



October 2026 Snack Menu

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

			1 Smoothie Crackers <i>Vegan</i> Soy (Smoothie)	2 Apple Slices Sunbutter <i>Vegan</i>
5 Edamame Beans Corn Chips <i>Vegan</i> Sesame & Legumes (Edamame)	6 Bagel Cream Cheese <i>Vegetarian</i> Dairy (Cream Cheese) Wheat (Bagel)	7 Oatmeal Dried Fruit <i>Vegan</i>	8 Sunbutter & Banana Sandwiches <i>Vegan</i> Wheat (Sandwiches)	9 Pita Chips Hummus <i>Vegan</i> Wheat (Pita Chips) Sesame & Legumes (Hummus)
12 Yogurt Graham Crackers <i>Vegetarian</i> Dairy (Yogurt) Wheat (Graham Crackers)	13 Apple Sauce Wheat Thins <i>Vegan</i> Wheat (Wheat Thins)	14 Cottage Cheese Seasonal Fruit <i>Vegetarian</i> Dairy (Cottage Cheese)	15 Cheese Cubes Wheat Crackers <i>Vegetarian</i> Dairy (Cheese Cubes) Wheat (Crackers)	16 Strawberry Chia Pudding Crackers <i>Vegan</i>
19 Pita Chips Hummus <i>Vegan</i> Wheat (Pita Chips) Sesame & Legumes (Hummus)	20 Sheetpan Pancakes Seasonal Fruit <i>Vegetarian</i> Wheat, Dairy & Eggs (Pancakes)	21 Yogurt Graham Crackers <i>Vegetarian</i> Dairy (Yogurt) Wheat (Graham Crackers)	22 Oatmeal Dried Fruit <i>Vegan</i>	23 Apple Slices Sunbutter <i>Vegan</i>
26 Sunbutter & Banana Sandwiches <i>Vegan</i> Wheat (Sandwiches)	27 Chocolate Chia Pudding Crackers <i>Vegan</i>	28 Edamame Beans Corn Chips <i>Vegan</i> Sesame & Legumes (Edamame)	29 Yogurt Graham Crackers <i>Vegetarian</i> Dairy (Yogurt) Wheat (Graham Crackers)	30 Bagel Cream Cheese <i>Vegetarian</i> Dairy (Cream Cheese) Wheat (Bagel)



PEREGRINE SCHOOL

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			¹ Breaded Chicken <i>Veggie Chicken</i> Tater Tot Fresh Veggies Seasonal Fruit Egg & Gluten (Chicken & Vegetarian)	² Fish Filet Tacos <i>Veggie Tacos</i> Flour Tortilla Coleslaw Seasonal Fruit Wheat (Tortillas) Egg (Coleslaw)
⁵ Grilled Cheese <i>Vegetarian</i> Fresh Veggies Seasonal Fruit Wheat & Dairy (Grilled Cheese)	⁶ Chicken Wontons <i>Vegetarian Wontons</i> Steamed Rice Roasted Veggies Seasonal Fruit Wheat, Soy & Sesame (All Wontons)	⁷ BBQ Chicken Burger <i>Veggie Burger</i> Coleslaw Seasonal Fruit Wheat (Bun) Egg (Coleslaw)	⁸ Chickpea Curry <i>Vegetarian</i> Steamed Rice Roasted Veggies Seasonal fruit Legumes (Chickpea Curry)	⁹ Pasta <i>Vegetarian</i> Roasted Veggies Shredded Cheese Seasonal Fruit Wheat (Pasta) Dairy (Shredded Cheese))
¹² Turkey & Cheese Sliders <i>Cheese Sliders</i> Fresh Veggies Seasonal Fruit Wheat, Dairy & Soy (Sliders)	¹³ Bean Sopes <i>Vegetarian</i> Fresh Veggies Queso Fresco Seasonal Fruit Dairy (Queso)	¹⁴ Cheese Pizza <i>Vegetarian</i> Fresh Veggies Seasonal Fruit Wheat & Dairy (Pizza)	¹⁵ Beef & Broccoli <i>Tofu & Broccoli</i> Steamed Brown Rice Seasonal Fruit Legumes, Wheat & Sesame (Beef, Tofu & Broccoli)	¹⁶ Pasta <i>Vegetarian</i> Pesto Roasted Veggies Seasonal Fruit Wheat (Pasta)
¹⁹ Beef <i>Veggie Beef</i> Steamed Veggies Mashed Potato Seasonal Fruit Legumes (Vegetarian) Dairy (Mashed Potato)	²⁰ Spaghetti <i>Vegetarian</i> Shredded Cheese Roasted Veggies Seasonal Fruit Wheat (Spaghetti) Dairy (Shredded Cheese)	²¹ Fish Sticks <i>Veggie Chicken</i> Tater Tot Fresh Veggies Seasonal Fruit Dairy, Egg & Wheat (Fish & Vegetarian)	²² Chili Garlic Beef with Noodles <i>Chili Garlic Tofu with Noodles</i> Steamed Veggies Seasonal Fruit Legumes, Wheat & Sesame (All Protein & All Noodles)	²³ Rice & Beans <i>Vegan</i> Roasted Veggies Seasonal Fruit Legumes (Beans)
²⁶ Green Chicken Enchilada Casserole <i>Green Cheese Enchilada Casserole</i> Steamed Veggies Seasonal Fruit Dairy (All Enchiladas)	²⁷ Chicken Chow Mein <i>Edamame Mein</i> Steamed Cabbage Egg Noodle Seasonal Fruit Legumes, Sesame & Gluten (All Chow Mein)	²⁸ Cheese Pizza <i>Vegetarian</i> Fresh Veggies Seasonal Fruit Wheat & Dairy (Pizza)	²⁹ Hamburgers <i>Veggie Burger</i> Tator Tot Lettuce & Tomato Seasonal Fruit Wheat (Hamburger Buns)	³⁰ Chicken & Bell Pepper Stir Fry <i>Tofu Stir Fry</i> Steamed Rice Seasonal Fruit Legumes, Sesame & Gluten (Chicken & Tofu Stir Fry)