

# SAN DIEGO FRENCH AMERICAN SCHOOL

## NOVEMBER 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 Pastrami & Cheese Sandwich Vegetable Soup Fruit Salad Dessert <i>* Vegetarian Option</i>	2 <b>GERMAN DAY</b> Bratswurst Mashed Potatoes Peas & Carrots Fresh Fruit <i>* Gluten Free Option</i>	3 <b>FRENCH DAY</b> Spinach Mushroom Quiche Greek Salad Baguette Dessert <i>* Vegetarian</i>
6 <b>ITALIAN DAY</b> Penne Pasta with Grilled Ham & Pea Green Salad Fresh Fruit <i>* Vegetarian Option</i>	7 <b>ALL AMERICAN</b> Chili Con Carne Brown Rice Carrots and Celery Fresh Fruit <i>* Gluten Free Option</i>	8 Cheese Sandwich Chicken Soup Fruit Salad Dessert <i>* Vegetarian Option</i>	9 <b>FRENCH DAY</b> Chicken Provencal Farro Fresh Fruit <i>* Gluten Free Option</i>	10 Veggie Lasagna Caesar Salad Baguette Fresh Fruit Dessert <i>* Vegetarian</i>
13 <b>ITALIAN DAY</b> Parmesan Chicken Bean Salad Fresh fruit <i>* Gluten Free Option</i> <i>* Vegetarian Option</i>	14 <b>ALL AMERICAN</b> Meatloaf Israeli Couscous Fresh Fruit	15 Tuna Sandwich Soup Fruit Salad Dessert <i>* Vegetarian Option</i>	16 BBQ Chicken Potato Salad Cole Slaw Fresh Fruit <i>* Gluten Free Option</i>	17 <b>ITALIAN DAY</b> Tortellini Marinara Fresh Fruit Baguette Dessert <i>* Vegetarian</i>
20 <b>MOROCCAN DAY</b> Chicken Tagine Rice Fresh Fruit <i>* Gluten Free Option</i> <i>* Vegetarian Option</i>	21 <b>FRENCH DAY</b> Ham & Cheese Quiche Cucumber Salad Fresh Fruit	22 <b>THANKSGIVING LUNCH</b>	23 <b>BREAK</b>	24 <b>BREAK</b>
27 <b>MEXICAN DAY</b> Chicken Fajitas Mexican Rice Fresh Fruit <i>* Gluten Free Option</i> <i>* Vegetarian Option</i>	28 Beef Lasagna Green Salad Fresh Fruit	29 Salami and Cheese Sandwich Vegetable Soup Fruit Salad Dessert <i>* Vegetarian Option</i>	30 <b>ITALIAN DAY</b> Pasta Rustica Spinach Salad Fresh Fruit	

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.*