



COMMODORE PERRY
PANTHERS



Metz
CULINARY MANAGEMENT

Commodore Perry Breakfast Menu Nov. - Dec. 2025

Monday	Tuesday	Wednesday	Thursday	Friday
11/10/25	11/11/25	11/12/25	11/13/25	11/14/25
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 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
Choice of Milk	Choice of Milk	Choice of Milk	Choice of Milk	Choice of Milk
11/17/25	11/18/25	11/19/25	11/20/25	11/21/25
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	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
Choice of Milk	Choice of Milk	Choice of Milk	Choice of Milk	Choice of Milk
11/24/25	11/25/25	11/26/25	11/27/25	11/28/25
Blueberry Pancakes	Breakfast Pizza			
or	or			
Assorted Cereals	Assorted Cereals			
Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit	Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit			
Choice of Milk	Choice of Milk			
12/1/25	12/2/25	12/3/25	12/4/25	12/5/25
	Breakfast Pizza	Sausage, Egg, Cheese Biscuit	Dutch Waffles	Glazed Donut
	or	or	or	or
	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
	Choice of Milk	Choice of Milk	Choice of Milk	Choice of Milk
12/8/25	12/9/25	12/10/25	12/11/25	12/12/25
Strawberry Pancakes	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
12/15/25	12/16/25	12/17/25	12/18/25	12/19/25
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

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

Apple Cinnamon Cheerios

Lucky Charms

Cinnamon Toast Crunch

* Includes Belly Bears

Fruit May Include:

Canned peaches, applesauce,
pears, fruit cocktail, 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



Commodore Perry Elementary Lunch Menu Nov.- Dec. 2025

Monday	Tuesday	Wednesday	Thursday	Friday
11/10/25	11/11/25	11/12/25	11/13/25	11/14/25
General TSO	Grilled Cheese Sandwich	Chicken Sandwich	Turkey & Dressing	Personal Pan Pizza
Rice/ Roll	Tomato Soup	Seasoned Potato Wedges	Mashed Potatoes / Gravy	Side Salads
or PB&J Craveable	or PB&J Craveable	or PB&J Craveable	Green Beans/ Roll	Green Beans/ Roll
			Apple Dump Cake	
Broccoli/ Side Salads	Carrots / Side Salads	Glazed Carrots / Chickpeas	or PB&J Craveable	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
11/17/25	11/18/25	11/19/25	11/20/25	11/21/25
Meatball Subs	Corn Dogs	Hot Ham & Cheese Pretzel Roll	Nacho Grande	Personal Pan Pizza
French Fry Wedges	Seasoned Potato Wedges	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
11/24/25	11/25/25	11/26/25	11/27/25	11/28/25
Popcorn Chicken Bowl	Sack Lunches			
Mashed Potatoes/ Roll	Ham & Cheese Sandwich			
Yogurt & Cheese Craveable	Baked Chips, Apples Slices			
	Rice Krispies Treat			
Buttered Corn				
Choice Of Milk	Choice of Milk			
Choice of Fruit	Choice of Fruit			
12/1/25	12/2/25	12/3/25	12/4/25	12/5/25
	B'Q Sandwich	Chicken Cheddar Ranch Wrap	Walking Taco	Pizza
	Side Salads	Side Salads	Side Salads	Side Salads
	PB&J Craveable	PB&J Craveable	PB&J Craveable	PB&J Craveable
	Baked Beans	Broccoli / Chickpea Salad	Refried 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
12/8/25	12/9/25	12/10/25	12/11/25	12/12/25
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
12/15/25	12/16/25	12/17/25	12/18/25	12/19/25
Chicken & Gravy on a Biscuit	French Toast w/ Sausage	Philly Cheese Steak Sandwich	Soft Taco	Sack Lunches
or	Potato Hash Browns	Curly Fries	Side Salads	Ham & Cheese Sandwich
or Yogurt & Cheese Craveable	or Yogurt & Cheese Craveable	or Yogurt & Cheese Craveable	or Yogurt & CheeseCraveable	Baked Chips, Apples Slices
				Rice Krispies Treat
Mashed Potatoes	Side Salads	Green Peas	Refried Beans/ Carrots	
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 \$4.85				

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
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Monday	Tuesday	Wednesday	Thursday	Friday
11/10/25	11/11/25	11/12/25	11/13/25	11/14/25
General TSO	Grilled Cheese Sandwich	Chicken Sandwich	Turkey & Dressing	Personal Pan Pizza
Rice/ Roll	Tomato soup	Seasoned Potato wedges	Mashed Potatoes/ Gravy	Side Salads
or Tried and True	or Tried and True	or Tried and True	Green Beans/ Roll	or Tried and True
Broccoli/ Side Salads	Carrots/ Side Salad	Mixed Vegetables/ Side Salads	Apple Dump Cake	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
11/17/25	11/18/25	11/19/25	11/20/25	11/21/25
Meatball Subs	Corn Dogs	Hot Ham & Cheese Pretzel Roll	Nacho's Grande	Personal Pan Pizza
French Fried Wddges	Seasoned Potato Wedges	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
Green Beans	Mixed Vegetables/ Side Salad	Seasoned Green Beans	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
11/24/25	11/25/25	11/26/25	11/27/25	11/28/25
Popcorn Chicken Bowl	Sack Lunches			
Mashed Potatoes/ Roll	Ham & Cheese Sandwich			
or Tried and True	Baked Chips, Apples Slices			
Buttered Corn/ Side Salads	Rice Krispies Treat			
Choice of Milk	Choice of Milk			
Choice of Fruit	Choice of Fruit			
12/1/25	12/2/25	12/3/25	12/4/25	12/5/25
	B'BQ Sandwich	Chicken Cheddar Ranch Wrap	Walking Taco	Personal Pan Pizza
	Side Salads	Side Salads	Side Salads	Side Salads
	or Tried and True	or Tried and True	or Tried and True	or Tried and True
	Baked Beans	Green Peas/ Chick Peas	Refried Beans	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
12/8/25	12/9/25	12/10/25	12/11/25	12/12/25
Chicken Alfredo/ Penne Pasta	Grilled Cheese Sandwich	Chicken Sandwich	Nacho Grande	Personal Pan Pizza
Garlic Bread Sticks	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
Stemed Broccoli	Green Beans/ Side Salads	Green Peas / 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
12/15/25	12/16/25	12/17/25	12/18/25	12/19/25
Chicken and Gravy on a Biscuit	French Toastw/ Sausage	Philly Cheese Steak Sandwich	Soft Taco	Sack Lunches
Mashed Potatoes and Gravy	Potato Hash Browns	Curly Fries	Side Salads	Ham & Cheese Sandwich
or Tried and True	or Tried and True	or Tried and True	or Tried and True	Baked Chips, Sliced Apples
Mixed Vegetables	Side Salads	Side Salads	Refried Beans/ Carrots	Rice Krispies Treats
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

Adult Lunch \$4.85