



SAN DIEGO FRENCH AMERICAN SCHOOL

JANUARY 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>3</p> <p>Chicken Fettuccine Alfredo Garden Salad Cheesecake</p>	<p>ALL AMERICAN 4</p> <p>Meat Loaf Mashed Potatoes Peas and Carrots Fresh Fruit</p>	<p>5</p> <p>Turkey Sandwich Vegetable Soup Fruit Salad Carrot Cake</p>	<p>FRENCH DAY 6</p> <p>Quiche Loraine Tomato Cuc. Salad Baguette Fresh Fruit</p>	<p>ITALIAN DAY 7</p> <p>Baguette Pizza Caesar Salad Brownies Fresh Fruit</p> <p> <i>Vegetarian Day</i></p>
<p>9</p> <p>Pasta Rustica Garden Salad Coconut Macaroon</p>	<p>ITALIAN DAY 10</p> <p>Parmesan Chicken Quinoa Salad Baguette Dessert</p>	<p>12</p> <p>Pastrami Sandwich Vegetable Soup Fruit Salad GingerPoundCake</p>	<p>ENGLISH DAY 13</p> <p>Shepherds Pie Spinach Salad Fresh Fruit</p>	<p>FRENCH DAY 14</p> <p>Ratatouille Couscous Baguette Rugulahs</p> <p> <i>Vegetarian Day</i></p>
<p>17</p> <p>HOLIDAY MLK DAY</p>	<p>18</p> <p>Salmon Penne Pasta Garden Salad Fresh Fruit</p>	<p>ALL AMERICAN 19</p> <p>Salami Sandwich Vegetable Soup Fruit Salad Ch Chip Cookie</p>	<p>GERMAN DAY 20</p> <p>Bratwurst Mashed Potatoes Peas and Carrots Fresh Fruit</p>	<p>ITALIAN DAY 14</p> <p>Vegetable Lasagna Garden Salad Sugar Cookies</p> <p> <i>Vegetarian Day</i></p>
<p>CHINESE DAY 24</p> <p>Chicken Chinese Stirfry w/ Noodles Mandarins Fortune Cookies</p>	<p>25</p> <p>Cowboy Quiche Garden Salad Fresh Fruit</p>	<p>26</p> <p>Roastbeef Sandwich Vegetable Soup Fruit Salad Cowboy Cookies</p>	<p>ALL AMERICAN 27</p> <p>Herb Roasted Chicken and Vegetables Fresh Fruit</p>	<p>28</p> <p>Veggie Chili Rice Baguette Mex Wedd Cookie</p> <p> <i>Vegetarian Day</i></p>
<p>ALL AMERICAN 31</p> <p>BBQ Chicken Potato Salad Cole Slaw Fruit Pies</p>	<p></p>	<p></p>	<p></p>	<p></p>

-  PK-O /PK-2 Lunch will be simplified often by adding sliced bite size vegetables instead of salad.
-  All of our SDFAS Families who spend more than \$15 at our restaurant will receive a baguette.