



**PEREGRINE
SCHOOL**

October 2023 Snack Menu

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

<p>2 Sunbutter Apple Slices <i>Vegan</i></p>	<p>3 Bagel Cream Cheese <i>Vegetarian</i> Dairy (Cream Cheese) Wheat (Bagel)</p>	<p>4 Hard Boiled Egg Blueberries <i>Vegetarian</i> Egg (Eggs)</p>	<p>5 Sunbutter Sandwich Cheese sticks <i>Vegetarian</i> Wheat (Sandwich) Dairy (Cheese sticks)</p>	<p>6 Pumpkin Oatmeal Blueberries <i>Vegan</i></p>
<p>9 Apple Sauce Wheat Thins <i>Vegetarian</i> Dairy (Yogurt)</p>	<p>10 Cheese Sticks Pretzel <i>Vegetarian</i> Wheat (Pita Bread) Legumes (Legumes)</p>	<p>11 Pita Chips Hummus <i>Vegan</i> Wheat (Pita Chips) Sesame (Hummus) Legumes (Hummus)</p>	<p>12 Fudgy Beet Brownies Banana <i>Vegetarian</i> Wheat (Muffins)</p>	<p>13 Sunbutter Sandwich Carrot Sticks <i>Vegetarian</i> Wheat (Sandwich)</p>
<p>16 Pita Chips Hummus <i>Vegan</i> Wheat (Pita Chips) Sesame (Hummus) Legumes (Hummus)</p>	<p>17 Yogurt Granola <i>Vegetarian</i> Dairy (Yogurt)</p>	<p>18 Egg & Cheese Muffin Orange Slices <i>Vegetarian</i> Dairy (Yogurt)</p>	<p>19 Cheese Cubes Wheat Crackers <i>Vegetarian</i> Dairy (Cheese Cubes) Wheat (Crackers)</p>	<p>20 Blueberry Muffins Banana <i>Vegan</i></p>
<p>23 Oatmeal Blueberries <i>Vegan</i></p>	<p>24 Pumpkin Chocolate Muffins Banana <i>Vegetarian</i> Wheat (Muffins)</p>	<p>25 Cottage Cheese Strawberries <i>Vegetarian</i> Dairy (Cottage Cheese)</p>	<p>26 Bagel Cream Cheese <i>Vegetarian</i> Dairy (Cream Cheese) Wheat (Bagel)</p>	<p>27 Apple Sauce Wheat Thins <i>Vegan</i></p>
<p>30 Pumpkin Seed Spread Wheat Bread <i>Vegetarian</i> Wheat (Bread)</p>	<p>31 Morning Rounds Pineapples <i>Vegetarian</i> Wheat (Morning Rounds)</p>			



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<p>2 Bean Burrito <i>Vegetarian</i> Shredded Cheese Steamed Corn Peach Wheat & Dairy (Burrito) Legumes (Beans)</p>	<p>3 Chicken Wontons <i>Vegetarian Wontons</i> Rice Roasted Broccoli Watermelon Wheat, Legumes & Sesame (Wontons)</p>	<p>4 Cheese Pizza <i>Vegetarian</i> Cucumber Homemade Ranch Watermelon Wheat & Dairy (Pizza) Egg & Dairy (Ranch)</p>	<p>5 Chili Cheese Fries <i>Vegetarian</i> Roasted Fries Steamed mixed Veggies Shredded Cheese Apples Legumes & Dairy (Chili Cheese Fries) Legumes (Mixed Veggies)</p>	<p>6 Mac and Cheese <i>Vegetarian</i> Pesto Roasted Cauliflower Plum Wheat (Pasta) Dairy (Mac and Cheese)</p>
<p>9 Grilled Cheese <i>Vegetarian</i> Steamed Peas Tomato Soup Nectarines Wheat & Dairy (Grilled Cheese) Celery (Tomato Soup)</p>	<p>10 Eggplant Cheese Lasagna <i>Vegetarian</i> Baby Carrots Grapefruit Dairy & Wheat (Lasagna)</p>	<p>11 Chicken Chow Mein <i>Edamame Mein</i> Roasted Broccoli Rice Noodle Apple Legumes (Edamame & Chicken) Sesame (Edamame & Rice Noodle & Chicken)</p>	<p>12 Alfredo Pasta <i>Vegetarian</i> Roasted Cauliflower Nectarines Wheat & Dairy (Pasta)</p>	<p>13 Chicken Enchiladas <i>Cheese Enchiladas</i> Roasted Green Beans Sour Cream Peaches Dairy (Enchiladas & Sour Cream)</p>
<p>16 Hamburgers <i>Veggie Burger</i> Lettuce & Tomato Ketchup & Mayonnaise Watermelon Wheat (Hamburger Buns) Veggie Burger (Legumes) Eggs (Mayonnaise)</p>	<p>17 Quinoa Tabbouleh <i>Vegetarian</i> Whole Black Beans Cucumber, Red Bell Pepper Tangerines Legumes (Black Beans)</p>	<p>18 Cheese Quesadilla <i>Vegetarian</i> Guacamole Roasted Broccoli Pineapple Wheat & Dairy (Quesadilla)</p>	<p>19 Ground Turkey Crunchy Tacos <i>Vegetarian Ground Meat</i> Shredded Cheese Tomato & Lettuce Cantaloupe Soy (Crunchy Tacos) Dairy (Shredded Cheese)</p>	<p>20 Lentil Dahl <i>Vegetarian</i> Basmati Rice Roasted Cauliflower Melon Legumes (Lentil)</p>
<p>23 Mongolian Beef <i>Mongolian Tofu</i> Brown Rice Roasted Cauliflower Pineapple Legumes (Mongolian Beef & Tofu)</p>	<p>24 Cheese Enchiladas <i>Vegetarian</i> Roasted Green Beans Sour Cream Peaches Dairy (Enchiladas & Sour Cream)</p>	<p>25 Chickpea Tikka Masala <i>Vegetarian</i> White Rice Potatoes Melon Legumes (Chickpea)</p>	<p>26 Pasta Bolognese <i>Vegetarian</i> Roasted Green Beans Shredded Parmesan Mango Gluten (Pasta) Legumes (Green Beans) Celery (Pasta Bolognese)</p>	<p>27 Cheese Lasagna <i>Vegetarian</i> Baby Carrots Grapefruit Dairy & Wheat (Lasagna)</p>
<p>30 Beans & Rice <i>Vegetarian</i> Shredded Cheese Refried Beans Baby carrots Pineapple Legumes (Refried Beans)</p>	<p>31 Creamy Pesto Pasta <i>Vegetarian</i> Roasted Cauliflower Nectarines Wheat & Dairy (Pasta) Legumes (Green Beans)</p>			