



PEREGRINE
SCHOOL

February 2025 Snack Menu

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

<p>3 Cottage Cheese Seasonal Fruit <i>Vegetarian</i> Dairy (Cottage Cheese)</p>	<p>4 Oatmeal Seasonal Fruit <i>Vegan</i></p>	<p>5 Cheese Cubes Wheat Crackers <i>Vegetarian</i> Dairy (Cheese Cubes) Wheat (Crackers)</p>	<p>6 Pita Chips Hummus <i>Vegan</i> Wheat (Pita Chips) Sesame & Legumes (Hummus)</p>	<p>7 Chocolate Muffins Banana <i>Vegan</i> Wheat (Muffins)</p>
<p>10 English Muffins Jam Seasonal Fruit <i>Vegetarian</i> Wheat (English Muffins) Dairy (English Muffins)</p>	<p>11 Apple Sauce Wheat Thins <i>Vegan</i> Wheat (Wheat Thins)</p>	<p>12 Morning Rounds Seasonal fruit <i>Vegan</i> Wheat (Morning Rounds)</p>	<p>13 Yogurt Graham Crackers <i>Vegetarian</i> Dairy (Yogurt) Wheat (Graham Crackers)</p>	<p>14 Apple Slices Sunbutter <i>Vegan</i></p>
<p>17 No School</p>	<p>18 Pita Chips Hummus <i>Vegan</i> Wheat (Pita Chips) Sesame & Legumes (Hummus)</p>	<p>19 Bagel Cream Cheese <i>Vegetarian</i> Dairy (Cream Cheese) Wheat (Bagel)</p>	<p>20 Apple Slices Sunbutter <i>Vegan</i></p>	<p>21 Zucchini Muffins Cheese Sticks <i>Vegetarian</i> Wheat (Muffins) Dairy (Cheese Sticks)</p>
<p>24 Oatmeal Dried Fruit <i>Vegan</i></p>	<p>25 Apple Sauce Wheat Thins <i>Vegan</i> Wheat (Wheat Thins)</p>	<p>26 Yogurt Graham Crackers <i>Vegetarian</i> Dairy (Yogurt) Wheat (Graham Crackers)</p>	<p>27 Cream Cheese Bagel <i>Vegetarian</i> Wheat (Bagel) Dairy (Cream Cheese)</p>	<p>28 Cottage Cheese Seasonal Fruit <i>Vegetarian</i> Dairy (Cottage Cheese)</p>



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<p>3 Bean Tostada <i>Vegetarian</i> Fresh Veggies Shredded Cheese Seasonal Fruit Dairy (Shredded Cheese) Legumes (Bean Tostadas)</p>	<p>4 Hamburgers <i>Veggie Burger</i> Fresh Veggies Seasonal Fruit Gluten (All Burgers) Legumes (Veggie Burger) Eggs (Mayonnaise)</p>	<p>5 Pasta <i>Vegetarian</i> Roasted Veggies Shredded Cheese Seasonal Fruit Wheat (Pasta)</p>	<p>6 Tuna Sushi Bake <i>Vegetarian Sushi Bake</i> Steamed Veggies Seasonal Fruit Dairy, Fish, Sesame, Legumes & Egg (All Sushi Bakes)</p>	<p>7 Cheese Nachos <i>Vegetarian</i> Fresh Veggies Corn Chips Seasonal Fruit Dairy (Nacho Cheese)</p>
<p>10 Chicken Meatballs <i>Vegetarian Meatballs</i> Mashed Potato Steamed Veggies Seasonal Fruit Legumes (All Meatballs) Dairy (Mashed Potatoes)</p>	<p>11 Cheese Pizza <i>Vegetarian</i> Fresh Veggies Seasonal Fruit Wheat & Dairy (Pizza)</p>	<p>12 Ground Beef <i>Vegetarian Meat</i> Tater Tots Steamed Carrots Seasonal Fruit Soy (Tater Tots)</p>	<p>13 Chickpea Curry <i>Vegetarian</i> Steamed Rice Roasted Veggies Seasonal fruit Legumes (Chickpea Curry)</p>	<p>14 Quesadillas <i>Vegetarian</i> Roasted Veggies Seasonal Fruit Dairy & Wheat (Quesadillas)</p>
<p>17 No School</p>	<p>18 Chicken Chow Mein <i>Edamame Mein</i> Steamed Cabbage Noodle Oranges Legumes, Gluten & Sesame (Edamame & Chicken Mein)</p>	<p>19 Mac & Cheese <i>Vegetarian</i> Roasted Veggies Seasonal Fruit Wheat & Dairy (Mac & Cheese)</p>	<p>20 Grilled Cheese <i>Vegetarian</i> Fresh Veggies Creamy Tomato Soup Seasonal Fruit Wheat & Dairy (Grilled Cheese) Celery (Soup)</p>	<p>21 Spaghetti <i>Vegetarian</i> Parmesan Cheese Roasted Veggies Seasonal Fruit Dairy (Cheese) Wheat (Pasta)</p>
<p>24 Creamy Pesto Pasta <i>Vegetarian</i> Roasted Veggies Seasonal Fruit Wheat & Dairy (Pasta) Legumes (Green Beans)</p>	<p>25 Beef Crunchy Taco <i>Vegetarian Crunchy Taco</i> Fresh Veggies Seasonal Fruit Dairy (Shredded Cheese) Soy (Veggie Taco)</p>	<p>26 Chicken Wontons <i>Vegetarian Wontons</i> Steamed Rice Roasted Veggies Seasonal Fruit Wheat, Soy & Sesame (All Wontons)</p>	<p>27 BBQ Chicken Burger <i>Veggie Burger</i> Coleslaw Seasonal Fruit Wheat (Buns) Egg (Coleslaw)</p>	<p>28 Cheese Pizza <i>Vegetarian</i> Fresh Veggies Seasonal Fruit Wheat & Dairy (Pizza)</p>