



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

FEBRUARY 2026

Peru CSD GLUTEN FREE Lunch 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

Burger Day! 2
Plain or Cheese on GF Bun
Potato Salad / Baked Beans
Fruits & Veggies / Milk

Tuesday

Chicken Al Pastor 3
(Mexican Chicken w/ Pineapple)
Seasoned Brown Rice
Mexican Street Corn
Fruits & Veggies / Milk

Wednesday

Classic Baked GF Ziti 4
Roasted Broccoli
Parm Garlic Dinner Rolls
Fruits & Veggies
Milk

Thursday

Breakfast Burrito 5
w/ Sausage, Egg, Cheese
Buttered Corn
Fruits & Veggies
Milk

Friday

Cauliflower Pizza Day! 6
Cheese or Pepperoni
Tossed Salad
Fruits & Veggies
Milk

Sloppy Joes on GF Bun 9
Local Homefries
Honey Roasted Carrots
Fruits & Veggies
Milk

Chicken Cantina Bowl 10
Pulled Chicken/Spanish Rice
Black Bean Corn Salsa
Fruits & Veggies
Milk

GF Grilled Cheese 11
Homemade Tomato Soup
Garlic Green Beans
Fruits & Veggies
Milk

Rosemary Chicken 12
Scratch GF Mac & Cheese
Roasted Broccoli
Fruits & Veggies
Milk

Cauliflower Dunker Day! 13
Marinara / Tossed Salad
GF V-Day Dessert!!!
Fruits & Veggies / Milk

16
No School
Winter Break

17
No School
Winter Break

18
No School
Winter Break

19
No School
Winter Break

20
No School
Winter Break

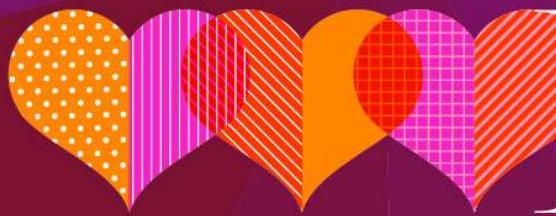
Teriyaki Chicken 23
Seasoned Brown Rice
Steamed Broccoli
Fruits & Veggies
Milk

Beef Nachos 24
Cheddar Cheese
Cilantro Lime Rice
Fruits & Veggies
Milk

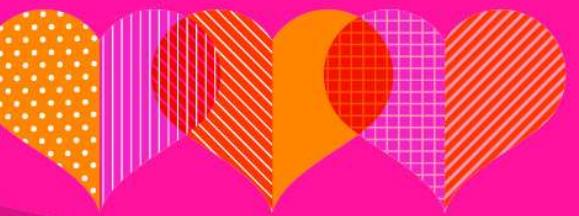
BBQ Chicken GF Wraps 25
GF Pasta Salad
Baked Beans
Fruits & Veggies
Milk

Brunch for Lunch! 26
Scrambled Eggs
Sausage Links / Homefries
Fruits & Veggies
Milk

Cauliflower Pizza Day! 27
Cheese or Pepperoni
Tossed Salad
Fruits & Veggies
Milk



LOVE



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 $\frac{1}{2}$ 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.

Local Vendors We are Proud to Use:

Juniper Hill Farm- Produce, Fresh Eggs
North Country Creamery- Yogurt
Heywood Farms- Maple Syrup and Ground Beef
Glaziers- Milk

Donahue's and Lucki7- Ground Beef and other Beef/Pork Products