



PEREGRINE SCHOOL

November 2025 Snack Menu

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

3 Apple Sauce Crackers <i>Vegan</i> Wheat & Sesame (Crackers)	4 Hot Cocoa Pretzels <i>Vegetarian</i> Dairy (Hot Cocoa) Wheat (Pretzel)	5 Sunbutter Apples <i>Vegan</i>	6 Cottage Cheese Seasonal Fruit <i>Vegetarian</i> Dairy (Cottage Cheese)	7 Arroz Con Leche Seasonal Fruit <i>Vegetarian</i> Dairy (Arroz Con Leche)
10 Cheese Stick Graham Crackers <i>Vegetarian</i> Dairy (Cheese Sticks) Wheat (Graham Crackers)	11 Oatmeal Dried Fruit <i>Vegan</i>	12 Fruit Sheetpan Pancakes Veggie Sticks <i>Vegetarian</i> Wheat, Dairy & Eggs (Pancakes)	13 Pita Chips Hummus <i>Vegan</i> Wheat (Pita Chips) Sesame & Legumes (Hummus)	14 Spinach & Cheese Quiche <i>Vegetarian</i> Wheat, Dairy & Eggs (Quiche)
17 Yogurt Graham Crackers <i>Vegetarian</i> Dairy (Yogurt) Wheat (Graham Crackers)	18 Oatmeal Dried Fruit <i>Vegan</i>	19 Edamame Beans Corn Chips <i>Vegan</i> Sesame & Legumes (Edamame)	20 Sunbutter Sandwich Cheese Stick <i>Vegetarian</i> Wheat (Sandwich) Dairy (Cheese Stick)	21 Pita Chips Hummus <i>Vegan</i> Wheat (Pita Chips) Sesame & Legumes (Hummus)
24 Cottage Cheese Seasonal Fruit <i>Vegetarian</i> Dairy (Cottage Cheese)	25 Apple Sauce Crackers <i>Vegan</i> Wheat & Sesame (Crackers)	26 No School	27 No School	28 No School



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3 Butter Pasta <i>Vegetarian</i> Roasted Veggies Shredded Cheese Seasonal Fruit Wheat & Dairy (Pasta & Cheese)	4 Bean & Cheese Burrito <i>Vegetarian</i> Roasted Veggies Seasonal Fruit Dairy, Legumes & Wheat (Bean & Cheese Burritos)	5 Hamburger <i>Veggie Burger</i> Fresh Veggies Seasonal Fruit Wheat (Bun)	6 Sesame Chicken & Broccoli <i>Sesame Tofu & Broccoli</i> Steamed Rice Seasonal Fruit Legumes, Wheat & Sesame (Beef, Tofu & Broccoli)	7 Grilled Cheese <i>Vegetarian</i> Fresh Veggies Creamy Tomato Soup Seasonal Fruit Wheat & Dairy (Grilled Cheese) Celery (Soup)
10 Spaghetti <i>Vegetarian</i> Parmesan Cheese Roasted Veggies Seasonal Fruit Dairy (Cheese) Wheat (Pasta)	11 Chickpea Curry <i>Vegetarian</i> Steamed Rice Roasted Veggies Seasonal fruit Legumes (Chickpea Curry)	12 Chilaquiles With Beans <i>Vegetarian</i> Fresh Veggies Queso Seasonal Fruit Soy (Chilaquiles) Legumes (Beans) Dairy (Queso)	13 Cheese Stake Sub <i>Cheese Subs</i> Steamed Veggies Seasonal Fruit Dairy (Beef & Cheese Sub) Wheat (Subs)	14 Chicken Tostada <i>Vegetarian Tostada</i> Fresh Veggies Seasonal Fruit Legumes, Wheat & Dairy (Vegetarian) Soy (Tostada)
17 Mac & Cheese <i>Vegetarian</i> Roasted Veggies Seasonal Fruit Wheat & Cheese (Pasta)	18 Chili Baked Potato With Cheese <i>Vegetarian</i> Fresh Veggies Seasonal Fruit Dairy (Cheese Potatoes) Legumes (Beans)	19 Chicken Wontons <i>Vegetarian Wontons</i> Steamed Rice Roasted Veggies Seasonal Fruit Wheat, Soy & Sesame (All Wontons)	20 Chicken Noodle Soup <i>Vegetarian Chicken Noodle Soup</i> Carrots & Celery Seasonal Fruit Gluten, Egg & Celery (All Soups) Soy (Veggie Chicken)	21 Turkey & Cheese Sliders <i>Cheese Sliders</i> Fresh Veggies Seasonal Fruit Wheat, Dairy & Soy (Sliders)
24 Cheese Pizza <i>Vegetarian</i> Fresh Veggies Seasonal Fruit Wheat & Dairy (Pizza)	25 Fish & Chips <i>Vegetarian Fish</i> Raw Veggies Seasonal Fruit Fish, Dairy, Wheat & Egg (Fish)	26 No School	27 No School	28 No School