



# DECEMBER 2025

## Peru Gluten Free Menu

We take pride in making all our food from scratch! From baked goods to salads to proteins, the kitchen staff work hard to serve each student a restaurant style meal every day!

### Monday

**1**  
Turkey Sub  
w/ GF Roll  
**Apple Slaw**  
Honey Glaze Carrots  
Fruits & Veggies  
Milk

**8**  
Grilled Cheese  
on GF Bread  
Tomato Soup  
**Carrot Stick w/ Ranch**  
Cinnamon Tossed Apples  
Fruits & Veggies / Milk

**15**  
Hot Honey Chicken  
& GF Roll  
**Kale Chips**  
Garlic Green Beans  
Fruits & Veggies  
Milk

**22**  
**HOLIDAY BREAK!**

**29**  
**HOLIDAY BREAK!**

### Tuesday

**2**  
**Beef** Nachos  
Mexican Street Corn  
Fresh Cut Pineapple  
Fruits & Veggies  
Milk

**9**  
**Beef** Tacos  
on GF Wrap  
Cilantro Lime Rice  
Black Beans  
Cottage Chz w/ Peach Sauce  
Fruits & Veggies / Milk

**16**  
Mexican Pulled  
Chicken GF Quesadilla  
Black Bean Corn Salsa  
Spanish Rice  
Fruits & Veggies  
Milk

**23**  
**HOLIDAY BREAK!**

**30**  
**HOLIDAY BREAK!**

### Wednesday

**3**  
**Half Day**  
**Build-a-Box**  
w/ GF Options

**10**  
Breakfast for Lunch!  
**GF Pancakes / Sausage**  
Scrambled Eggs  
Yogurt Bar  
Fruits & Veggies  
Milk

**17**  
Breakfast for Lunch!  
**Breakfast Pizza on GF Crust**  
Yogurt Bar  
Fruits & Veggies  
Milk

**24**  
**HOLIDAY BREAK!**

**31**  
**SEE YA**  
**NEXT YEAR!**

### Thursday

**4**  
Chicken Caesar Wraps  
On GF Wrap  
Baked Beans  
Yogurt Bar  
Fruits & Veggies  
Milk

**11**  
BBQ Chicken  
**Mac & Cheese w/ GF Penne**  
Honey Glazed Carrots  
Fresh Cut Melon Mix  
Fruits & Veggies  
Milk

**18**  
GF Penne w/ **Meatsauce**  
Parm Garlic GF Bread  
Seasoned Broccoli  
Fruits & Veggies  
Milk

**25**  
**HOLIDAY BREAK!**

### Friday

**5**  
GF Dunker Day!  
Marinara  
**Tossed Salad**  
Friday Soup (TBD GF)  
Fruits & Veggies  
Milk

**12**  
GF Pizza Day!  
Cheese or Pepperoni  
**Tossed Salad**  
Friday Soup (TBD GF)  
Fruits & Veggies  
Milk

**19**  
GF Dunker Day!  
Marinara  
**Tossed Salad**  
Friday Soup (TBD GF)  
Fruits & Veggies  
Milk

**26**  
**HOLIDAY BREAK!**

#### Local Vendors We are Proud to Use:

Juniper Hill Farm- Produce, Fresh Eggs  
Donahue's Livestock- Beef and Sausage  
Tangleroot Farm- Produce  
North Country Creamery- Yogurt  
Glaziers- Milk  
Lillie Valley Farm- Beef

Items in **GREEN** are items that have one or more main ingredients that are procured from local producers in the State of New York

Peru CSD encourages all students to select a complete meal containing all FIVE food components at lunch. Students must select at least THREE food components with one of those food components being at least a ½ cup of fruit or vegetable to constitute a meal.

ALL STUDENTS EAT FREE AT PERU CSD!

Alternate choices are PB&J or Egg Salad Sandwich.