

SAN DIEGO FRENCH AMERICAN SCHOOL

MAY 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 Turkey Sandwich Vegetable Soup Fruit Salad Carrot Cake * <i>Vegetarian Option</i>	2 Poulet Yassa Rice Fresh Fruit * <i>Gluten Free Option</i>	ITALIAN DAY 3 Vegetable Lasagna Green Salad Fresh Fruit Rugulabs * <i>Vegetarian</i>
ASIAN DAY 6 Chicken StirFry Noodles Fresh Fruit * <i>Vegetarian Option</i>	GERMAN DAY 7 Bratwurst Mashed Potatoes Peas & Carrots Fresh Fruit * <i>Gluten Free Option</i>	8 Roast Beef Sandwich Vegetable Soup Fruit Salad Apple Pie * <i>Vegetarian Option</i>	ALL AMERICAN 9 Roast Chicken Vegetables Fresh Fruit * <i>Gluten Free Option</i>	ITALIAN DAY 10 Baguette Pizza Garden Salad Fresh Fruit Ch Chip Cookie * <i>Vegetarian</i>
ALL AMERICAN 13 Chicken PotPie Casserole Green Salad * <i>Vegetarian Option</i>	FRENCH DAY 14 Ham & Cheese Quiche TomatoCucumber Fresh Fruit	15 Pastrami Sandwich Vegetable Soup Fruit Salad Cowboy Cookie * <i>Vegetarian Option</i>	16 Beef Burgundy Mashed Potatoes Fresh Fruit * <i>Gluten Free Option</i>	17 Veggie Chili Brown Rice Fresh Fruit Carrot Cake * <i>Vegetarian</i>
MEXICAN DAY 20 Beef Tacos Mexican Rice Salsa Fresca * <i>Vegetarian Option</i>	ALL AMERICAN 21 BBQ Chicken Mashed Potatoes Corn Fresh Fruit * <i>Gluten Free Option</i>	22 Ham & Cheese Sandwich Vegetable Soup Fruit Salad Cheesecake * <i>Vegetarian Option</i>	ITALIAN DAY 23 Spaghetti Garden Salad Fresh Fruit	24 MINIMUM DAY NO HOT LUNCH
27 MEMORIAL DAY	ITALIAN DAY 28 Pasta Rústica Garden Salad Fresh Fruit	29 Tuna Sandwich Vegetable Soup Fruit Salad Brownies * <i>Vegetarian Option</i>	MEXICAN DAY 30 Chicken Fajitas Mexican Rice Fresh Fruit * <i>Gluten Free Option</i>	FRENCH DAY 31 Ratatouille Couscous Fresh Fruit GingerPoundCake * <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