



September 2023 Snack Menu

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

28 No School	29 Oatmeal Blueberries <i>Vegan</i>	30 Morning Rounds Mango <i>Vegetarian</i> Wheat (Morning Rounds)	31 Cottage Cheese Pineapple <i>Vegetarian</i> Dairy (Cottage Cheese)	1 Lemon Poppy Seed Muffin Banana <i>Vegetarian</i> Wheat (Muffins)
4 No School	5 English Muffins Strawberries <i>Vegetarian</i> Wheat & milk (English muffins)	6 Pita Chips Hummus <i>Vegan</i> Wheat (Pita Chips) Sesame (Hummus) Legumes (Hummus)	7 Sunbutter Sandwich Cheese sticks <i>Vegetarian</i> Wheat (Sandwich) Dairy (Cheese sticks)	8 Chocolate Muffins Banana <i>Vegetarian</i> Wheat (Muffins)
11 Pita Chips Hummus <i>Vegan</i> Wheat (Pita Chips) Sesame (Hummus) Legumes (Hummus)	12 Veggies Ranch <i>Vegetarian</i> Egg & Dairy (Ranch)	13 Yogurt Granola <i>Vegetarian</i> Dairy (Yogurt)	14 Cheese Cubes Wheat Crackers <i>Vegetarian</i> Dairy (Cheese Cubes) Wheat (Crackers)	15 Blueberry Muffins Banana <i>Vegan</i>
18 Fudgy Beet Brownies Banana <i>Vegetarian</i> Wheat (Muffins)	19 Oatmeal Blueberries <i>Vegan</i>	20 Cottage Cheese Strawberries <i>Vegetarian</i> Dairy (Cottage Cheese)	21 Pita Bread Red Lentil Dip <i>Vegetarian</i> Wheat (Pita Bread)	22 Apple Sauce Wheat Thins <i>Vegan</i>
25 Pita Bread Tzatziki Dip <i>Vegetarian</i> Wheat (Pita Bread) Dairy (Tzatziki Dip)	26 Morning Rounds Pineapples <i>Vegetarian</i> Wheat (Morning Rounds)	27 Yogurt Graham Crackers <i>Vegetarian</i> Dairy (Cheese Sticks) Wheat (Crackers)	28 Cheese Sticks Wheat Crackers <i>Vegetarian</i> Dairy (Cheese Sticks) Wheat (Crackers)	29 Chocolate chip Oat Bars Banana <i>Vegan</i> Wheat (Muffins)



**PEREGRINE
SCHOOL**

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<p>28 NO SCHOOL</p>	<p>29 Bean Burrito <i>Vegetarian</i> Shredded Cheese Steamed Corn Peach Wheat & Dairy (Burrito) Legumes (Beans)</p>	<p>30 Teriyaki Tofu <i>Vegetarian</i> Brown Rice Roasted Cauliflower Pineapple Legumes (Tofu)</p>	<p>31 Veggie Burger <i>Vegetarian</i> Roasted Potatoes Sliced Cheese Apples Wheat & Sesame (Veggie Burger) Dairy(Sliced Cheese)</p>	<p>1 Mac and Cheese <i>Vegetarian</i> Pesto Roasted Cauliflower Plum Wheat (Pasta) Dairy (Mac and Cheese)</p>
<p>4 NO SCHOOL</p>	<p>5 Edamame with Rice Noodle <i>Vegetarian</i> Roasted Broccoli Apple Legumes (Edamame) Sesame (Edamame & Rice Noodle)</p>	<p>6 Cheese Pizza <i>Vegetarian</i> Cucumber Homemade Ranch Watermelon Wheat & Dairy (Pizza) Egg & Dairy (Ranch)</p>	<p>7 Lime Cilantro Rice <i>Vegetarian</i> Shredded Cheese Refried Beans Baby carrots Pineapple Legumes (Refried Beans)</p>	<p>8 Alfredo Pasta <i>Vegetarian</i> Roasted Cauliflower Nectarines Wheat & Dairy (Pasta)</p>
<p>11 Soy Protein Bulgogi <i>Vegetarian</i> White Rice Fresh Bell Pepper Mix Watermelon Legumes (Sauce & Bulgogi) Sesame (Bulgogi)</p>	<p>12 Grilled Cheese <i>Vegetarian</i> Roasted Green Beans Nectarines Wheat & Dairy (Grilled Cheese)</p>	<p>13 Sofritas Burrito Bowl <i>Vegetarian</i> Whole Kidney Beans Brown Rice Lettuce, Corn, Tomato Strawberries Legumes (Sofritas & Beans)</p>	<p>14 Spaghetti <i>Vegetarian</i> Cheese Roasted Broccoli Pears Wheat (Pasta) Dairy (Cheese)</p>	<p>15 Chickpea Curry <i>Vegetarian</i> White Rice Potatoes Melon Legumes (Chickpea)</p>
<p>18 Cheese Quesadilla <i>Vegetarian</i> Guacamole Roasted Broccoli Pineapple Wheat & Dairy (Quesadilla)</p>	<p>19 Soy Protein Bibimbap <i>Vegetarian</i> White Rice Zucchini, Carrot, Spinach Oranges Soy (Bibimbap) Sesame (Bibimbap, Vegetables, White Rice)</p>	<p>20 Cheese Potato Crunchy Tacos <i>Vegetarian</i> Shredded Cheese Tomato & Lettuce Cantaloupe Soy (Crunchy Tacos) Dairy (Cheese Potato & Shredded Cheese)</p>	<p>21 Tofu Pasta Bolognese <i>Vegetarian</i> Roasted Green Beans Mango Gluten (Pasta) Legumes (Green Beans) Celery (Pasta Bolognese)</p>	<p>22 Lentil Dahl <i>Vegetarian</i> Basmati Rice Roasted Cauliflower Melon Legumes (Lentil)</p>
<p>25 Tofu Bowl <i>Vegetarian</i> Brown Rice Brussel Sprouts, Carrot Oranges Sesame & Legumes (Tofu Bowl)</p>	<p>26 Cheese Enchiladas <i>Vegetarian</i> Roasted Green Beans Sour Cream Peaches Dairy (Enchiladas & Sour Cream)</p>	<p>27 Creamy Pesto Pasta <i>Vegetarian</i> Roasted Cauliflower Nectarines Wheat & Dairy (Pasta) Legumes (Green Beans)</p>	<p>28 Tofu & Broccoli Stir Fry <i>Vegetarian</i> White Rice Broccoli Oranges Legumes (Sauce & Vegetarian)</p>	<p>29 Cheese Lasagna <i>Vegetarian</i> Baby Carrots Grapefruit Dairy & Wheat (Lasagna)</p>