


SAN DIEGO FRENCH AMERICAN SCHOOL.

OCTOBER 2016

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>MEXICAN DAY 3 Chicken Fajitas Rice Mexican Salsa Cookies Fresh Fruit Option</p>	<p>ITALIAN DAY 4 Spaghetti Meatballs Green Salad Fresh Fruit</p>	<p>5 Cheese Sandwich Soup Fresh Fruit Cookies</p>	<p>FRENCH DAY 6 Ham & Cheese Quiche Tomato Cucumber Salad Cookies Fresh Fruit Option</p>	<p>7 Asian Stir Fry Noodles With Vegetables Fresh Fruit  <i>Vegetarian</i></p>
<p>ALL AMERICAN 10 Chili Con Carne Rice Cookies Fresh Fruit Option</p>	<p>11 Roasted Herb Chicken & Vegetables Baguette Fresh Fruit <i>Gluten-Free Option</i></p>	<p>12 Turkey Sandwich Vegetable Soup Cheesecake Fruit Salad</p>	<p>ITALIAN DAY 13 Pasta Carbonara Green Salad Brownie Fresh Fruit Option</p>	<p>14 Baguette Pizza Caesar Salad Fresh Fruit  <i>Vegetarian</i></p>
<p>MEXICAN DAY 17 Beef Tacos Rice Mexican Salsa Carrot Cake Fresh Fruit Option</p>	<p>JAPANESE DAY 18 Soba Noodles With Chicken Fresh Fruit</p>	<p>19 Salami Sandwich Vegetable Soup Cookies Fruit Salad</p>	<p>ITALIAN DAY 20 Beef Lasagna Green Salad Fresh Fruit Apple Pie Fresh Fruit Option</p>	<p>21 MINIMUM DAY NO HOT LUNCH</p>
<p>24 FALL BREAK NO HOT LUNCH</p>	<p>25 FALL BREAK NO HOT LUNCH</p>	<p>26 FALL BREAK NO HOT LUNCH</p>	<p>27 FALL BREAK NO HOT LUNCH</p>	<p>28 FALL BREAK NO HOT LUNCH</p>
<p>ITALIAN DAY 31 Beef Lasagna Green Salad Cookies Baguette</p>				

