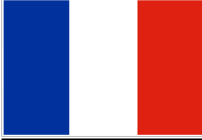




SAN DIEGO FRENCH AMERICAN SCHOOL.

AUG/SEPTEMBER 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			ITALIAN DAY 30 Spaghetti & Meatsauce Caesar Salad Baguette Fresh Fruit	FRENCH DAY 31 Spinach Quiche Tom & Cucumber Fresh Fruit Carrot Cake * <i>Vegetarian</i>
3 LABOR DAY	MEXICAN DAY 4 Chicken Fajitas Mexican Rice Salsa Fresca Fresh Fruit * <i>Gluten Free Option</i>	5 Salami Sandwich Vegetable Soup Fruit Salad Cheesecake * <i>Vegetarian Option</i>	FRENCH DAY 6 Beef Burgundy Mashed Potatoes Baguette Fresh Fruit * <i>Gluten Free Option</i>	7 Tomato and Bean Pasta Baguette Fresh Fruit Fudge Brownies * <i>Vegetarian</i>
ALL AMERICAN 10 Roasted Chicken Vegetables & Sweet Potatoes Baguette Fresh Fruit * <i>Gluten Free Option</i> * <i>Vegetarian Option</i>	ITALIAN DAY 11 Pasta Rustica Garden Salad Baguette Fresh Fruit	12 Turkey Sandwich Vegetable Soup fruit salad Ginger Pound Cake * <i>Vegetarian Option</i>	13 Beef Lasagna Garden Salad Baguette Cookies	14 Minimum Day
MEXICAN DAY 17 Beef Tacos Mexican Rice Salsa Fresca Fresh Fruit * <i>Vegetarian Option</i>	18 Chicken Caesar Pasta Salad Baguette Fresh Fruit * <i>Gluten Free Option</i>	19 Tuna Sandwich Vegetable Soup fruit salad Apple pie * <i>Vegetarian Option</i>	GERMAN DAY 20 Bratwurst Mashed Potatoes Peas & Carrots Fresh Fruit * <i>Gluten Free Option</i>	ITALIAN DAY 21 Baguette Pizza Garden Salad Fresh Fruit Ch Chip Cookies * <i>Vegetarian</i>
ALL AMERICAN 24 Chicken Pot Pie Casserole Baguette Fresh Fruit * <i>Vegetarian Option</i>	25 Chili Con Carne Brown Rice Carrot/Celery Stick Baguette Fresh Fruit * <i>Gluten Free Option</i>	26 Cheese Sandwich Chicken Soup Fruit Salad Palmiers * <i>Gluten Free Option</i> * <i>Vegetarian Option</i>	ASIAN DAY 27 Chinese Chicken Salad Romaine Lettuce Fresh Fruit * <i>Gluten Free Option</i>	FRENCH DAY 28 Ratatouille Couscous Baguette Fresh Fruit Cookies * <i>Vegetarian</i>









+Desserts may vary depending on baker's availability.

* *Vegetarian Option* : Mondays the entree will be served with no meat.


* *Wednesday will be Cheese sandwich and Vegetable Soup*


SAN DIEGO FRENCH AMERICAN SCHOOL.

OCTOBER 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>MOROCCAN DAY 1</p> <p>Chicken Tagine Brown rice Baguette Fresh Fruit</p> <p> <i>Gluten Free Option</i>  <i>Vegetarian Option</i></p>	<p>FRENCH DAY 2</p> <p>Quiche Loraine Tom and Cucumber Salad Baguette Fresh Fruit</p>	<p>3</p> <p>Turkey sandwich Vegetable soup Fruit Salad Cowboy cookies</p> <p> <i>Vegetarian Option</i></p>	<p>ALL AMERICAN. 4</p> <p>BBQ Chicken Potato Salad Cole Slaw Fresh Fruit</p> <p> <i>Gluten Free Option</i></p>	<p>ITALIAN DAY. 5</p> <p>Vegetable Lasagna Garden salad Baguette Fresh Fruit Cheesecake</p> <p> <i>Vegetarian</i></p>
<p>ALL AMERICAN 8</p> <p>Tuna Casserole Garden Salad Baguette Fresh Fruit</p> <p> <i>Vegetarian Option</i></p>	<p>ENGLISH DAY 9</p> <p>Shepherds Pie Spinach Salad Baguette Fresh Fruit</p> <p> <i>Gluten Free Option</i></p>	<p>10</p> <p>Salami sandwich Vegetable Soup Fruit Salad Brownies</p> <p> <i>Vegetarian Option</i></p>	<p>ITALIAN DAY 11</p> <p>Parmesan Chicken Mac and Cheese with broccoli Fresh Fruit</p> <p> <i>Gluten Free Option</i></p>	<p>12</p> <p>Veggie Chili Rice Baguette Fresh Fruit Ginger Pound Cake</p> <p> <i>Vegetarian</i></p>
<p>SENEGAL DAY 15</p> <p>Poulet Yassa Brown Rice Baguette Fresh Fruit</p> <p> <i>Gluten Free Option</i>  <i>Vegetarian Option</i></p>	<p>ITALIAN DAY 16</p> <p>Salmon Penne Pasta Garden Salad Baguette Fresh Fruit</p>	<p>17</p> <p>Ham and Cheese Sandwich Vegetable soup Fruit Salad Carrot Cake</p> <p> <i>Vegetarian Option</i></p>	<p>ALL AMERICAN 18</p> <p>Roasted Chicken Vegetables Baguette Fresh Fruit</p> <p> <i>Gluten Free Option</i></p>	<p>19</p> <p>MINIMUM DAY</p>
<p>22</p> <p>FALL BREAK</p>	<p>23</p> <p>FALL BREAK</p>	<p>24</p> <p>FALL BREAK</p>	<p>25</p> <p>FALL BREAK</p>	<p>26</p> <p>FALL BREAK</p>
<p>MEXICAN DAY 29</p> <p>Chicken Fajitas Mexican rice Salsa Fresca Fresh Fruit</p> <p> <i>Gluten Free Option</i>  <i>Vegetarian Option</i></p>	<p>ITALIAN DAY 30</p> <p>Sphaghetti Meatsauce Garden Salad Fresh Fruit</p>	<p>31</p> <p>Tuna Sandwich Vegetable Soup Fruit Salad Apple Pie</p> <p> <i>Vegetarian Option</i></p>		




*Desserts may vary depending on baker's availability.

 *Vegetarian Option : Mondays the entree will be served with no meat.*

 *Wednesday will be Cheese sandwich and Vegetable Soup*

SAN DIEGO FRENCH AMERICAN SCHOOL.

NOVEMBER 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			FRENCH DAY 1 Cowboy Quiche Caesar Salad Baguette Fresh Fruit	ITALIAN DAY 2 Tortellini Marinara Baguette Fresh Fruit Ch Chip Cookies * <i>Vegetarian</i>
FRENCH DAY 5 Beef Burgundy Mashed Potatoes Baguette Fresh Fruit * <i>Gluten Free Option</i> * <i>Vegetarian Option</i>	ALL AMERICAN 6 BBQ Chicken Bean Salad Baguette Fresh Fruit * <i>Gluten Free Option</i>	7 Pastrami Sandwich Vegetable Soup Fruit Salad Palmiers * <i>Vegetarian Option</i>	8 Pasta Rustica Garden Salad Baguette Fresh Fruit	ITALIAN DAY 9 Baguette Pizza Caesar Salad Fresh Fruit Carrot Cake * <i>Vegetarian</i>
ITALIAN DAY 12 Beef Lasagna Garden Salad Baguette Fresh fruit * <i>Vegetarian Option</i>	GERMAN DAY 13 Bratwurst Mashed Potatoes Peas and Carrots Baguette Fresh Fruit * <i>Gluten Free Option</i>	14 Cheese Sandwich Chicken Soup Fruit salad Cookies * <i>Vegetarian Option</i>	15 Chicken Caesar Pasta Salad Romaine Lettuce Fresh fruit * <i>Gluten Free Option</i>	FRENCH DAY 16 Ratatouille Couscous Baguette Fresh Fruit Carrot Cake * <i>Vegetarian</i>
ALL AMERICAN 19 Meatloaf Israeli Couscous Salad Baguette Fresh Fruit * <i>Vegetarian Option</i>	ITALIAN DAY 20 Italian Sausage and White Bean casserole Baguette Fresh Fruit	21 THANKSGIVING LUNCH	22 BREAK	23 BREAK
ALL AMERICAN 26 Chili Con Carne Farro Veggie Sticks Baguette Fresh Fruit * <i>Vegetarian Option</i>	ASIAN DAY 27 Chinese Chicken Salad Romaine Lettuce Fresh Fruit * <i>Gluten Free Option</i>	28 Salami Sandwich Vegetable Soup Fruit Salad Ginger Pound Cake * <i>Vegetarian Option</i>	FRENCH DAY 29 Chicken Provencal Brown Rice Baguette Fresh Fruit * <i>Gluten Free Option</i>	30 3 Cheese Pasta Peas and Carrots Garden Salad Fresh Fruit Cookies * <i>Vegetarian</i>

*Desserts may vary depending on baker's availability.

* *Vegetarian Option* : Mondays the entree will be served with no meat.

* *Wednesday will be Cheese sandwich and Vegetable Soup*

SAN DIEGO FRENCH AMERICAN SCHOOL.

DECEMBER 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<u>3</u> Chicken Pot Pie Casserole Garden salad Fresh Fruit Baguette	<u>4</u> Shepherds Pie Spinach Salad Baguette Fresh Fruit	<u>5</u> Tuna Sandwich Vegetable Soup Fruit Salad Cookie	<u>6</u> Chicken Provencal Brown Rice Baguette Fresh fruit	<u>7</u> Spinach Mushroom Quiche Greek Salad Fresh fruit Cheesecake
<u>10</u> Salmon Penne Pasta Garden Salad Baguette Fresh Fruit	<u>11</u> Parmesan Chicken Bean Salad Baguette Fresh Fruit	<u>12</u> Ham and Cheese Sandwich Vegetable Soup Fruit Salad Apple Pie	<u>13</u> Beef Burgundy Mashed Potatoes Peas and Carrots Fresh Fruit	<u>14</u> Vegetable Lasagna Caesar Salad Fresh Fruit Cowboy Cookies
<u>17</u> Poulet Yassa Couscous Baguette Fresh Fruit	<u>18</u> Pasta Rustica Garden Salad Baguette Fresh fruit	<u>19</u> MINIMUM DAY	<u>20</u> HOLIDAY BREAK	<u>21</u> HOLIDAY BREAK
<u>24</u> HOLIDAY BREAK	<u>25</u> HOLIDAY BREAK	<u>26</u> HOLIDAY BREAK	<u>27</u> HOLIDAY BREAK	<u>28</u> HOLIDAY BREAK
<u>31</u> HOLIDAY BREAK				