PEREGRINE SCHOOL

January 2022 Snack Menu

Known allergens are noted in red. For questions, please see Chef Blanca or Chef Rosa
blanca@peregrineschool.org or rosa@peregrineschool.org

3 Apple Sauce Wheat Thins Wheat (Crackers) **In Service for ECC**	4 Pita Chips Hummus Wheat (Pita Chips) Sesame (Hummus)	5 Yogurt Granola Dairy (Yogurt)	6 Corn Chips Seasonal Fruit	7 Zucchini & Chocolate Chip Muffins Seasonal Fruit Vegan (Muffins)
10 Wheat Bread Sunbutter Wheat (Bread) **Elementary Conferences**	11 Graham Crackers Seasonal Fruit Wheat (Crackers) Dairy (Cheese)	12 Wheat Bagel Cream Cheese Wheat (Bagel) Dairy (Cream Cheese)	13 Apple Sauce Wheat Thins Wheat (Crackers)	14 Chocolate Muffins Seasonal Fruit Vegan (Muffins)
17 **No School**	18 Morning Rounds Seasonal Fruit Wheat (Morning Round)	19 Yogurt Granola Dairy (Yogurt)	20 Pita Chips Hummus Wheat (Pita Chips) Sesame (Hummus)	21 Fruit Muffins Seasonal Fruit Vegan (Muffins)
24 Sunbutter Apples	25 Multi Grain Crackers Cheese Cubes Wheat & Sesame (Crackers) Dairy (Cheese)	26 Graham Crackers Seasonal Fruit Wheat (Crackers) Dairy (Cheese)	27 Pretzel Seasonal fruit Wheat (Pretzel)	28 Pumpkin Muffins Seasonal Fruit Vegan (Muffins)
31 Wheat Bread Sunbutter Wheat (Bread)				

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3 **Enchiladas** **Cheese Enchiladas** Roasted Veggies Seasonal Fruit Soy (Enchilada Sauce) **In Service for ECC**	4 **Beef Crunchy Taco** **Veg Crunchy Taco** Lettuce & Cucumber Shredded Cheese Seasonal Fruit Dairy(Cheese)	5 **Chicken Teriyaki** Brown Rice Roasted Veggies Seasonal Fruit Sesame (Chicken)	6 **Swedish Meatballs** **Veg Meat** Roasted Veggie Mashed Potatoes Seasonal Fruit Wheat & Dairy (Chicken & Mashed Potatoes)	7 **Creamy Pesto Pasta** Roasted Veggie Seasonal Fruit Wheat & Dairy (Pesto Pasta)
10 **Fish Fillet** **Veggie Meat** Roasted Veggie Pasta Seasonal fruit Egg (pasta) **Elementary Conferences**	11 **Rice & Beans** Queso Roasted Veggies Seasonal Fruit Dairy (Queso)	12 **Ground Turkey** Corn bread Roasted Veggies Seasonal Fruit Egg (Corn Bread) Dairy (Corn Bread) Wheat (Cornbread)	13 **Carne Asada Soft Tacos** **Veggie Tacos** Roasted Veggies Seasonal Fruit Wheat & Soy (Flour Tortillas)	14 **Alfredo Pasta** Roasted Veggie Seasonal Fruit Wheat & Dairy (Pasta)
17 **No School**	18 **Turkey Crunchy Taco** **Veg Crunchy Taco** Lettuce & Cucumber Shredded Cheese Seasonal Fruit Dairy(Cheese)	19 **BBQ Chicken Burger** **Veggie Burger** Coleslaw Seasonal Fruit Soy and Wheat (Burger Bun) Egg (Coleslaw)	20 **Chicken Soft Taco** **Refried Beans** Roasted Veggie Seasonal Fruit Soy & Wheat (Tortillas)	21 **Mac & Cheese** Pesto Roasted Veggies Seasonal Fruit Dairy (Cheese Sauce) Wheat (Pasta)
24 **Grilled Cheese** Tomato Soup Roasted Veggies Seasonal Fruit Wheat & Dairy (Grilled Cheese)	25 **Orange Chicken** **Veggie Chicken** Brown Rice Roasted Veggies Seasonal Fruit Sesame (Chicken)	26 **Hamburger** **Veggie Burger** Roasted Veggies Seasonal Fruit Dairy & Wheat (Burger) Soy (Hamburger)	27 **Chicken Fajitas** **Veggie Chicken** Rice Tortillas Roasted Veggies Seasonal Fruit Wheat & Soy (tortillas)	28 **Spaghetti** Roasted Veggie Seasonal Fruit Wheat (Pasta)
31 **Creamy Mushroom Chicken** **Veggie Chicken** Roasted Veggie Brown Rice Seasonal Fruit Wheat & Dairy (Chiken)				