



# SAN DIEGO FRENCH AMERICAN SCHOOL.

JANUARY 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<b>MEXICAN DAY 3</b> Chicken Fajitas Mexican Rice Salsa Fresca Brownies   <u>Vegetarian Option</u>	<b>4</b> Meatloaf Mashed Potatoes Fresh Fruit	<b>ITALIAN DAY 5</b> Baguette Pizza Garden Salad Baguette Double Chocolate   <u>Vegetarian Day</u>
<b>ITALIAN DAY 8</b> Chicken Fettuccine Alfredo Garden Salad Sugar Cookies	<b>9</b> Cowboy Quiche Tom & Cuc. Salad Baguette Fresh Fruit	<b>10</b> Pastrami and Cheese Sandwich Vegetable Soup Fruit Salad Cheesecake   <u>Vegetarian Option</u>	<b>GREEK DAY 11</b> Greek Chicken and Potatoes Bread Fresh Fruit	<b>CHINESE DAY 12</b> Chinese Vegetable Stirfry Mandarins Fortune Cookie   <u>Vegetarian Day</u>
<b>15</b> <b>MLK DAY</b> <b>HOLIDAY</b>	<b>16</b> Fresh Fish Rice with Corn Baguette Fresh Fruit	<b>FRENCH DAY 17</b> Beef Burgundy Mashed Potatoes Baguette Rugulahs   <u>Vegetarian Option</u>	<b>18</b> Chicken Pot Pie Casserole Garden Salad Fresh Fruit	<b>ALL AMERICAN 19</b> Veggie Chili Rice Baguette Ch Chip Cookies   <u>Vegetarian Day</u>
<b>CHINESE DAY 22</b> Teriyaki Chicken Broccoli & Carrots Rice Cowboy Cookie	<b>ITALIAN DAY 23</b> Salmon Penne Pasta Garden Salad Baguette Fresh Fruit	<b>24</b> Roastbeef Sandwich Vegetable Soup Fruit Salad Fruit Pies   <u>Vegetarian Option</u>	<b>MOROCCAN DAY 25</b> Chicken Tagine Israeli Couscous Fresh Fruit	<b>26</b> 3 Cheese Pasta Garden Salad Banana Cake   <u>Vegetarian Day</u>
<b>ITALIAN DAY 29</b> Spaghetti with Meatsauce Garden Salad Coconut Macaroon	<b>30</b> Chicken Parmesan Quinoa Salad Fresh Fruit	<b>31</b> Beef Lasagna Caesar Salad Baguette Carrot Cake   <u>Vegetarian Option</u>		


 PK-O /PK-2 Lunch will be simplified often by adding sliced bite size vegetables instead of salads.

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# SAN DIEGO FRENCH AMERICAN SCHOOL.

FEBRUARY 2024


MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			<b>1</b> Poulet Yassa Israeli Couscous Fresh Fruit	<b>ITALIAN DAY 2</b> Tortellini Marinara Garden Salad Mex Wedd Cookie  <i>Vegetarian Day</i>
<b>5</b> Shepherds Pie Garden Salad Brownies	<b>6</b> Chicken Stirfry Noodles Mandarins Fortune Cookies	<b>7</b> Pastrami Sandwich Vegetable Soup Fruit Salad Cheesecake	<b>8</b> Beef Chili Rice Carrots/Celery Fresh Fruit	<b>9</b> Spinach Quiche Garden Salad Bread Sugar Cookies  <i>Vegetarian Day</i>
<b>ITALIAN DAY 12</b> Pasta Rustica Garden Salad Rugulahs	<b>13</b> Lamb Stew Saffron Rice Baguette Fresh Fruit	<b>14</b> BBQ Chicken Potato Salad Coleslaw Double Chocolate	<b>ITALIAN DAY 15</b> Beef Lasagna Caesar Salad Baguette Fresh Fruit	<b>16</b> <b>MINIMUM DAY</b>
<b>19</b> <b>WINTER BREAK</b>	<b>20</b> <b>WINTER BREAK</b>	<b>21</b> <b>WINTER BREAK</b>	<b>22</b> <b>WINTER BREAK</b>	<b>23</b> <b>WINTER BREAK</b>
<b>ALL AMERICAN 26</b> Tuna Casserole Garden Salad Cowboy Cookies	<b>27</b> Steak Hache Roasted Potatoes Baguette Fresh Fruit	<b>28</b> Cheese Sandwich Chicken Soup Fruit Salad Fruit Pies	<b>29</b> Chicken Provencal Brown Rice Fresh Fruit	


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# SAN DIEGO FRENCH AMERICAN SCHOOL.

MARCH 2024

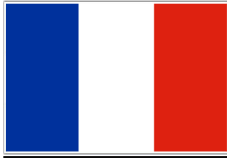
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				<b>ITALIAN DAY 1</b> Vegetable Lasagna Caesar Salad Cheesecake  <i>Vegetarian Day</i>
<b>4</b> Chicken Fajitas Mexican Rice Baguette Mex Wdd Cookies	<b>ITALIAN DAY 5</b> Salmon Penne Pasta Garden Salad Fresh Fruit	<b>GREEK DAY. 6</b> Greek Chicken with Potatoes Coconut Macaroon	<b>7</b> Fresh Fish Rice with Corn Fresh Fruit	<b>CHINESE DAY 8</b> Chinese Vegetable Stirfry Mandarins Fortune Cookie   <i>Vegetarian Day</i>
<b>11</b> Chicken Tenders Bean Salad Carrot Cake	<b>ALL AMERICAN 12</b> Meatloaf Mac and Cheese Peas and Carrots Fresh Fruit	<b>13</b> Turkey Sandwich Chicken Soup Fruit Salad Cowboy Cookie	<b>ITALIAN DAY 14</b> Chicken Fettuccine Alfredo Garden Salad Fresh Fruit	<b>15</b> Baguette Pizza Garden Salad Mex Wedd Cookie   <i>Vegetarian Day</i>
<b>ITALIAN DAY 18</b> Sphaggetti Meatsauce Garden Salad Sugar Cookies	<b>19</b> Chicken Tagine Israeli Couscous Fresh Fruit	<b>FRENCH DAY 20</b> Beef Burgundy Mashed Potatoes Baguette Brownies	<b>21</b> Parmesan Chicken Quinoa Salad Bread Fresh Fruit	<b>ALL AMERICAN 22</b> Veggie Chili Brown Rice Baguette Double Chocolate   <i>Vegetarian Day</i>
<b>ALL AMERICAN 25</b> Chicken Potpie Casserole Garden Salad Cheesecake	<b>26</b> Cowboy Quiche Tom Cuc Salad Baguette Fresh Fruit	<b>27</b> Pastrami & Cheese Sandwich Veg. Soup Fruit Salad Rugulahs	<b>28</b> Chicken Teriyaki Broccoli & Carrots Rice Fresh Fruit	<b>FRENCH DAY 29</b> Ratatouille Couscous Bread Chocolate Chip   <i>Vegetarian Day</i>

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# SAN DIEGO FRENCH AMERICAN SCHOOL.

APRIL 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1</b> Beef Chili Rice Baguette Fruit Pies	<b>ITALIAN DAY 2</b> Pasta Rustica Garden Salad Fresh Fruit	<b>ALL AMERICAN 3</b> Roastbeef Sandwich Veg Soup Fruit Salad Carrot Cake	<b>4</b> Poulet Yassa Israeli Couscous Fresh Fruit	<b>5</b> 3 Cheese Pasta Casserole Garden Salad Banana Cake * <i>Vegetarian Day</i>
<b>8</b> <b>SPRING BREAK</b>	<b>9</b> <b>SPRING BREAK</b>	<b>10</b> <b>SPRING BREAK</b>	<b>11</b> <b>SPRING BREAK</b>	<b>12</b> <b>SPRING BREAK</b>
<b>15</b> <b>SPRING BREAK</b>	<b>16</b> <b>SPRING BREAK</b>	<b>17</b> <b>SPRING BREAK</b>	<b>18</b> Lamb Stew Saffron Rice Baguette Fresh Fruit	<b>ITALIAN DAY 19</b> Tortellini Marinara Garden Salad Mex Wedd Cookie * <i>Vegetarian Day</i>
<b>22</b> Chicken Stirfry Noodles Mandarins Fortune Cookie	<b>ITALIAN DAY 23</b> Beef Lasagna Caesar Salad Fresh Fruit	<b>24</b> Ham & Cheese Sandwich Vegetable Soup Fruit Salad Cheesecake	<b>ALL AMERICAN 25</b> BBQ Chicken Potato Salad Coleslaw Fresh Fruit	<b>FRENCH DAY 26</b> Spinach Quiche Tom Cuc Salad Baguette Cowboy Cookie
<b>29</b> Shepherds Pie Garden Salad Choc Chip Cookie	<b>FRENCH DAY 30</b> Chicken Provencal Brown Rice Fresh Fruit			


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# SAN DIEGO FRENCH AMERICAN SCHOOL

MAY 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<b>1</b> Meatloaf Mac and Cheese w/ Broccoli Brownies	<b>2</b> Greek Chicken Potatoes Baguette Fresh Fruit	<b>FRENCH DAY 3</b> Ratatouille Couscous Bread Double Chocolate  <i>Vegetarian Day</i>
<b>6</b> Spaghetti and Meatsauce Garden Salad Rugulahs	<b>MEXICAN DAY 7</b> Chicken Fajitas Mexican Rice Fresh Fruit	<b>8</b> Cheese Sandwich Vegetable Soup Fruit Salad Cheesecake	<b>9</b> Chicken Tenders Macaroni Salad Fresh Fruit	<b>ITALIAN DAY 10</b> Vegetable Lasagna Caesar Salad Sugar Cookies  <i>Vegetarian Day</i>
<b>ALL AMERICAN 13</b> Chicken PotPie Casserole Garden Salad Chocolate Chip	<b>FRENCH DAY 14</b> Beef Burgundy Mashed Potatoes Baguette Fresh Fruit	<b>15</b> Parmesan Chicken Quinoa Salad Fruit Pies	<b>16</b> Fresh Fish Rice w/ Corn Bread Fresh Fruit	<b>ITALIAN DAY 17</b> Baguette Pizza Garden Salad Carrot Cake  <i>Vegetarian Day</i>
<b>ITALIAN DAY 20</b> Fettuccine Alfredo With Chicken Garden Salad Banana Cake	<b>FRENCH DAY 21</b> Quiche Loraine Tom Cuc Salad Baguette Fresh Fruit	<b>22</b> Turkey Sandwich Vegetable Soup Fruit Salad Cowboy Cookie	<b>CHINESE DAY 23</b> Chicken Teriyaki Broccoli & Carrots Rice Fresh Fruit	<b>24</b> <b>MINIMUM DAY</b>
<b>27</b> <b>MEMORIAL DAY</b>	<b>ITALIAN DAY 28</b> Salmon Penne Pasta Garden Salad Fresh Fruit	<b>FRENCH DAY 29</b> Steak Hache Roasted Potatoes Mex Wedd Cookie	<b>30</b> Chicken Tagine Israeli Couscous Fresh Fruit	<b>ALL AMERICAN 31</b> Veggie Chili Brown Rice Baguette Cowboy Cookies  <i>Vegetarian Day</i>

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# SAN DIEGO FRENCH AMERICAN SCHOOL.

JUNE 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>3</b> BBQ Chicken Potato Salad Coleslaw Cheesecake	<b>ITALIAN DAY 4</b> Pasta Rustica Garden Salad Fresh Fruit	<b>ALL AMERICAN 5</b> Pastrami Sandwich Veg Soup Fruit Salad Brownies	<b>6</b> Shepherds Pie Spinach Salad Baguette Fresh Fruit	<b>FRENCH DAY 7</b> Spinach Quiche Tom Cuc Salad Baguette Banana Cake
<b>ITALIAN DAY 10</b> Beef Lasagna Caesar Salad Baguette Rugulabs	<b>CHINESE DAY 11</b> Chicken Stirfry Noodles Mandarins Fortune Cookie	<b>12</b> Lamb Stew Mashed Potatoes Bread Double Chocolate	<b>FRENCH DAY 13</b> Chicken Provencal Rice Fresh Fruit	<b>14</b> 3 Cheese Pasta Garden Salad Sugar Cookies
<b>ALL AMERICAN 17</b> Beef Chili Rice Bread Cowboy Cookie	<b>18</b> <b>MINIMUM DAY</b>	<b>19</b> <b>SUMMER BREAK</b>	<b>20</b> <b>SUMMER BREAK</b>	<b>21</b> <b>SUMMER BREAK</b>
<b>24</b> <b>SUMMER BREAK</b>	<b>25</b> <b>SUMMER BREAK</b>	<b>26</b> <b>SUMMER BREAK</b>	<b>27</b> <b>SUMMER BREAK</b>	<b>28</b> <b>SUMMER BREAK</b>
				

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