

# SAN DIEGO FRENCH AMERICAN SCHOOL

## OCTOBER 2018

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