

# SAN DIEGO FRENCH AMERICAN SCHOOL

AUGUST/ SEPTEMBER 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			<b>ITALIAN DAY 29</b> Spaghetti with Meatsauce Salad Bar Fresh fruit	<b>ALL AMERICAN 30</b> Veggie Chili Rice Coconut Macaroon Fresh Fruit * <i>Vegetarian Day</i>
<b>LABOR DAY 2</b>	<b>ITALIAN DAY 3</b> Fish Tenders Rice Salad Salad Bar Brownies Fresh Fruit	<b>ITALIAN DAY 4</b> Pasta Rustica Salad Bar Fresh Fruit	<b>5</b> Quinoa Salad Tomato Cuc Salad Fresh Fruit Salad Bar	<b>6</b> Margherita Pizza Caesar Salad Fresh Fruit Carrot Cake * <i>Vegetarian Day</i>
<b>ALL AMERICAN 9</b> Pasta Carbonara Salad Bar Fresh Fruit Baguette	<b>ASIAN DAY 10</b> Teriyaki Chicken Rice Rugelachs Fresh Fruit	<b>11</b> Turkey Sandwich Vegetable Soup Fruit Salad Salad Bar	<b>12</b> Shepherds Pie Spinach Salad Fresh Fruit Baguette Salad Bar	<b>FRENCH DAY 13</b> Ratatouille Couscous Fresh Fruit Salad Bar Ch. Chip Cookies * <i>Vegetarian Day</i>
<b>ALL AMERICAN 16</b> BBQ Chicken Potato Salad Salad Bar Fresh Fruit	<b>17</b> Beef Chili Brown Rice Carrots & Celery Fruit Pies	<b>18</b> Pepperoni Pizza Salad Bar Fresh Fruit	<b>19</b> Roast Chicken & Vegetables Fresh Fruit Salad Bar	<b>20</b> Tortellini Marinara Salad Bar Fresh Fruit Cowboy Cookies * <i>Vegetarian Day</i>
<b>23</b> Chicken Tenders Rice with Corn Banana Cake Fresh Fruit Salad Bar	<b>ALL AMERICAN 24</b> Meatloaf Mac & Cheese Fresh Fruit Salad Bar Banana Cake	<b>25</b> Chicken Noodle Cheese Toast Fruit Salad Salad Bar	<b>ITALIAN DAY 26</b> Salmon Penne Pasta Salad Bar Fresh Fruit	<b>27</b> Vegetable Fried Rice Fresh Fruit Cheesecake Salad Bar * <i>Vegetarian Day</i>
<b>MEXICAN DAY 30</b> Chicken Fajitas Mexican Rice Fresh Fruit Salad Bar		<p style="text-align: center;"><b>You asked, we listened!</b>  <b>This season's menu includes a salad bar and more student favorites.</b>  <b>We hope you enjoy!</b>                      Your friends at Girard Gourmet</p>		