

SAN DIEGO FRENCH AMERICAN SCHOOL

APRIL 2019

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|---|---|---|--|
| ALL AMERICAN <u>1</u> BBQ Chicken Bean Salad Cole Slaw Fresh Fruit  Gluten Free Option  Vegetarian Option | 2 Meatloaf Mashed Potatoes Peas and Carrots Fresh Fruit | 3 Salami Sandwich Vegetable soup Fruit salad Cheesecake  Vegetarian Option | MOROCCAN DAY <u>4</u> Chicken Tagine Israeli couscous Fresh fruit  Gluten Free Option | FRENCH DAY <u>5</u> Spinach Quiche Garden salad Fresh fruit Sugar Cookies  Vegetarian |
| FRENCH DAY <u>8</u> Chicken Provençal Farro Fresh Fruit  Gluten Free Option  Vegetarian Option | ALL AMERICAN <u>9</u> Tuna casserole Garden salad Fresh fruit | 10 Cheese Sandwich Chicken soup Fruit salad GingerPoundCake  Vegetarian Option | ITALIAN DAY <u>11</u> Parmesan Chicken Quinoa Salad Fresh Fruit | 12 Tortellini Marinara Green Salad Fresh Fruit Brownies  Vegetarian |
| ALL AMERICAN <u>15</u> Beef Chili Farro Carrots & Celery Fresh Fruit  Gluten Free Option | ITALIAN DAY <u>16</u> Chicken Caesar Pasta Salad Romaine Lettuce Fresh Fruit  Gluten Free Option | 17 MINIMUM DAY NO HOT LUNCH | 18 SPRING BREAK | 19 SPRING BREAK |
| 22 SPRING BREAK | 23 SPRING BREAK | 24 SPRING BREAK | 25 SPRING BREAK | 26 SPRING BREAK |
| ITALIAN DAY <u>29</u> Fettuccine Alfredo Garden Salad Fresh Fruit  Vegetarian Option | ENGLISH DAY <u>30</u> Shepherds Pie Spinach Salad Fresh Fruit  Gluten Free Option |  |  |  |

*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

MAY 2019

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|--|---|--|---|
|  |  | <p>1 Turkey Sandwich Vegetable Soup Fruit Salad Carrot Cake  Vegetarian Option</p> | <p>2 Poulet Yassa Rice Fresh Fruit  Gluten Free Option</p> | <p>ITALIAN DAY 3 Vegetable Lasagna Green Salad Fresh Fruit Rugulahs  Vegetarian</p> |
| ASIAN DAY 6 Chicken StirFry Noodles Fresh Fruit  Vegetarian Option | GERMAN DAY 7 Bratwurst Mashed Potatoes Peas & Carrots Fresh Fruit  Gluten Free Option | <p>8 Roast Beef Sandwich Vegetable Soup Fruit Salad Apple Pie  Vegetarian Option</p> | <p>ALL AMERICAN 9 Roast Chicken Vegetables Fresh Fruit  Gluten Free Option</p> | <p>ITALIAN DAY 10 Baguette Pizza Garden Salad Fresh Fruit Ch Chip Cookie  Vegetarian</p> |
| ALL AMERICAN 13 Chicken PotPie Casserole Green Salad  Vegetarian Option | FRENCH DAY 14 Ham & Cheese Quiche TomatoCucumber Fresh Fruit | <p>15 Pastrami Sandwich Vegetable Soup Fruit Salad Cowboy Cookie  Vegetarian Option</p> | <p>16 Beef Burgundy Mashed Potatoes Fresh Fruit  Gluten Free Option</p> | <p>17 Veggie Chili Brown Rice Fresh Fruit Carrot Cake  Vegetarian</p> |
| MEXICAN DAY 20 Beef Tacos Mexican Rice Salsa Fresca  Vegetarian Option | ALL AMERICAN 21 BBQ Chicken Mashed Potatoes Corn Fresh Fruit  Gluten Free Option | <p>22 Ham & Cheese Sandwich Vegetable Soup Fruit Salad Cheesecake  Vegetarian Option</p> | <p>ITALIAN DAY 23 Spaghetti Garden Salad Fresh Fruit</p> | <p>24 MINIMUM DAY NO HOT LUNCH</p> |
| 27 MEMORIAL DAY | ITALIAN DAY 28 Pasta Rústica Garden Salad Fresh Fruit | <p>29 Tuna Sandwich Vegetable Soup Fruit Salad Brownies  Vegetarian Option</p> | <p>MEXICAN DAY 30 Chicken Fajitas Mexican Rice Fresh Fruit  Gluten Free Option</p> | <p>FRENCH DAY 31 Ratatouille Couscous Fresh Fruit GingerPoundCake  Vegetarian</p> |

*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

JUNE 2019

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|---|--|--|---|
| ITALIAN DAY 3 Beef Lasagna Caesar Salad Fresh Fruit Baguette ✿ Vegetarian Option | MOROCCAN DAY 4 Chicken Tagine Rice Fresh Fruit ✿ Gluten Free Option | 5 Cheese Sandwich Chicken Soup Fruit Salad Rugulahs ✿ Vegetarian Option | ENGLISH DAY 6 Shepherds Pie Garden Salad Fresh Fruit ✿ Gluten Free Option | 7 White Bean Casserole Spinach Salad Fresh Fruit Ch Chip Cookie ✿ Vegetarian |
| ITALIAN DAY 10 Parmesan Chicken Mac and Cheese Fresh Fruit ✿ Gluten Free Option ✿ Vegetarian Option | ALL AMERICAN 11 Meatloaf Bean Salad Cole Slaw Fresh Fruit ✿ Vegetarian Option | 12 Salami Sandwich Vegetable Soup Fruit Salad Cowboy Cookie ✿ Vegetarian Option | FRENCH DAY 13 Chicken Provençal Brown Rice Fresh Fruit ✿ Gluten Free Option | 14 Tortellini Marinara Green Salad Fresh Fruit Cheesecake ✿ Vegetarian |
| ALL AMERICAN 17 Beef Chili Rice Carrots & Celery Fresh Fruit ✿ Gluten Free Option ✿ Vegetarian Option | ITALIAN DAY 18 Fettuccine Alfredo Garden Salad Fresh Fruit ✿ Vegetarian Option | 19 Roast Beef Sandwich Vegetable Soup Fruit Salad Brownies ✿ Vegetarian Option | 20 Poulet Yassa Israeli Couscous Fresh Fruit ✿ Gluten Free Option | FRENCH DAY 21 Spinach Quiche Green Salad Fresh Fruit GingerPoundCake ✿ Vegetarian |
| SUMMER BREAK | SUMMER BREAK | SUMMER BREAK | SUMMER BREAK | SUMMER BREAK |
| SUMMER BREAK |  |  |  | SUMMER BREAK |

*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