

# SAN DIEGO FRENCH AMERICAN SCHOOL

OCTOBER 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<b>1</b> Steak Hache Potatoes Salad Bar Sugar Cookies Fresh Fruit	<b>2</b> Bean and Cheese Burritos Spanish Rice Salad Bar Fresh Fruit	<b>FRENCH DAY 3</b> Quiche Loraine Tom Cuc Salad Fresh Fruit Salad Bar	<b>ITALIAN DAY 4</b> Vegetable Lasagna Caesar Salad Fresh Fruit Double Chocolate * <i>Vegetarian Day</i>
	<b>ITALIAN DAY 7</b> Parmesan Chicken Quinoa Salad Salad Bar Fresh Fruit	<b>8</b> Margherita Pizza Salad Bar Coconut Mac. Fresh Fruit	<b>ALL AMERICAN 9</b> Pastrami Sandwich Vegetable Soup Fruit Salad Brownies Salad Bar	<b>ASIAN DAY 10</b> Chinese Chicken Stir Fry Mandarins Fortune Cookies Salad Bar
<b>ALL AMERICAN 14</b> Chicken Pot Pie Casserole Salad Bar Fresh Fruit	<b>15</b> Fresh Fish Rice and Corn Salad Bar Fresh Fruit Carrot Cake	<b>ITALIAN DAY 16</b> Pasta Carbonara Salad Bar Fresh Fruit Baguette	<b>ASIAN DAY 17</b> Chicken Teriyaki Carrots & Broccoli Rice Fresh Fruit Salad Bar	<b>18</b> <b>MINIMUM DAY</b>
<b>21</b> <b>OCTOBER BREAK</b>	<b>22</b> <b>OCTOBER BREAK</b>	<b>23</b> <b>OCTOBER BREAK</b>	<b>24</b> <b>OCTOBER BREAK</b>	<b>25</b> <b>OCTOBER BREAK</b>
<b>FRENCH DAY 28</b> Chicken Provencal Brown Rice Salad Bar Fresh Fruit	<b>ITALIAN DAY 29</b> Beef Lasagna Caesar Salad Baguette Fresh Fruit Choc Chip Cookie	<b>30</b> Pepperoni Pizza Tom Cuc Salad Salad Bar Fresh Fruit Dessert	<b>31</b> Chicken Parmesan Quinoa Salad Salad Bar Fresh Fruit Rugulahs	

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

\* All of our SDFAS Families who spend more than \$15 at our restaurant will receive a free baguette.