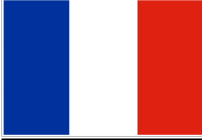




SAN DIEGO FRENCH AMERICAN SCHOOL.

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*