



PEREGRINE SCHOOL

July 2026 Snack Menu (West)

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

		1 Yogurt and Granola <i>Vegan</i> Allergens	2 Lemon Poppyseed Muffins and Bananas <i>Vegan</i> Wheat and Soy	NO SCHOOL
6 Pretzels, String Cheese, and Bananas <i>Vegetarian</i> Wheat (Pretzels) and Dairy (String Cheese)	7 Fruit Puree Pouches and Graham Crackers <i>Vegan</i> Allergens	8 Popsicles and Wheat Thins <i>Vegan</i> Allergens	8 Sunbutter Sandwiches and Fruit <i>Vegan</i> Wheat	10 Blueberry Muffins and Bananas <i>Vegan</i> Wheat and Soy
13 Bagels and Cream Cheese and Fruit <i>Vegetarian</i> Wheat, Sesame (Bagels), and Dairy (Cream Cheese)	14 English Muffins with Jam and Fruit <i>Vegetarian</i> Wheat and Milk	15 Smoothie Bowl and Graham Crackers <i>Vegan</i> Soy (Smoothie Bowl) and Wheat (Graham Crackers)	16 Banana Chocolate Chip Muffins and Bananas <i>Vegan</i> Wheat and Soy	17 Yogurt and Granola <i>Vegan</i> Allergens
20 English Muffins with Jam and Fruit <i>Vegetarian</i> Wheat and Milk	21 Sunbutter Sandwiches and Strawberries <i>Vegan</i> Wheat	22 Oatmeal and Bananas <i>Vegan</i> Allergens	23 Pita Chips/Bread with Hummus and Bananas <i>Vegan</i> Wheat (Pita Chips/Bread) and Sesame (Hummus)	24 Raspberry Muffins and Bananas <i>Vegan</i> Wheat and Soy
27 Pretzels, String Cheese, and Fruit <i>Vegetarian</i> Wheat (Pretzels) and Dairy (String Cheese)	28 Smoothie Bowl and Graham Crackers <i>Vegan</i> Soy (Smoothie Bowl) and Wheat (Graham Crackers)	29 Bagels and Cream Cheese and Fruit <i>Vegetarian</i> Wheat, Sesame (Bagels), and Dairy (Cream Cheese)	30 Yogurt and Granola <i>Vegan</i> Allergens	31 Chocolate Black Bean Muffins and Bananas <i>Vegan</i> Wheat and Soy



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July 2026 Lunch Menu (West)

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		1 Chicken Wontons <i>Vegetarian Wontons</i> Steamed Rice Roasted Veggies Fruit Wheat, Soy & Sesame (All Wontons)	2 Cheeseburgers and Fries <i>Vegetarian Burger</i> Fresh Veggies Fruit Wheat (Buns) and Dairy (Cheeseburgers)	NO SCHOOL
6 Breaded Chicken and Fries Fresh Veggies Fruit Wheat and Dairy	7 Alfredo Roasted Veggies Fruit Wheat and Dairy	8 Pizza Cucumbers Watermelon Wheat and Dairy	8 Turkey & Cheese Sliders <i>Cheese Sliders</i> Fresh Veggies Fruit Wheat, Dairy & Soy (Sliders)	10 Chicken Quesadillas Fresh Veggies Fruit Wheat and Dairy
13 Pesto Pasta Shredded Parmesan Roasted Veggies Fruit Wheat, Soy (Pesto Pasta), and Dairy (Parmesan)	14 Beef Bulgogi <i>Tofu Bulgogi</i> Steamed Rice Roasted Veggies Fruit Wheat, Soy & Sesame (Bulgogi Beef and Tofu)	15 Bean and Cheese Burritos Roasted Veggies Fruit Wheat and Dairy	16 Ground Turkey Tacos <i>Soya and Potato Tacos</i> Shredded Cheese Lettuce and Tomatoes Fruit Wheat (Tortillas), Dairy (Shredded Cheese), and Soy (Soya)	17 BBQ Chicken Sandwiches <i>Vegetarian BBQ Chicken</i> Cucumbers Melon Wheat and Sesame (Buns)
20 Mac and Cheese Roasted Veggies Fruit Wheat and Dairy	21 Chicken Enchilada Casserole <i>Cheese Enchilada Casserole</i> Fresh Veggies Fruit Dairy	22 Pizza Cucumbers Watermelon Wheat and Dairy	23 Sesame Noodle Salad/Japchae Baked Tofu Sauteed Veggies Fruit Wheat, Soy and Sesame	24 Chicken Quesadillas Fresh Veggies Fruit Wheat and Dairy
27 Spaghetti Shredded Parmesan Roasted Veggies Fruit Wheat (Spaghetti) and Dairy (Parmesan)	28 Bean and Cheese Burritos Roasted Veggies Fruit Wheat and Dairy	29 Chicken Enchilada Casserole <i>Cheese Enchilada Casserole</i> Fresh Veggies Fruit Dairy	30 Grilled Cheese Roasted Veggies Fruit Wheat and Dairy	31 Ground Turkey Tacos <i>Soya and Potato Tacos</i> Shredded Cheese Lettuce and Tomatoes Fruit Wheat (Tortillas), Dairy (Shredded Cheese), and Soy (Soya)