



Commodore Perry Breakfast Menu Oct.-Nov. 2025

Monday	Tuesday	Wednesday	Thursday	Friday	Magazisasian Magazisasian
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	Day out of
or	or	or	or	or	SACREDIA.
Assorted Cereals	Assorted Cereals	Assorted Cereals	Assorted Cereals	Assorted Cereals	SCHOOL
Assorted 100% Fruit Juice	Assorted 100% Fruit Juice	Assorted 100% Fruit Juice	Assorted 100% Fruit Juice	Assorted 100% Fruit Juice	(February)
& Assorted Fresh	& Assorted Fresh	& Assorted Fresh	& Assorted Fresh	& Assorted Fresh	all the same
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	
10/6/25	10/7/25	10/8/25	10/9/25	10/10/25	100
Cinnamon Rolls	Strawberry Strudels	Sausage, Egg, Cheese Biscuit	French Toast and Syrup	Glazed Donut	
or	or	or	or	or	\$100 GET
Assorted Cereals	Assorted Cereals	Assorted Cereals	Assorted Cereals	Assorted Cereals	(Charles Section)
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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 10/15/25	10/16/25	10/17/25	
10/13/25	70/14/25	The state of the s	Assorted Muffins	Glazed Donut	
+	Breakfast Pizza	Sausage Biscuits	Assorted withins	or or	
\sim	or Assorted Cereals	or Assorted Cereals	Assorted Cereals	Assorted Cereals	
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$0 \wedge 0 +$	A4-14000/ F11 1-1	Assorted 100% Fruit Juice	Assorted 100% Fruit Juice	Assorted 100% Fruit Juice	
7 5	Assorted 100% Fruit Juice	& Assorted Fresh	& Assorted Fresh	& Assorted Fresh	
	& Assorted Fresh	or Canned Fruit	or Canned Fruit	or Canned Fruit	
+	or Canned Fruit	Of Calmed Full	Of Carmos Franc		
1	Chains of Mills	Choice of Milk	Choice of Milk	Choice of Milk	hypoth
10/00/05	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	10/21/25 Breakfast Pizza	10/22/25 Sausage,Egg,Cheese Biscuit	10/23/25 Dutch Waffles	10/24/25 Glazed Donut	
Pancake on Stick or	10/21/25 Breakfast Pizza or	10/22/25 Sausage,Egg,Cheese Biscuit or	10/23/25 Dutch Waffles or	10/24/25	
Pancake on Stick	10/21/25 Breakfast Pizza	10/22/25 Sausage,Egg,Cheese Biscuit	10/23/25 Dutch Waffles	10/24/25 Glazed Donut or	
Pancake on Stick or Assorted Cereals	Breakfast Pizza or Assorted Cereals	Sausage,Egg,Cheese Biscuit or Assorted Cereals	10/23/25 Dutch Waffles or	10/24/25 Glazed Donut or	
Pancake on Stick or Assorted Cereals Assorted 100% Fruit Juice	Breakfast Pizza or Assorted Cereals Assorted 100% Fruit Juice	Sausage, Egg, Cheese Biscuit or Assorted Cereals Assorted 100% Fruit Juice	Dutch Waffles or Assorted Cereals	Glazed Donut or Assorted Cereals	
Pancake on Stick or Assorted Cereals Assorted 100% Fruit Juice & Assorted Fresh	Breakfast Pizza or Assorted Cereals Assorted 100% Fruit Juice & Assorted Fresh	Sausage, Egg, Cheese Biscuit or Assorted Cereals Assorted 100% Fruit Juice & Assorted Fresh	Dutch Waffles or Assorted Cereals Assorted 100% Fruit Juice	Glazed Donut or Assorted Cereals Assorted 100% Fruit Juice	M
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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 Oct.- Nov., 2025

Monday	Tuesday	Wednesday	Thursday	Friday
9/29/25	9/30/28	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
\sim	Curly Fries	Garlic Bread Stick	Side Salads	Side Salads
000	Yogurt & Cheese Craveable	Yogurt & Cheese Craveable	Yogurt & Cheese Craveable	Yogurt & Cheese Craveable
000				
9 6	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
			Control of the second of the s	The state of the s
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	PD&J Graveable
		2 "10"	50.15.10.1	D. 11 10
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
10/07/02	10/09/00	10/00/05	10/30/25	10/31/25
10/27/25	10/28/25	10/29/25	Committee of the state of the s	10/91/49
Chicken Alfredo/ Penne Pasta	Grilled Cheese Sandwich	Chicken Sandwich	Nacho Grande	
Garlic Bread Stick Ham & Cheese Craveable	Tomato Soup Ham & Cheese Craveable	Side Salads	Side Salads Ham & Cheese Craveable	\sim
Halli & Clieese Craveable	Halli & Cheese Craveable	Ham & Cheese Craveable	rialii & Cileese Graveable	
Otenand Dansell	Oide Colode / Occasion	O D (Objektoro	Defried Deepel Correte	
Steamed Broccoli	Side Salads / Green Beans	Green Peas/ Chickpeas Choice of Milk	Refried Beans/ Carrots Choice of Milk	
Choice of Milk Choice of Fruit	Choice of Milk Choice of Fruit	Choice of Fruit	Choice of Fruit	
Choice of Fluit	Choice of Fruit	Choice of Fluit	Orbice 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	STATES THE STATES AND THE COURT CONTRACTOR OF THE STATES AND THE S
or	Potato Hash Browns	Curly Fries	Side Salads	
r Yogurt & Cheese Craveable	or Yogurt & Cheese Craveable	or Yogurt & Cheese Craveable	or Yogurt & CheeseCraveable	\cap
	<u> </u>			2
		Ones Pres	Refried Beans/ Carrots	U/ \U
Mashed Potatoes	Side Salade			
Mashed Potatoes	Side Salads	Green Peas		
Mixed Vegetable	Choice of Milk	Choice of Milk	Choice of Milk	
				\bigcirc

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

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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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 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
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 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
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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
20/20/05	30/34/0F	10/15/05	10/11/05	10/17/25
10/13/25	10/14/25	10/15/25	10/16/25 Nacho Grande	Personal Pan Pizza
-	Corn Dogs	Pasta & Meat Sauce		Side Salads
\cap	Curly Fries or Tried and True	Garlic Bread Sticks or Tried and True	Side Salad or Tried and True	or Tried and True
-00 -	or rned and rrue	or riled and ride	or med and mue	of fried and frue
$0 \bigcirc 0$	Cida Calada (Caran Dana	Mixed Vegetables	Baked Beans/ Carrots	Buttered Corn
7 5	Side Salads/ 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	Choice of Fruit	Choice of Fruit
10/20/25	10/21/25	10/22/25	10/23/25	10/24/25
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
	D. 15	O P (Oblidance	Definal Densel Counts	Duttered Com
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
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	
or Tried and True	or Tried and True	or Tried and True	or Tried and True	$\cap \cap$
				000
Steamed Broccoil	Side Salads/ Green Beans	Breen Peas/ Chickpeas	Refried Beans/ Carrots	9 6
Choice of Milk	Choice of Milk	Choice of Milk	Choice of Milk	\bigcirc
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	Anna de la companya d
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	\cap
Mixed Vegetables	Side Salads	Green Peas	Refried Beans/ Carrots	0/ 10
Choice of Milk	Choice of Milk	Choice of Milk	Choice of Milk	
Choice of Fruit	Choice of Fruit	Choice of Fruit	Choice of Fruit	
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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

USDA is an Equal Opportunity Provider and Employer