

SAN DIEGO FRENCH AMERICAN SCHOOL

OCTOBER 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Chicken Tagine Brown rice Baguette Fresh Fruit	2 Shepherds Pie Spinach Salad Baguette Fresh Fruit	3 Ham and Cheese Sandwich Vegetable soup Fruit Salad Carrot Cake	4 BBQ Chicken Potato Salad Cole Slaw Fresh Fruit	5 Vegetable Lasagna Garden salad Baguette Fresh Fruit Cheesecake
8 Chicken Provencal Farro Baguette Fresh Fruit	9 Salmon Penne Pasta Garden Salad Baguette Fresh Fruit	10 Salami sandwich Vegetable Soup Fruit Salad Brownies	11 Parmesan Chicken Mac and Cheese with broccoli Fresh Fruit	12 Veggie Chili Rice Baguette Fresh Fruit Ginger Pound Cake
15 Poulet Yassa Brown Rice Baguette Fresh Fruit	16 Quiche Loraine Tom and Cucumber Salad Baguette Fresh Fruit	17 Turkey sandwich Vegetable soup Fruit Salad Cowboy cookies	18 Roasted Chicken Vegetables Baguette Fresh Fruit	19 MINIMUM DAY
22 FALL BREAK	23 FALL BREAK	24 FALL BREAK	25 FALL BREAK	26 FALL BREAK
29 Chicken Fajitas Mexican rice Salsa Fresca Fresh Fruit	30 Sphaghetti Meat sauce Garden Salad Fresh Fruit	31 Tuna Sandwich Vegetable Soup Fruit Salad Apple Pie	 SAN DIEGO FRENCH AMERICAN SCHOOL	