



COMMODORE PERRY  
PANTHERS



**Metz**  
CULINARY MANAGEMENT

## Commodore Perry Breakfast Menu Oct.-Nov. 2025

### 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

Monday	Tuesday	Wednesday	Thursday	Friday
9/29/25	9/30/25	10/1/25	10/2/25	10/3/25
Pancake on Stick	Breakfast Pizza	Sausage,Egg, Cheese Biscuit	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
10/4/25	10/7/25	10/8/25	10/9/25	10/10/25
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 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
10/13/25	10/14/25	10/15/25	10/16/25	10/17/25
	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 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
	Choice of Milk	Choice of Milk	Choice of Milk	Choice of Milk
10/20/25	10/21/25	10/22/25	10/23/25	10/24/25
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 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
10/27/25	10/28/25	10/29/25	10/30/25	10/31/25
Strawberry Panckes	Breakfast Pizza	Sausage,Egg,Cheese Biscuit	French Toast and Syrup	
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	
11/3/25	11/4/25	11/5/25	11/6/25	11/7/25
Cinnamon Rolls	Breakfast Pizza	Sausage, Egg,Cheese Biscuit	Pancake on Stick	
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	



Student Paid Breakfast \$0.00

Student Reduced Breakfast \$0.00

Adult Breakfast \$3.00





COMMODORE PERRY  
PANTHERS



Metz  
CULINARY

## Commodore Perry Elementary Lunch Menu Oct.- Nov., 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 DeSanlis  
metzfoods@cpanthers.org  
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Monday	Tuesday	Wednesday	Thursday	Friday
9/29/25	9/30/25	10/1/25	10/2/25	10/3/25
General TSO	Grilled Cheese Sandwich	Chicken Sandwich	Nacho Grande	Personal Pan Pizza
Rice/ Roll	Tomato Soup	Seasoned Potato Wedges	Side Salad	Side Salads
or PB&J Craveable	or PB&J Craveable	or PB&J Craveable	or PB&J Craveable	or PB&J Craveable
Broccoli/ Side Salads	Carrots / Side Salads	Glazed Carrots / Chickpeas	Refried Beans/ Carrots	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
10/6/25	10/7/25	10/8/25	10/9/25	10/10/25
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
10/13/25	10/14/25	10/15/25	10/16/25	10/17/25
	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
10/20/25	10/21/25	10/22/25	10/23/25	10/24/25
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
10/27/25	10/28/25	10/29/25	10/30/25	10/31/25
Chicken Alfredo/ Penne Pasta	Grilled Cheese Sandwich	Chicken Sandwich	Nacho Grande	
Garlic Bread Stick	Tomato Soup	Side Salads	Side Salads	
Ham & Cheese Craveable	Ham & Cheese Craveable	Ham & Cheese Craveable	Ham & Cheese Craveable	
Steamed Broccoli	Side Salads / Green Beans	Green Peas/ Chickpeas	Refried Beans/ 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	
11/3/25	11/4/25	11/5/25	11/6/25	11/7/25
Chicken & Gravy on a Biscuit	French Toast w/ Sausage	Philly Cheese Steak Sandwich	Nacho Grande	
or	Potato Hash Browns	Curly Fries	Side Salads	
or Yogurt & Cheese Craveable	or Yogurt & Cheese Craveable	or Yogurt & Cheese Craveable	or Yogurt & CheeseCraveable	
Mashed Potatoes	Side Salads	Green Peas	Refried Beans/ Carrots	
Mixed Vegetable	Choice of Milk	Choice of Milk	Choice of Milk	
Choice of Milk & Fruit	Choice of Fruit	Choice of Fruit	Choice of Fruit	
Student Paid Lunch \$0.00      Student Reduced Lunch \$0.00      Adult Lunch \$4.75				



## Commodore Perry High School Lunch Menu- Oct.- Nov.2025

Monday	Tuesday	Wednesday	Thursday	Friday
<b>9/29/25</b>	<b>9/30/25</b>	<b>10/1/25</b>	<b>10/2/25</b>	<b>10/3/25</b>
General TSO	Grilled Cheese Sandwich	Chicken Sandwich	Nacho Grande	Personal Pan Pizza
Rice/ Roll	Tomato Soup	Seasoned Potato Wedges	Side Salad	Side Salads
or Tried and True	or Tried and True	or Tried and True	or Tried and True	or Tried and True
Broccoli/ Side Salads	Carrots/ Side Salads	Glazed Carrots/ Chickpeas	Refried 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
<b>10/6/25</b>	<b>10/7/25</b>	<b>10/8/25</b>	<b>10/9/25</b>	<b>10/10/25</b>
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
<b>10/13/25</b>	<b>10/14/25</b>	<b>10/15/25</b>	<b>10/16/25</b>	<b>10/17/25</b>
	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
<b>10/20/25</b>	<b>10/21/25</b>	<b>10/22/25</b>	<b>10/23/25</b>	<b>10/24/25</b>
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
<b>10/27/25</b>	<b>10/28/25</b>	<b>10/29/25</b>	<b>10/30/25</b>	<b>10/31/25</b>
Chicken Alfredo/ Penne Pasta	Grilled Cheese Sandwich	Chicken Sandwich	Nacho Grande	
Garlic Bread Stick	Tomato Soup	Side Salads	Side Salads	
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	
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>11/3/25</b>	<b>11/4/25</b>	<b>11/5/25</b>	<b>11/6/25</b>	<b>11/7/25</b>
Chicken& Gravy on a Biscuit	French Toast w/ Sausage	Philly Cheese Steak Sandwich	Nacho Grande	
Mashed Potatoes	Potato Hash Browns	Curly Fries	Side Salads	
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	
Choice of Milk	Choice of Milk	Choice of Milk	Choice of Milk	
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**

General Manager  
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**Student Reduced Lunch \$0.00**

**Adult Lunch \$4.75**