



PEREGRINE SCHOOL

November 2025 Snack Menu (West)

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

3 Oatmeal and Bananas <i>Vegan</i>	4 Sunbutter Sandwiches and Apples <i>Vegan</i> Wheat (Bread)	5 Applesauce and Wheat Thins <i>Vegan</i> Wheat and Soy (Wheat Thins)	6 Cheese Cubes and Crackers <i>Vegan</i> Wheat, Sesame (Crackers), and Milk (Cheese Cubes)	7 Chocolate Banana Muffins and Bananas <i>Vegan</i> Wheat and Soy (Muffins)
10 Yogurt and Graham Crackers <i>Vegan</i> Milk (Yogurt), Wheat, and Soy (Graham Crackers)	11 Oatmeal and Bananas <i>Vegan</i>	12 Pita Chips/Bread and Hummus and Apples <i>Vegan</i> Wheat (Pita Chips and Bread), Legumes, and Sesame (Hummus)	13 Bagels and Cream Cheese and Oranges <i>Vegan</i> Wheat, Sesame (Bagels), and Milk (Cream Cheese)	14 Blueberry Muffins and Bananas <i>Vegan</i> Wheat and Soy (Muffins)
17 Oatmeal and Bananas <i>Vegan</i>	18 Cottage Cheese and Strawberries <i>Vegan</i> Milk (Cottage Cheese)	19 English Muffins with Jam and Oranges <i>Vegan</i> Wheat, Soy, and Milk (English Muffins)	20 Cheese Cubes and Crackers <i>Vegan</i> Wheat, Sesame (Crackers), and Milk (Cheese Cubes)	21 Pumpkin Muffins and Bananas <i>Vegan</i> Wheat and Soy (Muffins)
24 Applesauce and Wheat Thins <i>Vegan</i> Wheat and Soy (Wheat Thins)	25 Oatmeal and Bananas <i>Vegan</i>			



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3 Alfredo Roasted Carrots Oranges Wheat and Milk (Alfredo)	4 Turkey Chili <i>Vegetarian Chili</i> Shredded Cheese and Tortilla Chips Cucumbers Watermelon Legumes (Chili) and Milk (Shredded Cheese)	5 Mongolian Beef <i>Mongolian Tofu</i> Rice Broccoli Apples Wheat and Soy (Mongolian Beef and Tofu)	6 Rosemary Chicken and Mashed Potatoes <i>Soy Patties and Mashed Potatoes</i> Parsnips Persimmons Milk and Soy (Mashed Potatoes)	7 Ground Turkey Tacos <i>Potato and Soya Tacos</i> Shredded Cheese Lettuce and Tomatoes Honeydew Wheat (Tortillas), Soy (Soya), and Milk (Shredded Cheese)
10 Pesto Pasta Shredded Parnesan Green Beans Grapefruit Wheat, Soy (Pesto Pasta), and Milk (Shredded Parmesan)	11 Pizza Baby Carrots Watermelon Wheat and Milk (Pizza)	12 BBQ Chicken Sandwiches <i>BBQ Soy Patties</i> Cucumbers Persimmons Wheat and Sesame (Buns)	13 Grilled Cheese Snap Peas Pears Wheat and Milk (Grilled Cheese)	14 Chicken Quesadillas <i>Cheese Quesadillas</i> Baby Carrots Oranges Wheat and Milk (Quesadillas)
17 Spaghetti Shredded Parmesan Cauliflower Grapefruit Wheat (Spaghetti) and Milk (Shredded Parmesan)	18 Ground Turkey Tacos <i>Potato and TVP Tacos</i> Shredded Cheese Lettuce and Tomatoes Persimmons Wheat (Tortillas), Soy (Soya), and Milk (Shredded Cheese)	19 Ginger Miso Beef <i>Ginger Miso Tofu</i> Rice Broccoli Apples Wheat and Soy (Ginger Miso Sauce)	20 Butter Pasta and Meatballs <i>Butter Pasta</i> Shredded Parmesan Green Beans Oranges Wheat, Milk, and Soy (Butter Pasta and Meatballs)	21 Bean and Cheese Burritos Baby Carrots Honeydew Wheat (Tortillas) and Milk (Cheese)
24 Mac and Cheese Broccoli Apples Wheat and Milk (Mac and Cheese)	25 Grilled Cheese Cucumbers Pears Wheat and Milk (Grilled Cheese)	NO SCHOOL	NO SCHOOL	NO SCHOOL