



PEREGRINE SCHOOL

May 2025 Snack Menu

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

			1 Bagel Cream Cheese <i>Vegetarian</i> Dairy (Cream Cheese) Wheat (Bagel)	2 Pita Chips Hummus <i>Vegan</i> Wheat (Pita Chips) Sesame & Legumes (Hummus)
5 Strawberry Muffins Cheese Stick <i>Vegan</i> Wheat, Dairy & Eggs (Muffins)	6 Banana Sunbutter Wrap <i>Vegetarian</i> Wheat (Wrap)	7 Morning Rounds Seasonal fruit <i>Vegan</i> Wheat (Morning Rounds)	8 Oatmeal Dried Fruit <i>Vegan</i>	9 Cheese Sticks Wheat Crackers <i>Vegetarian</i> Dairy (Cheese) Wheat (Crackers)
12 Yogurt Graham Crackers <i>Vegetarian</i> Dairy (Yogurt) Wheat (Graham Crackers)	13 Rice Cakes Seasonal Fruit <i>Vegan</i>	14 Cheese Cubes Wheat Crackers <i>Vegetarian</i> Dairy (Cheese Cubes) Wheat (Crackers)	15 Raspberry Muffins Cheese Sticks <i>Vegetarian</i> Wheat, Dairy & Eggs (Muffins) Dairy (Cheese Sticks)	16 Apple Slices Sunbutter <i>Vegan</i>
19 Pita Chips Hummus <i>Vegan</i> Wheat (Pita Chips) Sesame & Legumes (Hummus)	20 Bagel Cream Cheese <i>Vegetarian</i> Dairy (Cream Cheese) Wheat (Bagel)	21 Cottage Cheese Seasonal Fruit <i>Vegetarian</i> Dairy (Cottage Cheese)	22 Oatmeal Dried Fruit <i>Vegan</i>	23 Brownies Cheese Sticks <i>Vegetarian</i> Wheat, Dairy & Eggs (Brownies) Dairy (Cheese Sticks)
26 No School	27 Morning Rounds Seasonal fruit <i>Vegan</i> Wheat (Morning Rounds)	28 Pita Chips Hummus <i>Vegan</i> Wheat (Pita Chips) Sesame & Legumes (Hummus)	29 English Muffins Jam Cheese Stick <i>Vegetarian</i> Wheat (English Muffins) Dairy (English Muffins & Cheese Stick)	30 Apple Slices Sunbutter <i>Vegan</i>



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			¹ Chickpea Curry <i>Vegetarian</i> Steamed Rice Roasted Veggies Seasonal fruit <i>Legumes (Chickpea Curry)</i>	² Pasta <i>Vegetarian</i> Roasted Veggies Pesto Seasonal Fruit <i>Wheat (Pasta)</i>
⁵ Chicken Wontons <i>Vegetarian Wontons</i> Steamed Rice Roasted Veggies Seasonal Fruit <i>Wheat, Soy & Sesame (All Wontons)</i>	⁶ Cheese Pizza <i>Vegetarian</i> Fresh Veggies Seasonal Fruit <i>Wheat & Dairy (Pizza)</i>	⁷ Alfredo Pasta <i>Vegetarian</i> Roasted Veggies Seasonal Fruit <i>Wheat & Dairy (Pasta)</i>	⁸ Bean Tostada <i>Vegetarian</i> Fresh Veggies Shredded Cheese Seasonal Fruit <i>Dairy (Shredded Cheese)</i> <i>Legumes (Bean Tostadas)</i>	⁹ Potato & Cheese Empanadas <i>Vegetarian</i> Fresh Veggies Seasonal Fruit <i>Dairy (All Empanadas)</i>
¹² Ground Beef <i>Vegetarian Meat</i> Tater Tots Steamed Carrots Seasonal Fruit <i>Soy (Tater Tots)</i>	¹³ Cheese Nachos <i>Vegetarian</i> Fresh Veggies Corn Chips Seasonal Fruit <i>Dairy (Nacho Cheese)</i>	¹⁴ Chicken Flautas <i>Vegetarian Flautas</i> Fresh Veggies Seasonal Fruit <i>Egg (All Flautas)</i> <i>Legumes (Vegetarian Flautas)</i>	¹⁵ Spaghetti <i>Vegetarian</i> Parmesan Cheese Roasted Veggies Seasonal Fruit <i>Dairy (Cheese)</i> <i>Wheat (Pasta)</i>	¹⁶ Fish <i>Vegetarian Fish</i> Steamed Veggies Mashed Potato Seasonal Fruit <i>Tilapia (Fish)</i> <i>Dairy (Mashed Potato)</i> <i>Soy (Vegetarian)</i>
¹⁹ Chicken Spinach Wrap <i>Vegetarian Wrap</i> Fresh Veggies Shredded Cheese Seasonal Fruit <i>Dairy (Shredded Cheese)</i> <i>Wheat (Tortilla)</i>	²⁰ Creamy Pesto Pasta <i>Vegetarian</i> Roasted Veggies Seasonal Fruit <i>Wheat & Dairy (Pasta)</i> <i>Legumes (Green Beans)</i>	²¹ Chicken Tikka Masala <i>Chickpea Tikka</i> White Rice Steamed Peas Apples <i>Legumes (Chickpea & Peas)</i>	²² Bean & Cheese Burrito <i>Vegetarian</i> Roasted Veggies Seasonal Fruit <i>Wheat & Dairy (Burrito)</i> <i>Legumes (Beans)</i>	²³ Mac & Cheese <i>Vegetarian</i> Roasted Veggies Seasonal Fruit <i>Wheat & Dairy (Mac & Cheese)</i>
²⁶ No School	²⁷ Cheese Pizza <i>Vegetarian</i> Fresh Veggies Seasonal Fruit <i>Wheat & Dairy (Pizza)</i>	²⁸ Ensalada de Pollo <i>Veggie Chicken Salad</i> Fresh Veggie Mix Corn Chips Seasonal Fruit <i>Egg & Dairy (Ensalada de Pollo)</i>	²⁹ Creamy Pesto Pasta <i>Vegetarian</i> Roasted Veggies Seasonal Fruit <i>Wheat & Dairy (Pasta)</i> <i>Legumes (Green Beans)</i>	³⁰ Cheese Lasagna <i>Vegetarian</i> Raw Veggies Seasonal Fruit <i>Dairy (Lasagna)</i> <i>Wheat (Lasagna)</i>