




SAN DIEGO FRENCH AMERICAN SCHOOL.

NOVEMBER 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			FRENCH DAY 1 Cowboy Quiche Caesar Salad Baguette Fresh Fruit	ITALIAN DAY 2 Tortellini Marinara Baguette Fresh Fruit Ch Chip Cookies * <i>Vegetarian</i>
FRENCH DAY 5 Beef Burgundy Mashed Potatoes Baguette Fresh Fruit * <i>Gluten Free Option</i> * <i>Vegetarian Option</i>	ALL AMERICAN 6 BBQ Chicken Bean Salad Baguette Fresh Fruit * <i>Gluten Free Option</i>	7 Pastrami Sandwich Vegetable Soup Fruit Salad Palmiers * <i>Vegetarian Option</i>	8 Pasta Rustica Garden Salad Baguette Fresh Fruit	ITALIAN DAY 9 Baguette Pizza Caesar Salad Fresh Fruit Carrot Cake * <i>Vegetarian</i>
ITALIAN DAY 12 Beef Lasagna Garden Salad Baguette Fresh fruit * <i>Vegetarian Option</i>	GERMAN DAY 13 Bratwurst Mashed Potatoes Peas and Carrots Baguette Fresh Fruit * <i>Gluten Free Option</i>	14 Cheese Sandwich Chicken Soup Fruit salad Cookies * <i>Vegetarian Option</i>	15 Chicken Caesar Pasta Salad Romaine Lettuce Fresh fruit * <i>Gluten Free Option</i>	FRENCH DAY 16 Ratatouille Couscous Baguette Fresh Fruit Carrot Cake * <i>Vegetarian</i>
ALL AMERICAN 19 Meatloaf Israeli Couscous Salad Baguette Fresh Fruit * <i>Vegetarian Option</i>	ITALIAN DAY 20 Italian Sausage and White Bean casserole Baguette Fresh Fruit	21 THANKSGIVING LUNCH	22 BREAK	23 BREAK
ALL AMERICAN 26 Chili Con Carne Farro Veggie Sticks Baguette Fresh Fruit * <i>Vegetarian Option</i>	ASIAN DAY 27 Chinese Chicken Salad Romaine Lettuce Fresh Fruit * <i>Gluten Free Option</i>	28 Salami Sandwich Vegetable Soup Fruit Salad Ginger Pound Cake * <i>Vegetarian Option</i>	FRENCH DAY 29 Chicken Provencal Brown Rice Baguette Fresh Fruit * <i>Gluten Free Option</i>	30 3 Cheese Pasta Peas and Carrots Garden Salad Fresh Fruit Cookies * <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