

# SAN DIEGO FRENCH AMERICAN SCHOOL.

## AUGUST/SEPTEMBER 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <p><b>SDFAS</b> SAN DIEGO FRENCH AMERICAN SCHOOL</p>	 <p><b>BACK TO SCHOOL</b></p>	 <p><b>GIRARD GOURMET</b></p>	 <p><b>SCHOOL BUS</b></p>	<p><b>ITALIAN DAY 27</b></p> <p>Tortellini Marinara Green Salad Baguette Palmiers * <i>Vegetarian Day</i></p>
<p><b>MOROCCAN DAY 30</b></p> <p>Chicken Tagine Israeli Couscous Dessert * <i>Gluten Free Option</i> * <i>Vegetarian Option</i></p>	<p><b>FRENCH DAY 31</b></p> <p>Beef Burgundy Mashed potatoes Fresh Fruit * <i>Gluten Free Option</i></p>	<p><b>1</b></p> <p>Tuna Sandwich Vegetable Soup Fruit Salad Apple Pie * <i>Vegetarian Option</i></p>	<p><b>2</b></p> <p>Parmesan chicken Quinoa Salad Baguette Fresh Fruit * <i>Gluten Free Option</i></p>	<p><b>ITALIAN DAY 3</b></p> <p>White Bean Casserole Garden Salad Fresh Fruit Choc Chip Cookie * <i>Vegetarian Day</i></p>
<p><b>6</b></p> <p><b>LABOR DAY</b></p>	<p><b>MEXICAN DAY 7</b></p> <p>Chicken Fajitas Mexican Rice Fresh Salsa Fresh fruit * <i>Gluten Free Option</i></p>	<p><b>8</b></p> <p>Cheese Sandwich Chicken Soup Fruit Salad Rugulahs * <i>Vegetarian Option</i></p>	<p><b>ITALIAN DAY 9</b></p> <p>Spaghetti and Meat Sauce Green Salad Fresh Fruit * <i>Vegetarian Option</i></p>	<p><b>10</b></p> <p>Baguette pizza Cesar salad Brownies * <i>Vegetarian Day</i></p>
<p><b>FRENCH DAY 13</b></p> <p>Cowboy Quiche Tomato Cucumber Salad Cowboy Cookie * <i>Vegetarian Option</i></p>	<p><b>GERMAN DAY 14</b></p> <p>Bratwurst Mashed Potatoes Peas and Carrots Fresh Fruit * <i>Gluten Free Option</i></p>	<p><b>15</b></p> <p>Roast Beef Sandwich Vegetable Soup Fruit Salad Ginger Pound Cake * <i>Vegetarian Option</i></p>	<p><b>ASIAN DAY 16</b></p> <p>Chinese Chicken Stirfry &amp; Noodles Fresh Fruit Fortune Cookies</p>	<p><b>ITALIAN DAY 17</b></p> <p>Vegetable Lasagna Garden Salad Blueberry Pie * <i>Vegetarian Day</i></p>
<p><b>ITALIAN DAY 20</b></p> <p>Salmon Penne Pasta Green Salad Mex Wedd Cookies * <i>Vegetarian Option</i></p>	<p><b>21</b></p> <p>Herb Roasted Chicken and Vegetables Fresh Fruit * <i>Gluten Free Option</i></p>	<p><b>22</b></p> <p>Salami Sandwich Vegetable Soup Fruit Salad Carrot Cake * <i>Vegetarian Option</i></p>	<p><b>ALL AMERICAN 23</b></p> <p>Meatloaf Mashed Potatoes Carrots and Peas Fresh Fruit</p>	<p><b>24</b></p> <p>Veggie Chili Rice Cheesecake * <i>Vegetarian Day</i></p>
<p><b>ALL AMERICAN DAY 27</b></p> <p>BBQ Chicken Potato Salad Coleslaw Coconut Macaroons * <i>Vegetarian Option</i></p>	<p><b>ITALIAN DAY 28</b></p> <p>Pasta Rustica Garden Salad Baguette Fresh Fruit</p>	<p><b>29</b></p> <p>Turkey Sandwich Vegetable Soup Fruit Salad Choc Chip Cookies * <i>Vegetarian Option</i></p>	<p><b>ENGLISH DAY 30</b></p> <p>Shepherds Pie Spinach Salad Fresh Fruit * <i>Gluten Free Option</i></p>	<p><b>FRENCH DAY 31</b></p> <p>Spinach Quiche Garden Salad Baguette Sugar Cookies * <i>Vegetarian Day</i></p>