



November 2019 Lunch Menu

Known allergens are noted in *red*. For questions, please see Chef Rosa or email rosa@peregrinescool.org

				1 Chicken & cheese Quesadillas Sour Cream Guacamole Roasted veggies Seasonal fruits <i>Wheat, Dairy (chicken quesadillas)</i>
4 Mongolian Beef White rice Fresh veggies Seasonal fruits	5 Sesame Noodles With Chicken Roasted Veggies Seasonal Fruit <i>Wheat (noodles)</i>	6 Turkey & Cheese Sandwich Lettuce, Tomato Cucumber Seasonal fruits <i>Dairy (Cheese) Wheat (Bread)</i>	7 Bean & Cheese Burritos Sour cream Guacamole Roasted Veggies Seasonal Fruit <i>Dairy (sour cream) Wheat (tortilla)</i>	8 Tacos al Vapor W/Papas con Chorizo Lettuce/Cheese Roasted Veggie Seasonal Fruit
11 Fettuccine Alfredo Pasta Dinner rolls Roasted Veggies Seasonal Fruit <i>Dairy (Alfredo sauce) Wheat (pasta)</i>	12 Teriyaki Chicken Fried rice Fresh veggies Seasonal fruits	13 Cheese Hamburgers Baked potatoes Fries Lettuce/Tomato Seasonal Fruit <i>Dairy, Wheat (Cheese hamburgers)</i>	14 Tomato soup Grilled cheese Sandwiches Fresh veggie Seasonal fruits <i>Wheat, Dairy (grilled cheese sandwiches) Dairy (tomato soup)</i>	15 Chicken Enchiladas Guacamole Sour cream Roasted veggies Seasonal fruits <i>Dairy (Chicken enchiladas, sour cream)</i>
18 Ground Turkey Spaghetti Parmesan cheese Roasted veggies Seasonal fruits <i>Wheat (pasta) Dairy (cheese)</i>	19 Creamy mushroom Chicken W/W Noodles Roasted veggies Seasonal fruits <i>Dairy (creamy mushroom chicken) Wheat (noodles)</i>	20 Pepperoni & cheese Pizza Ranch dressings Fresh Veggie Seasonal Fruit <i>Wheat (pizza crust) Dairy (cheese)</i>	21 Creamy Pesto Pasta Roasted Veggie Seasonal Fruit <i>Dairy (Creamy pesto) Wheat (pasta)</i>	22 Minestrone Soup Dinner rolls Steam Veggie Seasonal Fruit <i>Wheat (Garlic Bread) Dairy (Garlic Bread/Butter)</i>
25 Fish Tacos Coleslaw Seasonal fruits	26 Chicken Soup Pasta With Veggie Seasonal fruits	27 Holiday	28 Holiday	29 Holiday



PEREGRINE SCHOOL

November Morning Snack Menu

For questions, please see Chef Rosa or email rosa@peregrineschool.org

				1 Bagel Cream cheese (Dairy) Seasonal Fruit
4 Cheese stick Whole Grain Crackers Seasonal fruit	5 Trail mix yogurt (Dairy) Seasonal Fruit	6 Chocolate chips Muffins Seasonal fruit	7 Graham crackers Apple sauce	8 Pita Chips W/Hummus Seasonal Fruit
11 Sun butter & Jelly Sandwiches Seasonal Fruit	12 Cheese stick Whole Grain Crackers Seasonal fruit	13 Whole Grain Chips W/Hummus Seasonal Fruit	14 Trail mix yogurt (Dairy) Seasonal Fruit	15 Chocolate chips Muffins Seasonal fruit
18 Bagel Cream cheese (Dairy) Seasonal Fruit	19 Whole Grain Crackers Cheese cubs Seasonal Fruit	20 Pretzel Seasonal fruit	21 Banana muffins (Vegan) Seasonal Fruit	22 Graham crackers Apple sauce
25 Pita Chips W/Hummus Seasonal Fruit	26 Trail mix yogurt (Dairy) Seasonal Fruit	27 Holiday	28 Holiday	29 Holiday