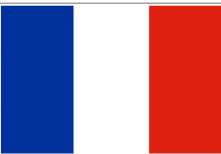


SAN DIEGO FRENCH AMERICAN SCHOOL.

AUGUST-SEPTEMBER 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
28 NO HOT LUNCH 	ITALIAN DAY 29 Parmesan Chicken Roasted Vegetable Fresh Fruit  Gluten Free Option	30 Turkey Sandwich Vegetable Soup Fruit Salad Cheesecake  Vegetarian Option	ALL AMERICAN 31 Chili Con Carne Rice Carrots & Celery Fresh Fruit  Gluten Free Option	1 3 Cheese Pasta with Broccoli Green Salad Fresh Fruit Brownie  Vegetarian
4 NO HOT LUNCH 	4 FRENCH DAY 5 Beef Burgundy Brown Rice Fresh Fruit  Gluten Free Option	5 Cheese Sandwich Chicken Soup Fruit Salad Apple Pie  Vegetarian Option	6 Chicken Caesar Pasta Salad Fresh Fruit	7 ITALIAN DAY Spinach Mushroom Quiche Tomato Cucumber Salad Cookie  Vegetarian
11 FRENCH DAY Chicken Provencal Rice Fresh Fruit Fruit Pie  Gluten Free Option  Vegetarian Option	12 Sphaghetti with Meatsauce Green Salad Fresh Fruit	13 Tuna Sandwich Soup Fruit Salad Carrot Cake  Vegetarian Option	14 ITALIAN DAY Beef Lasagna Caesar Salad Baguette Fresh Fruit	15 NO HOT LUNCH
18 MEXICAN DAY Chicken Fajitas Mexican Rice Fresh Fruit  Gluten Free Option  Vegetarian Option	19 GERMAN DAY Bratwurst Mashed Potatoes Peas and Carrots Fresh Fruit  Gluten Free Option	20 Salami Sandwich Vegetable Soup Fruit Salad Cookie  Vegetarian Option	21 Cowboy Quiche Green Salad Baguette	22 FRENCH DAY Ratatouille Couscous Coconut Macaroons  Gluten Free Option  Vegetarian
25 ALL AMERICAN Meatloaf Quinoa Salad Fresh Fruit  Vegetarian Option	26 MOROCCAN DAY Chicken Tagine Noodles Fresh Fruit  Gluten Free Option	27 Roast Beef Sandwich Vegetable Soup Fruit Salad Ginger Pound Cake  Vegetarian Option	28 Shrimp Creole Pie Brown Rice Fresh Fruit	29 ITALIAN DAY Vegetable Lasagna Green Salad Cookies  Vegetarian

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.