
















SAN DIEGO FRENCH AMERICAN SCHOOL

JANUARY 2017

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|--|---|---|---|
| <u>2</u> <u>HOLIDAY</u> <u>BREAK</u> | <u>3</u> <u>ALL AMERICAN</u> Chili con Carne Brown Rice Carrot & Celery Fresh Fruit  <u>Gluten Free Option</u> | <u>4</u> Salami Sandwich Vegetable Soup Fruit Salad Brownie | <u>5</u> <u>ITALIAN DAY</u> Parmesan Chicken Spinach Salad Baguette Fresh Fruit  <u>Gluten Free Option</u> | <u>6</u> <u>FRENCH DAY</u> Ratatouille and Couscous Cheesecake Fresh Fruit  <u>Vegetarian</u> |
| <u>9</u> <u>ITALIAN DAY</u> Spaghetti and Meatsauce Green Salad Fresh Fruit | <u>10</u> <u>GERMAN DAY</u> Bratwurst and Mashed Potatoes Vegetable Sticks Fresh Fruit  <u>Gluten Free Option</u> | <u>11</u> Cheese Sandwich Soup Fruit Salad Ginger PoundCake | <u>12</u> <u>FRENCH DAY</u> Chicken Provencal Farro Fresh Fruit  <u>Gluten Free Option</u> | <u>13</u> Vegetable Asian Stir Fry Cookies Fresh Fruit  <u>Vegetarian</u> |
| <u>16</u> <u>MARTIN</u> <u>LUTHER</u> <u>KING DAY</u> | <u>17</u> <u>ALL AMERICAN</u> Mac & Cheese Casserole Beet Salad Fresh Fruit | <u>18</u> Tuna Sandwich Soup Fruit Salad Cookies | <u>19</u> <u>ITALIAN DAY</u> Beef Lasagna Caesar Salad Fresh Fruit | <u>20</u> Veggie Chili Rice Fresh Fruit Lemon Bars  <u>Gluten Free Option</u>  <u>Vegetarian</u> |
| <u>23</u> Beef Tacos Mexican Rice Salsa Mexicana Fresh Fruit | <u>24</u> <u>FRENCH DAY</u> Quiche Loraine Tomato and Cucumber Salad Baguette Fresh Fruit | <u>25</u> Pastrami Sandwich Soup Fruit Salad Carrot Cake | <u>26</u> <u>MEXICAN DAY</u> Chicken Fajitas Rice Fresh Fruit  <u>Gluten Free Option</u> | <u>27</u> 3 Cheese Pasta Green Salad Fresh Fruit Cowboy Cookies  <u>Vegetarian</u> |
| <u>30</u> <u>ENGLISH DAY</u> Shepherds Pie Greek Salad Fresh Fruit  <u>Gluten Free Option</u> | <u>31</u> Poulet Yassa Wild Rice Fresh Fruit Sugar Cookies  <u>Gluten Free Option</u> |  |  |  |

Desserts may vary depending on baker's availability.