









Commodore Perry Breakfast Menu Aug., Sept. 2025

Monday 8/18/25	Tuesday 8/19/25	Wednesday 8/20/25	Thursday 8/21/25	Friday 8/22/25
				
8/25/25	8/26/25	8/27/25	8/28/25	8/29/25
Cinnamon Rolls	Strawberry Strudels	Sausage, Egg, Cheese Biscuit	French Toast and Syrup	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 Choice of Milk	Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk	Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk	Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk	Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk
9/1/25	9/2/25	9/3/25	9/4/25	9/5/25
	Breakfast Pizza	Sausage Biscuits	Assorted Muffins	Glazed Donut
	or	or	or	or
	Assorted Cereals	Assorted Cereals	Assorted Cereals	Assorted Cereals
	Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk	Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk	Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk	Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk
9/8/25	9/9/25	9/10/25	9/11/25	9/12/25
Pancake on Stick	Breakfast Pizza	Sausage, Egg, Cheese Biscuit	Dutch Waffles	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 Choice of Milk	Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk	Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk	Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk	Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk
9/15/25	9/16/25	9/17/25	9/18/25	9/19/25
Strawberry Panckes	Breakfast Pizza	Sausage, Egg, Cheese Biscuit	French Toast and Syrup	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
9/22/25	9/23/25	9/24/25	9/25/25	9/26/25
Cinnamon Rolls	Breakfast Pizza	Sausage, Egg, Cheese Biscuit	Pancake on 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
Student Paid Breakfast \$0.00 Student Reduced Breakfast \$0.00 Adult Breakfast \$3.00				

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
PANTHERS



Metz
CULINARY MANAGEMENT

Commodore Perry Elementary Lunch Menu August, Sept, 2025

Monday 8/18/25	Tuesday 8/19/25	Wednesday 8/20/25	Thursday 8/21/25	Friday 8/22/25
				
8/25/25	8/26/25	8/27/25	8/28/25	8/29/25
Meatball Subs	Bacon Cheddar Pierogies	Hot Ham & Cheese Pretzel Roll	Nacho Grande	Personal Pan Pizza
French Fry Wedges	Roll	Side Salads	Side Salad	Side Salads
or Ham & Cheese Craveable	or Ham & Cheese Craveable	or Ham & Cheese Craveable	or Ham & Cheese Craveable	or Ham & Cheese Craveable
Green Beans	Mixed Vegetables	Seasoned Green Beans	Refried Beans/ Carrots	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
9/1/25	9/2/25	9/3/25	9/4/25	9/5/25
	Corn Dogs	Pasta & Meat Sauce	Nacho Grande	Personal Pan Pizza
	Curly Fries	Garlic Bread Stick	Side Salads	Side Salads
	Yogurt & Cheese Craveable	Yogurt & Cheese Craveable	Yogurt & Cheese Craveable	Yogurt & Cheese Craveable
	Side Salads/ Green Beans	Mixed Vegetables	Baked Beans/ 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
9/8/25	9/9/25	9/10/25	9/11/25	9/12/25
Chicken Nuggets / Roll	B'BQ Sandwich	Chicken Cheddar Ranch Wrap	Nacho Grande	Personal Pan Pizza
Side Salads	Side Salads	Side Salads	Side Salads	Side Salads
PB&J Craveable	PB&J Craveable	PB&J Craveable	PB&J Craveable	PB&J Craveable
Mixed Vegetables	Baked Beans	Broccoli / Chickpea Salad	Refried Beans/ Carrots	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
9/15/25	9/16/25	9/17/25	9/18/25	9/19/25
Chicken Alfredo/ Penne Pasta	Grilled Cheese Sandwich	Chicken Sandwich	Nacho Grande	Personal Pan Pizza
Garlic Bread Stick	Tomato Soup	Side Salads	Side Salads	Side Salads
Ham & Cheese Craveable	Ham & Cheese Craveable	Ham & Cheese Craveable	Ham & Cheese Craveable	Ham & Cheese Craveable
Steamed Broccoli	Side Salads / Green Beans	Green Peas/ Chickpeas	Refried Beans/ Carrots	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
9/22/26	9/23/25	9/24/25	9/25/25	9/26/25
Chicken & Gravy on a Biscuit	French Toast w/ Sausage	Philly Cheese Steak Sandwich	Nacho Grande	Personal Pan Pizza
or	Potato Hash Browns	Curly Fries	Side Salads	Side Salads
or Yogurt & Cheese Craveable	or Yogurt & Cheese Craveable	or Yogurt & Cheese Craveable	or Yogurt & CheeseCraveable	or Yogurt & Cheese Craveable
Mashed Potatoes	Side Salads	Green Peas	Refried Beans/ Carrots	Buttered Corn
Mixed Vegetable	Choice of Milk	Choice of Milk	Choice of Milk	Choice Milk
Choice of Milk & Fruit	Choice of Fruit	Choice of Fruit	Choice of Fruit	Choice Fruit
Student Paid Lunch \$0.00 Student Reduced Lunch \$0.00 Adult Lunch \$4.75				

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@cpanthers.org
724.253.3255 ext 1228

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COMMODORE PERRY
PANTHERS



Metz
CULINARY MANAGEMENT

Commodore Perry High School Lunch Menu- Aug., Sept. 2025

Monday 8/18/25	Tuesday 8/19/25	Wednesday 8/20/25	Thursday 8/21/25	Friday 8/22/25
				
8/25/25	8/26/25	8/27/25	8/28/25	8/29/25
Meatball Subs	Bacon Cheddar Pierogies	Hot Ham & Cheese Pretzel Roll	Nacho Grande	Personal Pan Pizza
French Fried Wedges	Roll	Side Salad	Side Salad	Side Salads
or Tried and True	or Tried and True	or Tried and True	or Tried and True	or Tried and True
Breen Beans	Mixed Vegetables	Seasoned Green Beans	Refried Beans/ Carrots	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
9/1/25	9/2/25	9/3/25	9/4/25	9/5/25
	Corn Dogs	Pasta & Meat Sauce	Nacho Grande	Personal Pan Pizza
	Curly Fries	Garlic Bread Sticks	Side Salad	Side Salads
	or Tried and True	or Tried and True	or Tried and True	or Tried and True
	Side Salads/ Green Peas	Mixed Vegetables	Baked Beans/ 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
9/8/25	9/9/25	9/10/25	9/11/25	9/12/25
Chicken Nuggets /Roll	BB'Q Sandwich	Chicken Cheddar Ranch Wrap	Nacho Grande	Personal Pan Pizza
Side Salads	Side Salad	Side Salads	Side Salad	Side Salads
or Tried and True	or Tried and True	or Tried and True	or Tried and True	or Tried and True
Mixed Vegetables	Baked Beans	Green Peas/ Chickpeas	Refried Beans/ Carrots	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
9/15/25	9/16/25	9/17/25	9/18/25	9/19/25
Chicken Alfredo/ Penne Pasta	Grilled Cheese Sandwich	Chicken Sandwich	Nacho Grande	Personal Pan Pizza
Garlic Bread Stick	Tomato Soup	Side Salads	Side Salads	Side Salads
or Tried and True	or Tried and True	or Tried and True	or Tried and True	or Tried and True
Steamed Broccoli	Side Salads/ Green Beans	Breen Peas/ Chickpeas	Refried Beans/ Carrots	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
9/22/25	9/23/25	9/24/25	9/25/25	9/26/25
Chicken & Gravy on a Biscuit	French Toast w/ Sausage	Philly Cheese Steak Sandwich	Nacho Grande	Personal Pan Pizza
Mashed Potatoes	Potato Hash Browns	Curly Fries	Side Salads	Side Salads
or Tried and True	or Tried and True	or Tried and True	or Tried and True	or Tried and True
Mixed Vegetables	Side Salads	Green Peas	Refried Beans/ Carrots	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

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

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Student Reduced Lunch \$0.00

Adult Lunch \$4.75