

# SAN DIEGO FRENCH AMERICAN SCHOOL.

AUG/SEPTEMBER 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			<b>ITALIAN DAY 30</b> Spaghetti & Meatsauce Caesar Salad Baguette Fresh Fruit	<b>FRENCH DAY 31</b> Spinach Quiche Tom & Cucumber Fresh Fruit Carrot Cake  <u>Vegetarian</u>
<b>3</b> <b>LABOR DAY</b>	<b>4</b> <b>MEXICAN DAY</b> Chicken Fajitas Mexican Rice Salsa Fresca Fresh Fruit  <u>Gluten Free Option</u>  <u>VegetarianOption</u>	<b>5</b> Salami Sandwich Vegetable Soup Fruit Salad Cheesecake  <u>VegetarianOption</u>	<b>6</b> <b>FRENCH DAY</b> Beef Burgundy Mashed Potatoes Baguette Fresh Fruit  <u>Gluten Free Option</u>	<b>7</b> Tomato and Bean Pasta Baguette Fresh Fruit Fudge Brownies  <u>Vegetarian</u>
<b>10</b> <b>ALL AMERICAN</b> Roasted Chicken Vegetables & Sweet Potatoes Baguette Fresh Fruit  <u>Gluten Free Option</u>  <u>VegetarianOption</u>	<b>11</b> <b>ITALIAN DAY</b> Pasta Rustica Garden Salad Baguette Fresh Fruit	<b>12</b> Turkey Sandwich Vegetable Soup fruit salad GingerPound Cake  <u>VegetarianOption</u>	<b>13</b> Beef Lasagna Garden Salad Baguette Cookies	<b>14</b> <b>Minimum Day</b>
<b>17</b> <b>MEXICAN DAY</b> Beef Tacos Mexican Rice Salsa Fresca Fresh Fruit  <u>VegetarianOption</u>  <u>Gluten Free Option</u>	<b>18</b> Chicken Caesar Pasta Salad Baguette Fresh Fruit	<b>19</b> Tuna Sandwich Vegetable Soup fruit salad Apple pie  <u>VegetarianOption</u>	<b>20</b> <b>GERMAN DAY</b> Bratwurst Mashed Potatoes Peas & Carrots Fresh Fruit  <u>Gluten Free Option</u>	<b>21</b> <b>ITALIAN DAY</b> Baguette Pizza Garden Salad Fresh Fruit Ch Chip Cookies  <u>Vegetarian</u>
<b>24</b> <b>ALL AMERICAN</b> Chicken Pot Pie Casserole Baguette Fresh Fruit  <u>VegetarianOption</u>  <u>Gluten Free Option</u>	<b>25</b> Chili Con Carne Brown Rice Carrot/Celery Stick Baguette Fresh Fruit	<b>26</b> Cheese Sandwich Chicken Soup Fruit Salad Palmiers  <u>Gluten Free Option</u>  <u>VegetarianOption</u>	<b>27</b> <b>ASIAN DAY</b> Chinese Chicken Salad Romaine Lettuce Fresh Fruit  <u>Gluten Free Option</u>	<b>28</b> <b>FRENCH DAY</b> Ratatouille Couscous Baguette Fresh Fruit Cookies  <u>Vegetarian</u>

+Desserts may vary depending on baker's availability.

 VegetarianOption : Mondays the entree will be served with no meat.

 Wednesday will be Cheese sandwich and Vegetable Soup