



PEREGRINE SCHOOL

January 2024 Snack Menu

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

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|--|---|--|--|---|
| 1 NO SCHOOL | 2 NO SCHOOL | 3 NO SCHOOL | 4 NO SCHOOL | 5 NO SCHOOL |
| 8 NO SCHOOL | 9 Chocolate Oatmeal Bananas <i>Vegetarian</i> <i>Dairy (Oatmeal)</i> | 10 Sunbutter Apple Slices <i>Vegan</i> | 11 Sweet Cream Strawberries <i>Vegetarian</i> <i>Dairy (Cottage Cheese)</i> | 12 Apple Oatmeal Muffins Bananas <i>Vegetarian</i> <i>Wheat (Muffins)</i> <i>Eggs (Muffins)</i> <u>NO SCHOOL FOR ELEMENTARY</u> |
| 15 NO SCHOOL | 16 Cheese Cubes Wheat Crackers <i>Vegetarian</i> <i>Dairy (Cheese Cubes)</i> <i>Wheat (Crackers)</i> | 17 Oatmeal Blueberries <i>Vegan</i> | 18 Yogurt Granola <i>Vegetarian</i> <i>Dairy (Yogurt)</i> | 19 Sunbutter & Jam Sandwich Cheese Sticks <i>Vegetarian</i> <i>Wheat (Sandwich)</i> <i>Dairy (Cheese sticks)</i> |
| 22 Oat Pancakes Bananas <i>Vegetarian</i> <i>Dairy & Eggs (Oat Pancakes)</i> | 23 Pita Chips Hummus <i>Vegan</i> <i>Wheat (Pita Chips)</i> <i>Sesame (Pita Chips & Hummus)</i> <i>Legumes (Hummus)</i> | 24 Sunbutter & Jam Sandwich Cheese Sticks <i>Vegetarian</i> <i>Wheat (Sandwich)</i> <i>Dairy (Cheese Sticks)</i> | 25 Morning Rounds Pineapples <i>Vegetarian</i> <i>Wheat (Morning Rounds)</i> | 26 English Muffins Flavored Cream Cheese <i>Vegetarian</i> <i>Dairy (Cream Cheese)</i> <i>Wheat (English Muffins)</i> |
| 29 Cheese Sticks Graham Crackers <i>Vegetarian</i> <i>Dairy (Cheese Sticks)</i> <i>Wheat (Crackers)</i> | 30 Cinnamon Applesauce Wheat Thins <i>Vegetarian</i> <i>Wheat (Wheat Thins)</i> | 31 Sunbutter Apple Slices <i>Vegan</i> | | |



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| 1 NO SCHOOL | 2 NO SCHOOL | 3 NO SCHOOL | 4 NO SCHOOL | 5 NO SCHOOL |
| 8 NO SCHOOL | 9 Cheese Pizza <i>Vegetarian</i> Cucumber Homemade Ranch Watermelon Wheat & Dairy (Pizza) Egg & Dairy (Ranch) | 10 Chicken Pozole <i>Vegetarian Pozole</i> Cabbage, Radish Tortilla Chips Tangerines Legumes (Veggie Pozole) | 11 Chicken Wontons <i>Vegetarian Wontons</i> Rice Roasted Broccoli Pineapple Wheat, Legumes & Sesame (Wontons) | 12 Alfredo Pasta <i>Vegetarian</i> Roasted Green Beans Grapes Wheat & Dairy (Pasta) Legumes (Green Beans) <u>NO SCHOOL FOR ELEMENTARY</u> |
| 15 NO SCHOOL | 16 Chili Cheese Nachos <i>Vegetarian</i> Roasted Broccoli Corn Chips Cheese Sauce, Sour Cream Pear Legumes (Chili) Cheese (Cheese Sauce & Sour Cream) | 17 Baked BBQ Chicken <i>Vegetarian BBQ Chicken</i> Steamed Broccoli Steamed Potatoes Grapes Wheat (BBQ Chicken & Vegetarian) Legumes (Veggie Chicken) | 18 Mac & Cheese <i>Vegetarian</i> Pesto Roasted Cauliflower Cantaloupe Wheat (Pasta) Dairy (Mac and Cheese) | 19 Ground Turkey Soft Tacos <i>Vegetarian Ground Meat</i> Shredded Cheese Tomato & Lettuce Honeydew Wheat (Soft Taco) Dairy (Shredded Cheese) |
| 22 Red Bean Tortilla Soup <i>Vegetarian</i> Carrots Corn Chips Grapes Legumes (Tortilla Soup) | 23 Chicken Quesadillas <i>Cheese Quesadillas</i> Steamed Corn Pear Wheat & Cheese (All Quesadillas) | 24 Creamy Pesto Pasta <i>Vegetarian</i> Roasted Cauliflower Green Apples Wheat & Dairy (Pasta) Legumes (Green Beans) | 25 Beef Spaghetti <i>Vegetarian Spaghetti</i> Roasted Brussel Sprouts Cantaloupe Wheat (Spaghetti) Dairy (Vegetarian Spaghetti) | 26 Cheese Pizza <i>Vegetarian</i> Steamed Broccoli Homemade Ranch Watermelon Wheat & Dairy (Pizza) Egg & Dairy (Ranch) |
| 29 Orange Chicken <i>Vegetarian Orange Chicken</i> Brown Rice Peas Grapes Wheat, Legumes & Sesame (Orange Chicken & Vegetarian Chicken) | 30 White Sauce Mac & Cheese <i>Vegetarian</i> Roasted Broccoli Oranges Wheat (Pasta) Dairy (Mac & Cheese) | 31 Meatballs <i>Vegetarian Meatballs</i> Roasted Carrots Orzo Pasta Tangerines Legumes & Wheat (Veggie Meatballs) Wheat (Orzo) Soy, Dairy and Wheat (Meatballs) | | |