



PEREGRINE
SCHOOL

November 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*

		1 Hard Boiled Egg Papaya <i>Vegetarian</i> Egg (Eggs)	2 Sunbutter & Jam Sandwich Cheese Sticks <i>Vegetarian</i> Wheat (Sandwich) Dairy (Cheese sticks)	3 Banana Oatmeal Blueberries <i>Vegan</i>
6 Apple Sauce Wheat Thins <i>Vegetarian</i> Wheat (Wheat Thins)	7 Pumpkin Pie Bars Baby Carrots <i>Vegetarian</i> Eggs (Pumpkin Bars)	8 Pita Chips Hummus <i>Vegan</i> Wheat (Pita Chips) Sesame (Hummus & Pita Chips) Legumes (Hummus)	9 Fudgy Beet Brownies Banana <i>Vegetarian</i> Wheat (Brownies)	10 Bagel Cream Cheese <i>Vegetarian</i> Dairy (Cream Cheese) Wheat (Bagel)
13 Pita Chips Hummus <i>Vegan</i> Wheat (Pita Chips) Sesame (Hummus) Legumes (Hummus)	14 Yogurt Granola <i>Vegetarian</i> Dairy (Yogurt)	15 Sunbutter Apple Slices <i>Vegan</i>	16 Cheese Cubes Wheat Crackers <i>Vegetarian</i> Dairy (Cheese Cubes) Wheat (Crackers)	17 Blueberry Muffins Banana <i>Vegan</i> Wheat (Muffins)
20 Pumpkin Muffins Banana <i>Vegetarian</i> Wheat (Muffins)	21 Oatmeal Blueberries <i>Vegan</i>	22 NO SCHOOL	23 NO SCHOOL	24 NO SCHOOL
27 Sunbutter Apple Slices <i>Vegan</i>	28 Morning Rounds Pineapples <i>Vegetarian</i> Wheat (Morning Rounds)	29 Bagel Cream Cheese <i>Vegetarian</i> Dairy (Cream Cheese) Wheat (Bagel)	30 Black Bean Muffins Banana <i>Vegetarian</i> Legumes (Muffins)	



**PEREGRINE
SCHOOL**

November 2023 Lunch Menu

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

		1 Cheese Pizza <i>Vegetarian</i> Cucumber Homemade Ranch Watermelon Wheat & Dairy (Pizza) Egg & Dairy (Ranch)	2 Chicken Wontons <i>Vegetarian Wontons</i> Rice Roasted Broccoli Persimmons Wheat, Legumes & Sesame (Wontons)	3 Pulled Chicken Sandwich <i>Vegetarian Pulled Chicken</i> Cabbage Slaw Apples Legumes & Gluten (Pulled Veggie Chicken & Sandwiches) Sesame (Cabbage Slaw)
6 Baked Fish <i>Baked Tofu Strips</i> Steamed Mixed Veggies Creamy Mashed Potatoes Pomegranate Dairy (Mashed Potato) Legumes (Veggies & Tofu) Fish (Baked Fish)	7 Bean Burrito <i>Vegetarian</i> Shredded Cheese Steamed Corn Pear Wheat & Dairy (Burrito) Legumes (Beans)	8 Pumpkin Lentil Curry <i>Vegetarian</i> White Rice Roasted Cauliflower Kiwi Legumes (Lentil Curry)	9 Alfredo Pasta <i>Vegetarian</i> Brussel Sprouts Grapes Wheat & Dairy (Pasta)	10 Chicken Orzo Salad <i>Vegetarian Chicken</i> Cherry Tomatoes Tangerines Legumes (Veggie Chicken) Wheat (Orzo)
13 Hamburgers <i>Veggie Burger</i> Lettuce & Tomato Ketchup & Mayonnaise Watermelon Gluten (Hamburger Buns & Veggie Burger) Legumes (Veggie Burger) Eggs (Mayonnaise)	14 Quinoa Tabbouleh <i>Vegetarian</i> Whole Black Beans Cucumber, Red Bell Pepper Tangerines Legumes (Black Beans)	15 Tuna Melt <i>Grilled Cheese</i> Steamed Corn Butternut Squash Soup Plum Wheat & Dairy (Grilled Cheese & Tuna Melt) Celery (Butternut Soup) Fish (Tuna Melt)	16 Ground Turkey Soft Tacos <i>Vegetarian Ground Meat</i> Shredded Cheese Tomato & Lettuce Honeydew Wheat (Soft Taco) Dairy (Shredded Cheese)	17 Mac and Cheese <i>Vegetarian</i> Pesto Roasted Cauliflower Oranges Wheat (Pasta) Dairy (Mac and Cheese)
20 White Bean Soup <i>Vegetarian</i> Carrots & Celery & Kale Sliced Bread Shredded Parmesan Kiwi Gluten (Bread) Legumes (White Beans Soup)	21 Egg & Cheese Bake <i>Vegetarian</i> Steamed Broccoli Sliced Bread Ketchup Pear Dairy & Egg (Egg and Cheese Bake)	22 NO SCHOOL	23 NO SCHOOL	24 NO SCHOOL
27 Creamy Pesto Pasta <i>Vegetarian</i> Roasted Cauliflower Grapefruit Wheat & Dairy (Pasta) Legumes (Green Beans)	28 Chicken Birria <i>Vegetarian Chicken Birria</i> Steamed Green Beans White Rice Clementines Legumes (Veggie Strips & Green Beans)	29 Grilled Cheese <i>Vegetarian</i> Steamed Corn Tomato Soup Apple Wheat & Dairy (Grilled Cheese) Celery (Butternut Soup)	30 Chicken Chow Mein <i>Edamame Mein</i> Steamed Cabbage Noodle Oranges Legumes (Edamame & Chicken) Gluten (Chow Mein Noodle) Sesame (Edamame & Noodle & Chicken)	