



SAN DIEGO FRENCH AMERICAN SCHOOL

JANUARY 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 HOLIDAY BREAK	2 HOLIDAY BREAK	3 HOLIDAY BREAK	4 HOLIDAY BREAK
ITALIAN DAY 7 Spaghetti Meat sauce Green Salad Fresh Fruit	FRENCH DAY 8 Ham & Cheese Quiche TomatoCucumber Baguette Fresh Fruit	9 Turkey Sandwich Vegetable Soup Fruit Salad Dessert  <i>Vegetarian Option</i>	MOROCCAN DAY 10 Poulet Yassa Brown Rice Baguette Fresh Fruit  <i>Gluten Free Option</i>	11 Baguette Pizza Green Salad Fresh Fruit Dessert  <i>Vegetarian</i>
MEXICAN DAY 14 Chicken Fajitas Mexican Rice Salsa Fresca Fresh Fruit  <i>Gluten Free Option</i>	GERMAN DAY 15 Bratwurst Mashed Potatoes Peas & Carrots Fresh Fruit  <i>Gluten Free Option</i>	16 Pastrami and Cheese Sandwich Vegetable Soup Fruit Salad Dessert  <i>Vegetarian Option</i>	ITALIAN DAY 17 Salmon Penne Garden Salad Fresh Fruit	ALL AMERICAN 18 Veggie Chili Farro Fresh Fruit Dessert  <i>Vegetarian</i>
21 HOLIDAY	FRENCH DAY 22 Beef Burgundy Mashed Potatoes Baguette Fresh Fruit  <i>Gluten Free Option</i>	23 Tuna Sandwich Vegetable Soup Fruit Salad Dessert  <i>Vegetarian Option</i>	ITALIAN DAY 24 Pasta Rústica Garden Salad Fresh Fruit	25 Ratatouille Couscous Fresh Fruit Dessert  <i>Vegetarian</i>
ITALIAN DAY 28 Beef Lasagna Garden Salad Fresh Fruit	ALL AMERICAN 29 Roast Chicken Vegetables Baguette Fresh Fruit  <i>Gluten Free Option</i>	30 Ham & Cheese Sandwich Vegetable Soup Fruit Salad Dessert  <i>Vegetarian Option</i>	ENGLISH DAY 31 Shepherds Pie Spinach Salad Baguette Fresh Fruit  <i>Gluten Free Option</i>	

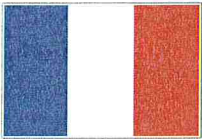




Desserts may vary depending on baker's availability.

 *Vegetarian Option : Mondays the entree will be served with no meat.*

 *Wednesday will be Cheese sandwich and Vegetable Soup*

SAN DIEGO FRENCH AMERICAN SCHOOL

FEBRUARY 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				ITALIAN DAY 1 Tortellini Marinara Greek Salad Fresh Fruit Dessert * <i>Vegetarian</i>
ALL AMERICAN 4 Chili Con Carne Rice Baguette Fresh Fruit * <i>Gluten Free Option</i> * <i>Vegetarian Option</i>	5 Parmesan Chicken Quinoa Salad Baguette Fresh Fruit	6 Roast Beef Sandwich Vegetable Soup Fruit Salad Dessert * <i>Vegetarian Option</i>	FRENCH DAY 7 Chicken Provençal Noodles Fresh Fruit * <i>Gluten Free Option</i>	8 Spinach Quiche Green Salad Fresh Fruit Dessert * <i>Vegetarian</i>
MOROCCAN DAY 11 Chicken Tagine Israeli Couscous Baguette Fresh Fruit * <i>Gluten Free Option</i> * <i>Vegetarian Option</i>	ALL AMERICAN 12 Meatloaf Mashed Potatoes Peas & Carrots Fresh Fruit	13 Cheese Sandwich Chicken Soup Fruit Salad Dessert * <i>Vegetarian Option</i>	14 Chicken Pot Pie Casserole Spinach Salad Fresh Fruit	ITALIAN DAY 15 Vegetable Lasagna Green Salad Fresh Fruit Dessert * <i>Vegetarian</i>
18 BBQ Chicken Bean Salad Cole Slaw Fresh Fruit * <i>Gluten Free Option</i> * <i>Vegetarian Option</i>	ENGLISH DAY 19 Shepherds Pie Greek Salad Baguette Fresh Fruit * <i>Gluten Free Option</i>	20 Salami Sandwich Vegetable Soup Fruit Salad Dessert * <i>Vegetarian Option</i>	21 Chicken Caesar Pasta Salad Romaine Lettuce Fresh Fruit	22 Minimum Day No Hot Lunch
25 WINTER BREAK	26 WINTER BREAK	27 WINTER BREAK	28 WINTER BREAK	

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* *Wednesday will be Cheese sandwich and Vegetable Soup*


SAN DIEGO FRENCH AMERICAN SCHOOL

MARCH 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				WINTER BREAK ¹
FRENCH DAY 4 Beef Burgundy Mashed Potatoes Baguette Fresh Fruit  <i>Gluten Free Option</i>  <i>Vegetarian Option</i>	5 Salmon Penne Pasta Garden Salad Fresh Fruit	6 Ham & Cheese Sandwich Vegetable Soup Fruit Salad Dessert  <i>Vegetarian Option</i>	MOROCCAN DAY 7 Poulet Yassa Brown Rice Baguette Fresh Fruit  <i>Gluten Free Option</i>	ITALIAN DAY 8 Baguette Pizza Garden Salad Fresh Fruit Dessert  <i>Vegetarian</i>
MEXICAN DAY 11 Beef Tacos Mexican Rice Salsa Fresca Fresh Fruit  <i>Vegetarian Option</i>	ITALIAN DAY 12 Parmesan Chicken Quinoa Salad Baguette Fresh Fruit  <i>Gluten Free Option</i>	13 Turkey Sandwich Vegetable Soup Fruit Salad Dessert  <i>Vegetarian Option</i>	14 Bratwurst Mashed Potatoes Peas and Carrots Fresh Fruit  <i>Gluten Free Option</i>	15 White Bean Casserole Green Salad Fresh Fruit Dessert  <i>Vegetarian</i>
18 Cowboy Quiche Tomato Cucumber Salad Fresh Fruit  <i>Vegetarian Option</i>	ITALIAN DAY 19 Pasta Rústica Garden Salad Baguette Fresh Fruit	20 Pastrami & Cheese Sandwich Vegetable Soup Fruit Salad Dessert  <i>Vegetarian Option</i>	21 Roast Chicken & Vegetables Baguette Fresh Fruit  <i>Gluten Free Option</i>	ALL AMERICAN 22 Veggie Chili Rice Fresh Fruit Dessert  <i>Vegetarian</i>
ITALIAN DAY 25 Spaghetti Meat sauce Greek Salad Fresh Fruit  <i>Vegetarian Option</i>	MEXICAN DAY 26 Chicken Fajitas Mexican Rice Salsa Fresca Fresh Fruit  <i>Gluten Free Option</i>	27 Tuna Sandwich Vegetable Soup Fruit Salad Dessert  <i>Vegetarian Option</i>	28 Meat Lasagna Caesar Salad Fresh Fruit	FRENCH DAY 29 Ratatouille Couscous Baguette Fresh Fruit Dessert  <i>Vegetarian</i>

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