
Corn Dogs	Ham & Chees Subs	Popcorn Chicken Bowl	Solf Beef Taco	Pizza
	Baked Chips	Mashed Potatoes/ Roll	Lettuce & Tomatoes	Side Salads
Potato Wedges PB&J Craveable	PB&J Craveable	PB&J Craveable	PB&J Craveable	PB&J Craveable
F DOJ Claveable	1 Bay Gravousio			
D.I. 10	Cross Doos	Buttered Corn	Steamed Carrrots	Buttered Corn
Baked Beans	Green Peas	Choice of Milk	Choice of Milk	Choice of Milk
Choice Of Mik	Choice of Milk	Choice of Fruit	Choice of Fruit	Choice of Fruit
Choice of Fruit	Choice of Fruit	Choice of Frait	Onolog of Franc	
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
CHICKEH RANGH FACO	Rice / Roll	Hash Brown Patty		Pizza
Ham & Cheese Craveable	Ham & Cheese Craveable	Ham & Cheese Craveable	Ham & Cheese Craveable	Ham & Cheese Craveable
Halli & Cileese Ciaveable				
	nam & Cheese Craveable			
		Miss Equit	Groon Peas/ Garbanzo Beans	Buttered Corn
Seasoned Green Beans	Broccoli	Mix Fruit	Green Peas/ Garbanzo Beans	Buttered Corn Choice of Milk
Choice of Milk	Broccoli Choice of Milk	Choice of Milk	Choice Of Milk	Choice of Milk
	Broccoli			
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Choice of Milk	Broccoli Choice of Milk Choice of Fruit	Choice of Milk Choice of Fruit 5/28/25	Choice Of Milk Choice of Fruit 5/29/25	Choice of Milk Choice of Fruit 5/30/25
Choice of Milk Choice of Fruit	Broccoli Choice of Milk Choice of Fruit  5/27/25 Chicken Nuggets with	Choice of Milk Choice of Fruit  5/28/25 Pasta With Meat Sauce	Choice Of Milk Choice of Fruit 5/29/25 Soft Beef Taco	Choice of Milk Choice of Fruit
Choice of Milk Choice of Fruit	Broccoli Choice of Milk Choice of Fruit  5/27/25 Chicken Nuggets with Potato Wedges	Choice of Milk Choice of Fruit  5/28/25  Pasta With Meat Sauce Garlic Bread Stick	Choice Of Milk Choice of Fruit  5/29/25 Soft Beef Taco Lettuce & Tomatoes	Choice of Milk Choice of Fruit  5/30/25 Personal Pizza
Choice of Milk Choice of Fruit	Broccoli Choice of Milk Choice of Fruit  5/27/25 Chicken Nuggets with	Choice of Milk Choice of Fruit  5/28/25 Pasta With Meat Sauce	Choice Of Milk Choice of Fruit 5/29/25 Soft Beef Taco	Choice of Milk Choice of Fruit 5/30/25
Choice of Milk Choice of Fruit	Broccoli Choice of Milk Choice of Fruit  5/27/25 Chicken Nuggets with Potato Wedges Yogurt Craveable	Choice of Milk Choice of Fruit  5/28/25  Pasta With Meat Sauce Garlic Bread Stick Yogurt Craveable	Choice Of Milk Choice of Fruit  5/29/25 Soft Beef Taco Lettuce & Tomatoes Yogurt Craveable	Choice of Milk Choice of Fruit  5/30/25 Personal Pizza  Yogurt Craveable
Choice of Milk Choice of Fruit	Broccoli Choice of Milk Choice of Fruit  5/27/25 Chicken Nuggets with Potato Wedges Yogurt Craveable  Ranch Cauliflower Bites	Choice of Milk Choice of Fruit  5/28/25  Pasta With Meat Sauce Garlic Bread Stick Yogurt Craveable  Seasoned Green Beans	Choice Of Milk Choice of Fruit  5/29/25 Soft Beef Taco Lettuce & Tomatoes Yogurt Craveable  Buttered Corn	Choice of Milk Choice of Fruit  5/30/25 Personal Pizza  Yogurt Craveable  Green Peas
Choice of Milk Choice of Fruit	Broccoli Choice of Milk Choice of Fruit  5/27/25 Chicken Nuggets with Potato Wedges Yogurt Craveable  Ranch Cauliflower Bites Choice of Milk	Choice of Milk Choice of Fruit  5/28/25  Pasta With Meat Sauce Garlic Bread Stick Yogurt Craveable  Seasoned Green Beans Choice of Milk	Choice Of Milk Choice of Fruit  5/29/25 Soft Beef Taco Lettuce & Tomatoes Yogurt Craveable  Buttered Corn Choice of Milk	Choice of Milk Choice of Fruit  5/30/25 Personal Pizza  Yogurt Craveable  Green Peas Choice of Milk
Choice of Milk Choice of Fruit	Broccoli Choice of Milk Choice of Fruit  5/27/25 Chicken Nuggets with Potato Wedges Yogurt Craveable  Ranch Cauliflower Bites	Choice of Milk Choice of Fruit  5/28/25  Pasta With Meat Sauce Garlic Bread Stick Yogurt Craveable  Seasoned Green Beans	Choice Of Milk Choice of Fruit  5/29/25 Soft Beef Taco Lettuce & Tomatoes Yogurt Craveable  Buttered Corn	Choice of Milk Choice of Fruit  5/30/25 Personal Pizza  Yogurt Craveable  Green Peas
Choice of Milk Choice of Fruit  5/26/25	Broccoli Choice of Milk Choice of Fruit  5/27/25 Chicken Nuggets with Potato Wedges Yogurt Craveable  Ranch Cauliflower Bites Choice of Milk Choice of Fruit	Choice of Milk Choice of Fruit  5/28/25  Pasta With Meat Sauce Garlic Bread Stick Yogurt Craveable  Seasoned Green Beans Choice of Milk Choice of Fruit	Choice Of Milk Choice of Fruit  5/29/25 Soft Beef Taco Lettuce & Tomatoes Yogurt Craveable  Buttered Corn Choice of Milk Choice of Fruit	Choice of Milk Choice of Fruit  5/30/25 Personal Pizza  Yogurt Craveable  Green Peas Choice of Milk Choice of Fruit
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Choice of Milk Choice of Fruit  5/26/25  6/2/25  Nacho's	Broccoli Choice of Milk Choice of Fruit  5/27/25 Chicken Nuggets with Potato Wedges Yogurt Craveable  Ranch Cauliflower Bites Choice of Milk Choice of Fruit  6/3/25 B'BQ Sandwich	Choice of Milk Choice of Fruit  5/28/25  Pasta With Meat Sauce Garlic Bread Stick Yogurt Craveable  Seasoned Green Beans Choice of Milk Choice of Fruit	Choice Of Milk Choice of Fruit  5/29/25 Soft Beef Taco Lettuce & Tomatoes Yogurt Craveable  Buttered Corn Choice of Milk Choice of Fruit  6/5/25 Ham & Cheese Sandwich	Choice of Milk Choice of Fruit  5/30/25 Personal Pizza  Yogurt Craveable  Green Peas Choice of Milk Choice of Fruit
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Choice of Milk Choice of Fruit  5/26/25  6/2/25  Nacho's or	Broccoli Choice of Milk Choice of Fruit  5/27/25 Chicken Nuggets with Potato Wedges Yogurt Craveable  Ranch Cauliflower Bites Choice of Milk Choice of Fruit  6/3/25 B'BQ Sandwich Baked Chips or PB &J Craveable  Green Peas Choice of Milk	Choice of Milk Choice of Fruit  5/28/25  Pasta With Meat Sauce Garlic Bread Stick Yogurt Craveable  Seasoned Green Beans Choice of Milk Choice of Fruit  6/4/25  Corn Dogs  or PB&J Craveable  Mixed Vegetables Choice of Milk	Choice Of Milk Choice of Fruit  5/29/25 Soft Beef Taco Lettuce & Tornatoes Yogurt Craveable  Buttered Corn Choice of Milk Choice of Fruit  6/5/25 Ham & Cheese Sandwich Baked Chips Vegetables/ Fruit	Choice of Milk Choice of Fruit  5/30/25 Personal Pizza  Yogurt Craveable  Green Peas Choice of Milk Choice of Fruit
Choice of Milk Choice of Fruit  5/26/25  6/2/25  Nacho's or or PB&J Craveable	Broccoli Choice of Milk Choice of Fruit  5/27/25 Chicken Nuggets with Potato Wedges Yogurt Craveable  Ranch Cauliflower Bites Choice of Milk Choice of Fruit  6/3/25 B'BQ Sandwich Baked Chips or PB &J Craveable  Green Peas	Choice of Milk Choice of Fruit  5/28/25  Pasta With Meat Sauce Garlic Bread Stick Yogurt Craveable  Seasoned Green Beans Choice of Milk Choice of Fruit  6/4/25  Corn Dogs  or PB&J Craveable	Choice Of Milk Choice of Fruit  5/29/25 Soft Beef Taco Lettuce & Tomatoes Yogurt Craveable  Buttered Corn Choice of Milk Choice of Fruit  6/5/25 Ham & Cheese Sandwich Baked Chips	Choice of Milk Choice of Fruit  5/30/25 Personal Pizza  Yogurt Craveable  Green Peas Choice of Milk 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, com, 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 724.253.3255 ext 1228

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Student Paid Lunch \$0.00

Student Reduced Lunch \$0.00

Adult Lunch \$4.75





## 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 rived date free		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 Franc	Ondido di Franc	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
or med and mee	or mod and mad	or rriod dild true	or thou and may	
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 Beff Taco	Personal Pizza
Potato Wedges	Baked Chips	Mashed Potatoes/ Roll	Lettuce & Tomatoes	
Foldlo Wedges	Dakeu Onips	Washed Foldioes/ Non	Ectidos a Torridios	
or Tried and True	or Tried and True	or Tried and True	or Tried and True	or Tried and True
or med and mue	Of Theo and True	or riica and riuc	or mod and mao	01 11100 0110 1110
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 5/21/25	5/22/25	5/23/25
5/19/25	5/20/25		Nacho's	Personal Pizza
Chicken Ranch Taco	General TSO	Pancakes & Sausage		r cisoliai r izza
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
or theu and true	Of Theu and True	of the and the	of fried drid fride	or mod and ma
Cross Boose	Propoli	Mix Fruit	Corn	Buttered Com
Green Beans	Broccoli 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 5/28/25	5/29/25	5/30/25
5/26/25	5/27/25		Soft Beef Taco	Pizza
	Chicken Nuggets	Pasta with Meat Sauce		FIZZa
$\cap$	Potato Wedges	Bread Stick	Lettuce & Tomatoes	
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0/0	or Tried and True	or Tried and True	or Tried and True	or Tried and True
7		0	Duttered Com	Green Peas
	Ranch Cauliflower Bites	Seasoned Green Beans	Buttered Corn	
	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	Com Dogs	Ham & Cheese Sandwich	
Hadild 3	Baked Chips	55 D0g0	Baked Chips	
	Daven Outba		Danoa Ompo	$\cap$
Tried and True	or Tried and True	or Tried and True		
Tried and True	or Tried and True	or Tried and True	<b></b>	0/10
Com	O D	Droccel!	Vagatables/ Emit	
	Green Peas Choice of Milk & fruit	Broccoli Choice of Milk & Fruit	Vegetables/ 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:

Student Free Adult\$ 4.75 Menu Subject to Change General Manager Brenda DeSantis metzfoods@cppanthers.org 724.253.3255 ext 1228

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