



PEREGRINE SCHOOL

June 2021 Lunch Menu

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

	1 Rice & Beans Tortillas Roasted Veggies Seasonal Fruit Wheat (Tortilla)	2 Potato & Spinach Enchiladas Roasted Veggies Seasonal Fruit Soy (Enchilada Sauce) Dairy (Enchiladas)	3 Chicken Chow Mein Egg Noodle Roasted Veggies Seasonal Fruit Egg (Noodle) Sesame & Soy (Noodles & Chicken)	4 Creamy Mushroom Pasta Roasted Veggie Seasonal Fruit Wheat & Dairy (Pasta)
7 Potato with Tuna Cheese Balls Potato Cheese Balls Veggie Seasonal fruit Egg, Dairy & Wheat (Potato Balls)	8 Chilito de Carne Whole Beans Brown Rice Roasted Veggie Seasonal Fruit	9 Cheese Pizza Roasted Veggies Seasonal Fruit Dairy & Wheat (Pizza) Soy (Pizza)	10 Chicken Fajitas Refried Beans Tortillas Roasted Veggies Seasonal Fruit Wheat & Soy (tortillas)	11 Spaghetti Roasted Veggie Seasonal Fruit Wheat & Dairy (Pasta)
14 Enchiladas Cheese Enchiladas Roasted Veggies Seasonal Fruit Soy (Enchilada Sauce)	15 Lemon Chicken Lemon Tofu Brown Rice Stir Fry Veggies Seasonal Fruit Soy (Chicken)	16 Cheesesteak Sandwich Cheese Sandwich Bellpeppers Seasonal fruit Dairy & Wheat (Cheesesteak)	17 No School	18 No School
21 BBQ Chicken Burger Veggie Burger Coleslaw Seasonal Fruit Soy (Burger Bun) Egg (Coleslaw)	22 Lasagna Cheese Lasagna Roasted Veggie Seasonal fruit Dairy & Wheat (Lasagna)	23 Turkey Meatballs Veg Meat Egg Noodle Pasta Creamy Mushroom Sauce Roasted Veggies Seasonal fruit Egg (Noodle) Dairy (Sauce)	24 Chili Corn bread Roasted Veggies Seasonal Fruit Egg (Corn Bread) Dairy (Corn Bread)	25 Mac & Cheese Pesto Roasted Veggies Seasonal Fruit Dairy (Cheese Sauce) Wheat (Pasta)
28 Potato with Turkey Cheese Balls Potato Cheese Balls Veggie Seasonal fruit Egg, Dairy & Wheat (Potato Balls)	29 Chicken Tostada Refried Beans Roasted Veggie Seasonal Fruit Soy (Tostadas)	30 Hamburger Veggie Burger Roasted Veggies Seasonal Fruit Dairy & Wheat (Burger) Soy (Hamburger)		



PEREGRINE SCHOOL

June 2021 Snack Menu

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	1 Graham Crackers Seasonal Fruit Wheat (Crackers)	2 Morning Rounds Seasonal Fruit Wheat (Morning Round)	3 Multi Grain Crackers Cheese Cubes Wheat & Sesame (Crackers) Dairy (Cheese)	4 Oatmeal Muffins Seasonal Fruit Vegan (Muffins)
7 Corn Chips Seasonal Fruit	8 Pretzel Seasonal fruit Wheat (Pretzel)	9 Sunbutter Apples	10 Wheat Bagel Cream Cheese Wheat (Crackers) Dairy (Cream Cheese)	11 Chocolate Chip Muffins Seasonal Fruit Vegan (Muffins)
14 Apple Sauce Wheat Thins Wheat (Crackers)	15 Multi Grain Crackers Cheese Cubes Wheat & Sesame (Crackers) Dairy (Cheese)	16 Morning Rounds Seasonal Fruit Wheat (Morning Round)	17 No School	18 No School
21 Yogurt Seasonal Fruit Dairy (Yogurt)	22 Pretzel Seasonal fruit Wheat (Pretzel)	23 Pita Chips Hummus Wheat (Pita Chips) Sesame (Hummus)	24 Graham Crackers Seasonal Fruit Wheat (Crackers)	25 Carrot Muffins Seasonal Fruit Vegan (Muffins)
28 Sunbutter Apples	29 Pita Chips Hummus Wheat (Pita Chips) Sesame (Hummus)	30 Wheat Thins Cheese Cubes Wheat (Wheat Thins)		