



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

#### **Sloppy Joes on GF Bun** 9

Local Homefries  
Honey Roasted Carrots  
Fruits & Veggies  
Milk

### Tuesday

#### **Chicken Al Pastor** 3

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

#### **Chicken Cantina Bowl** 10

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

### Wednesday

#### **Classic Baked GF Ziti** 4

Roasted Broccoli  
Parm Garlic Dinner Rolls  
Fruits & Veggies  
Milk

#### **GF Grilled Cheese** 11

Homemade Tomato Soup  
Garlic Green Beans  
Fruits & Veggies  
Milk

### Thursday

#### **Breakfast Burrito** 5

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

#### **Rosemary Chicken** 12

Scratch GF Mac & Cheese  
Roasted Broccoli  
Fruits & Veggies  
Milk

### Friday

#### **Cauliflower Pizza Day!** 6

Cheese or Pepperoni  
Tossed Salad  
Fruits & Veggies  
Milk

#### **Cauliflower Dunker Day!** 13

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

No School  
Winter Break

No School  
Winter Break

No School  
Winter Break

No School  
Winter Break

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



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.

#### 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