

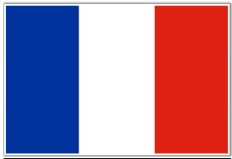
Lycée Français De San Diego

OCTOBER 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		ITALIAN DAY 1 Pasta Rustica Garden Salad Baguette Fresh Fruit	2 Parmesan Chicken Quinoa Salad Baguette Fresh Fruit	ITALIAN DAY 3 Tortellini Marinara Garden Salad Mex Wedd Cookie  <i>Vegetarian Day</i>
6 Pasta Carbonara Garden Salad Baguette Carrot Cake	MOROCCAN DAY 7 Chicken Tagine Israeli Couscous Baguette Fruit Pies	ITALIAN DAY 8 Margharita Pizza Caesar Salad Fresh Fruit Double Chocolate	ASIAN DAY 9 Chicken Teriyaki Broccoli & Carrots Rice Fresh Fruit	ITALIAN DAY 10 Penne Pasta Pomodoro Sauce Garden Salad Coconut Mac  <i>Vegetarian Day</i>
ALL AMERICAN 13 Chicken PotPie Casserole Garden Salad Cheesecake	14 Meatloaf Mashed Potatoes Broccoli Rugelachs	15 Ham & Cheese Sandwich Vegetable Soup Fruit Salad Sugar Cookies	FRENCH DAY 16 Quiche Loraine Tomato Cuc Salad Baguette Fresh Fruit	ITALIAN DAY 17 Vegetable Lasagna Caesar Salad Brownies  <i>Vegetarian Day</i>
20 BREAK	21 BREAK	22 BREAK	23 BREAK	24 BREAK
27 Beef Burrito Mex. Rice Baguette Mex. Wedd Cookie	SENEGALESE DAY 28 Poulet Yassa Couscous Baguette Fresh Fruit	ITALIAN DAY 29 Sphaghetti Meatsauce Garden Salad Fresh Fruit	ASIAN DAY 30 Chicken Fried Rice Fresh Fruit Mandarins Fortune Cookies	31 MINIMUM DAY

Lycée Français De San Diego

NOVEMBER 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Chicken Fajitas Mex. Rice Baguette Choc Chip Cookie	FRENCH DAY 4 Steak Hache Potatoes Baguette Carrot Cake	ALL AMERICAN 5 Cheese Sandwich Chicken Soup Fruit Salad Fruit Pies	ASIAN DAY 6 Chicken StirFry Noodles Mandarins Fortune Cookies	FRENCH DAY 7 Spinach Quiche Tomato Cuc Salad Double Chocolate * <u>Vegetarian Day</u>
ALL AMERICAN 10 BBQ Chicken Potato Salad Coleslaw Cheesecake	ITALIAN DAY 11 Beef Lasagna Caesar Salad Baguette Coconut Mac.	12 Beef Chili Rice Carrots & Celery Fresh Fruit	ITALIAN DAY 13 Salmon Penne Pasta Garden Salad Fresh Fruit	FRENCH DAY 14 Ratatouille Couscous Baguette Rugelachs * <u>Vegetarian Day</u>
ALL AMERICAN 17 Chicken Tenders Macaroni Salad Brownies	ITALIAN DAY 18 Pepperoni Pizza Caesar Salad Baguette Cowboy Cookies	19 Baked Chicken Vegetables Baguette Fresh Fruit	20 Fresh Fish Rice with Corn Baguette Fresh Fruit	ITALIAN DAY 21 Pesto Pasta Fresh Mozzarella Garden Salad Sugar Cookies * <u>Vegetarian Day</u>
24 Chicken Pasta Garden Salad Baguette Banana Bread	ALL AMERICAN 25 RoastBeef Sandwich Vegetable Soup Fruit Salad Choc Chip Cookie	26 THANKSGIVING BREAK	27 THANKSGIVING BREAK	28 THANKSGIVING BREAK
				

* 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.

Lycée Français De San Diego

DECEMBER 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
ITALIAN DAY 1 Chicken Fettuccine Alfredo Garden Salad Carrot Cake	FRENCH DAY 2 Quiche Loraine Tom Cuc Salad Baguette Double Chocolate	3 Chicken Tagine Israeli Couscous Baguette Fresh Fruit	ALL AMERICAN 4 MeatLoaf Mashed Potatoes Peas & Carrots Fresh Fruit	5 Vegetable Lasagna Caesar Salad Fruit Pies * <i>Vegetarian Day</i>
ITALIAN DAY 8 Pasta Rustica Garden Salad Baguette Cowboy Cookies	9 Parmesan Chicken Quinoa Salad Baguette Cheesecake	ITALIAN DAY 10 Margharita Pizza Caesar Salad Fresh Fruit Rugelachs	ASIAN DAY 11 Chicken Fried Rice Mandarins Fortune Cookies	12 Tortellini Marinara Garden Salad Mex Wedd Cookie * <i>Vegetarian Day</i>
ASIAN DAY 15 Chicken Teriyaki Carrots & Broccoli Rice Fortune Cookies	ENGLISH DAY 16 Shepherds Pie Spinach Salad Baguette Banana Bread	17 Turkey Sandwich Vegetable Soup Fruit Salad Brownies	ALL AMERICAN 18 Chicken PotPie Casserole Garden Salad Sugar Cookies	19 MINIMUM DAY
22 HOLIDAY BREAK	23 HOLIDAY BREAK	24 HOLIDAY BREAK	25 HOLIDAY BREAK	26 HOLIDAY BREAK
29 HOLIDAY BREAK	30 HOLIDAY BREAK	31 HOLIDAY BREAK		

Lycée Français De San Diego

JANUARY 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 LYCÉE FRANÇAIS DE SAN DIEGO			<u>1</u> HOLIDAY BREAK	<u>2</u> HOLIDAY BREAK
<u>MEXICAN DAY 5</u> Chicken Fajitas Mex. Rice Baguette Choc Chip Cookie	<u>ITALIAN DAY 6</u> Pasta Carbonara Garden Salad Baguette Carrot Cake	<u>FRENCH DAY 7</u> Steak Hache Potatoes Baguette Fresh Fruit	<u>8</u> Chicken Provencal Brown Rice Baguette Fresh Fruit	<u>9</u> Penne Pasta with Pomodoro Sauce Garden Salad Coconut Mac.  <u>Vegetarian Day</u>
<u>ITALIAN DAY 12</u> Beef Lasagna Caesar Salad Baguette Cheesecake	<u>ALL AMERICAN 13</u> BBQ Chicken Potato Salad Coleslaw Rugelachs	<u>14</u> Ham & Cheese Sandwich Vegetable Soup Fruit Salad Fruit Pies	<u>15</u> Salmon Penne Pasta Garden Salad Fresh Fruit	<u>FRENCH DAY 16</u> Spinach Quiche Tomato Cuc Salad Banana Bread  <u>Vegetarian Day</u>
<u>19</u> <u>MLK DAY</u>	<u>20</u> Chinese Chicken Stirfry Noodles Mandarins Fortune Cookies	<u>ALL AMERICAN 21</u> Beef Chili Rice Carrots & Celery Fresh Fruit	<u>ITALIAN DAY 22</u> Pepperoni Pizza Caesar Salad Fresh Fruit Sugar Cookies	<u>FRENCH DAY 23</u> Ratatouille Couscous Brownies  <u>Vegetarian Day</u>
<u>ALL AMERICAN 26</u> Chicken Tenders Macaroni Salad Baguette Mex Wedd Cookie	<u>27</u> Fresh Fish Rice with Corn Baguette Cowboy Cookies	<u>ITALIAN DAY 28</u> Sphaghetti Meatsauce Garden Salad Fresh Fruit	<u>29</u> Baked Chicken Vegetables Baguette Fresh Fruit	<u>30</u> Pesto Pasta with Fresh Mozzarella Garden Salad Double Chocolate  <u>Vegetarian Day</u>

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