



PEREGRINE SCHOOL

September 2026 Snack Menu

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

	1 Chocolate Muffins Banana <i>Vegan</i> Wheat, Dairy & Eggs (Muffins)	2 Yogurt Graham Crackers <i>Vegetarian</i> Dairy (Yogurt) Wheat (Graham Crackers)	3 Cottage Cheese Seasonal Fruit <i>Vegetarian</i> Dairy (Cottage Cheese)	4 Cheese Cubes Wheat Crackers <i>Vegetarian</i> Dairy (Cheese Cubes) Wheat (Crackers)
7 No School	8 Pita Chips Hummus <i>Vegan</i> Wheat (Pita Chips) Sesame & Legumes (Hummus)	9 Oatmeal Dried Fruit <i>Vegan</i>	10 Apple Sauce Wheat Thins <i>Vegan</i> Wheat (Wheat Thins)	11 Bagel Cream Cheese <i>Vegetarian</i> Dairy (Cream Cheese) Wheat (Bagel)
14 Zucchini Muffins Cheese Sticks <i>Vegetarian</i> Wheat, Dairy & Eggs (Muffins) Dairy (Cheese Sticks)	15 Apple Sauce Wheat Thins <i>Vegan</i> Wheat (Wheat Thins)	16 Cottage Cheese Seasonal Fruit <i>Vegetarian</i> Dairy (Cottage Cheese)	17 Cheese Cubes Wheat Crackers <i>Vegetarian</i> Dairy (Cheese Cubes) Wheat (Crackers)	18 Chocolate Chia Pudding Crackers <i>Vegan</i>
21 Pita Chips Hummus <i>Vegan</i> Wheat (Pita Chips) Sesame & Legumes (Hummus)	22 Strawberry Muffins Banana <i>Vegan</i> Wheat (Muffins)	23 Yogurt Graham Crackers <i>Vegetarian</i> Dairy (Yogurt) Wheat (Graham Crackers)	24 Oatmeal Dried Fruit <i>Vegan</i>	25 Apple Slices Sunbutter <i>Vegan</i>
28 Sunbutter & Banana Sandwiches <i>Vegan</i> Wheat (Sandwiches)	29 Apple Sauce Wheat Thins <i>Vegan</i> Wheat (Wheat Thins)	30 Strawberry Chia Pudding Crackers <i>Vegan</i>		



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	1 Spaghetti <i>Vegetarian</i> Shredded Cheese Roasted Veggies Seasonal Fruit Wheat (Spaghetti) Dairy (Shredded Cheese)	2 Creamy Miso Chicken <i>Creamy Miso Tofu</i> Steamed Rice Seasonal Fruit Legumes & Dairy (Creamy Miso)	3 Grilled Cheese <i>Vegetarian</i> Fresh Veggies Seasonal Fruit Wheat & Dairy (Grilled Cheese)	4 Breaded Chicken <i>Veggie Chicken</i> Tater Tots Fresh Veggies Seasonal Fruit Dairy, Egg & Wheat (Chicken & Vegetarian)
7 No School	8 Beef Quesabirria <i>Quesadillas</i> Fresh Veggies Seasonal Fruit Sesame (All Birria)	9 Mac and Cheese <i>Vegetarian</i> Pesto Roasted Veggies Seasonal Fruit Wheat (Pasta) Dairy (Mac and Cheese)	10 Chili Garlic Beef with Noodles <i>Chili Garlic Tofu with Noodles</i> Steamed Veggies Seasonal Fruit Legumes, Dairy, Wheat & Sesame (All Protein & All Noodles)	11 Green Chicken Enchilada Casserole <i>Green Cheese Enchilada Casserole</i> Steamed Veggies Seasonal Fruit Dairy (All Enchiladas)
14 Chickpea Curry <i>Vegetarian</i> Steamed Rice Roasted Veggies Seasonal fruit Legumes (Chickpea Curry)	15 Turkey & Cheese Empanada <i>Cheese Empanada</i> Roasted Veggies Seasonal Fruit Dairy (Empanadas)	16 BBQ Chicken Burger <i>Veggie Burger</i> Coleslaw Seasonal Fruit Wheat (Bun) Egg (Coleslaw)	17 Beef & Broccoli <i>Tofu & Broccoli</i> Steamed Brown Rice Seasonal Fruit Legumes, Wheat & Sesame (Beef, Tofu & Broccoli)	18 Alfredo Pasta <i>Vegetarian</i> Roasted Veggies Seasonal Fruit Wheat & Dairy (Alfredo Pasta)
21 Beef Meatball Subs <i>Veggie Meatball Subs</i> Steamed Veggies Seasonal Fruit Legumes (Vegetarian) Dairy, Soy & Gluten (Beef Meatball Subs)	22 Butter Pasta <i>Vegetarian</i> Roasted Veggies Shredded Cheese Seasonal Fruit Wheat & Dairy (Pasta & Cheese)	23 Barbacoa Tacos <i>Quesadillas</i> Fresh Veggies Seasonal Fruit Sesame & Wheat (Barbacoa Tacos)	24 Chicken Wontons <i>Vegetarian Wontons</i> Steamed Rice Roasted Veggies Seasonal Fruit Wheat, Soy & Sesame (All Wontons)	25 Butter Pasta <i>Vegetarian</i> Roasted Veggies Shredded Cheese Seasonal Fruit Wheat & Dairy (Pasta & Cheese)
28 Quesadillas <i>Vegetarian</i> Roasted Veggies Seasonal Fruit Dairy & Wheat (Shredded Cheese)	29 Chicken Chow Mein <i>Edamame Mein</i> Steamed Cabbage Egg Noodle Oranges Legumes, Sesame, Egg & Gluten (All Chow Mein)	30 Cheese Pizza <i>Vegetarian</i> Fresh Veggies Seasonal Fruit Wheat & Dairy (Pizza)		