



October 2026 Snack Menu (West)

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

			¹ English Muffins with Jam and Fruit <i>Vegan</i> Wheat and Dairy (English Muffins)	² Pumpkin Muffins and Bananas <i>Vegan</i> Wheat and Soy (Muffins)
⁵ Applesauce and Wheat Crackers <i>Vegan</i> Wheat (Crackers)	⁶ Yogurt and Granola <i>Vegetarian</i> Dairy (Yogurt)	⁷ Sunbutter Sandwiches and Fruit <i>Vegan</i> Wheat (Sandwiches)	⁸ Baked Oatmeal with Fruit <i>Vegan</i>	⁹ Banana Chocolate Chip Muffins and Bananas <i>Vegan</i> Wheat and Soy (Muffins)
¹² Bagels with Cream Cheese and Fruit <i>Vegetarian</i> Wheat and Sesame (Bagels), Dairy (Cream Cheese)	¹³ Cheese Cubes and Crackers <i>Vegan</i> Wheat, Sesame (Crackers), and Dairy (Cheese Cubes)	¹⁴ Apple Slices with Sunbutter and Pretzels <i>Vegan</i> Wheat (Pretzels)	¹⁵ Oatmeal and Fruit <i>Vegan</i>	¹⁶ Cinnamon Apple Muffins and Bananas <i>Vegan</i> Wheat and Soy (Muffins)
¹⁹ Chocolate Chia Pudding and Graham Crackers <i>Vegan</i> Coconut (Chia Pudding) and Wheat (Graham Crackers)	²⁰ Applesauce and Wheat Crackers <i>Vegan</i> Wheat (Crackers)	²¹ Sunbutter Sandwiches and Fruit <i>Vegan</i> Wheat (Sandwiches)	²² Pita Chips/Bread with Hummus and Bell Peppers <i>Vegan</i> Wheat (Pita Chips/Bread) and Sesame (Hummus)	²³ Chocolate Zucchini Muffins and Bananas <i>Vegan</i> Wheat and Soy (Muffins)
²⁶ Apple Slices with Sunbutter and Pretzels <i>Vegan</i> Wheat (Pretzels)	²⁷ Yogurt and Granola <i>Vegetarian</i> Dairy (Yogurt)	²⁸ Oatmeal and Fruit <i>Vegan</i>	²⁹ Sunbutter Sandwiches and Fruit <i>Vegan</i> Wheat (Sandwiches)	³⁰ Lemon Poppysseed Muffins and Bananas <i>Vegan</i> Wheat and Soy (Muffins)



PEREGRINE SCHOOL

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			1 Lemon Orzo Crispy Chickpeaks Veggie Fruit Wheat and Soy (Lemon Orazo)	2 Chicken Quesadillas <i>Cheese Quesadillas</i> Veggie Fruit Wheat and Dairy (Quesadillas)
5 Alfredo Veggie Fruit Dairy and Wheat (Alfredo)	6 Breaded Chicken <i>Breaded Tofu</i> Fries Veggie Fruit Wheat (Breaded Chicken and Tofu)	7 Vegetarian Chili with Tvp Cornbread Veggie Fruit	8 Grilled Cheese and Tomato Soup Veggie Fruit Wheat and Dairy (Grilled Cheese)	9 Chicken Potstickers <i>Vegetarian Potstickers</i> Rice Veggie Fruit Wheat and Sesame (Potstickers)
12 Pesto Pasta Shredded Parmesan Veggie Fruit Wheat, Soy (Pesto Pasta), and Dairy (Shredded Pasta)	13 Ground Turkey Tacos <i>Tacos de Papa</i> Shredded Cheese Veggie Fruit Wheat (Tortillas) and Dairy (Shredded Cheese)	14 Teriyaki Chicken <i>Teriyaki Tofu</i> Rice Veggie Fruit Wheat and Soy (Teriyaki Chicken and Tofu)	15 Butter Pasta and Meatballs <i>Vegetarian Meatballs</i> Shredded Parmesan Veggie Fruit Wheat, Soy (Pasta and Both Meatballs), and Dairy (Meatballs and Shredded Parmesan)	16 Bean and Cheese Burritos Veggie Fruit Wheat and Dairy (Burritos)
19 Spaghetti Shredded Parmesan Veggie Fruit Wheat (Spaghetti) and Dairy (Shredded Parmesan)	20 BBQ Chicken Sandwiches <i>BBQ Jackfruit</i> Veggie Fruit Wheat and Sesame (Buns)	21 Pozole Rojo de Pollo <i>Pozole Rojo de Soya</i> Tortilla Chips Veggie Fruit Wheat (Tortilla Chips)	22 Pizza Veggie Fruit Wheat and Dairy (Pizza)	23 Chicken Enchilada Casserole <i>Cheese Enchiladas</i> Veggie Fruit Dairy (Enchiladas)

26 Mac and Cheese Veggie Fruit Wheat and Dairy (Mac and Cheese)	27 Breaded Chicken <i>Breaded Tofu</i> Fries Veggie Fruit Wheat (Breaded Chicken and Tofu)	28 Chicken Quesadillas <i>Cheese Quesadillas</i> Veggie Fruit Wheat and Dairy (Quesadillas)	29 Bean Cheese Burritos Veggie Fruit Wheat and Dairy (Burritos)	30 Ground Turkey Tacos <i>Tacos de Papa</i> Shredded Cheese Veggie Fruit Wheat (Tortillas) and Dairy (Shredded Cheese)
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