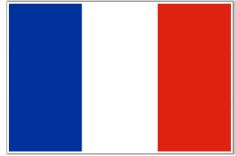


# SAN DIEGO FRENCH AMERICAN SCHOOL

FEBRUARY 2026

| MONDAY   | TUESDAY  | WEDNESDAY   | THURSDAY   | FRIDAY  |
|--|--|---|--|---|
| <b>FRENCH DAY</b> 2  | <b>ITALIAN DAY</b> 3   | <b>ALL AMERICAN</b> 4   |  | 5   |
| Quiche Loraine<br>Tomato Cuc Salad<br>Baguette<br>Fresh Fruit<br>Choc Chip Cookie<br>Salad Bar | Chicken Fettuccine<br>Alfredo w/ Broccoli<br>Garden Salad<br>Fresh Fruit<br>Carrot Cake  | Pastrami &<br>Cheese Sandwich<br>Vegetable Soup<br>Fruit Salad<br>Coconut Macaroon<br>Salad Bar | Chicken Tagine<br>Israeli Couscous<br>Baguette<br>Fresh Fruit<br>Salad Bar             | Tortellini Marinara<br>Garden Salad<br>Fresh Fruit<br>Cheesecake<br>(* <u>Vegetarian Day</u> )  |
| 9  | <b>ALL AMERICAN</b> 11   | <b>ITALIAN DAY</b> 11   | <b>ASIAN DAY</b> 12  | 13<br><b>MINIMUM<br/>DAY</b>  |
| Parmesan Chicken<br>Quinoa Salad<br>Baguette<br>Fresh Fruit<br>Rugelachs<br>Salad Bar          | Meatloaf<br>Mashed Potatoes<br>Peas & Carrots<br>Fresh Fruit<br>Banana Cake<br>Salad Bar | Pasta Rustica<br>Garden Salad<br>Baguette<br>Fresh Fruit  | Chicken Fried Rice<br>Baguette<br>Mandarins<br>Fortune Cookies<br>Salad Bar            |   |
| 16   | 17   | 18  | 19   | 20  |
| <b>WINTER<br/>BREAK</b>  | <b>WINTER<br/>BREAK</b>  | <b>WINTER<br/>BREAK</b>   | <b>WINTER<br/>BREAK</b>  | <b>WINTER<br/>BREAK</b>   |
| <b>ITALIAN DAY</b> 23  | <b>ALL AMERICAN</b> 24   |   | <b>ASIAN DAY</b> 26  | 27  |
| Margarita Pizza<br>Caesar Salad<br>Fresh Fruit<br>Sugar Cookies                                | Chicken Pot Pie<br>Casserole<br>Garden Salad<br>Brownies                                 | Shepherds Pie<br>Spinach Salad<br>Fresh Fruit<br>Baguette                                       | Chicken Teriyaki<br>Carrots & Broccoli<br>Rice<br>Fresh Fruit<br>Baguette<br>Salad Bar | Vegetable<br>Lasagna<br>Caesar Salad<br>Fresh Fruit<br>Fruit Pies<br>(* <u>Vegetarian Day</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

## MARCH 2026

| MONDAY  | TUESDAY  | WEDNESDAY   | THURSDAY  | FRIDAY  |
|---|--|---|---|---|
| <b>ALL AMERICAN 2</b><br>BBQ Chicken<br>Potato Salad<br>Coleslaw<br>Fresh Fruit<br>Cowboy Cookie<br>Salad Bar | <b>ITALIAN DAY 3</b><br>Beef Lasagna<br>Caesar Salad<br>Fresh Fruit<br>Mex. Wedd Cookie<br>Salad Bar | <b>4</b><br>Cheese Sandwich<br>Chicken Soup<br>Fruit Salad<br>Double Chocolate<br>Salad Bar   | <b>FRENCH DAY 5</b><br>Chicken Provencal<br>Brown Rice<br>Baguette<br>Fresh Fruit<br>Salad Bar      | <b>6</b><br>Pesto Pasta<br>Fresh Mozzarella<br>Garden Salad<br>Fresh Fruit<br>Choc Chip Cookie<br>(* Vegetarian Day)              |
| <b>ALL AMERICAN 9</b><br>Beef Chili<br>Rice<br>Carrots & Celery<br>Fresh Fruit<br>Carrot Cake<br>Salad Bar    | <b>10</b><br>Pasta Carbonara<br>Garden Salad<br>Fresh Fruit<br>Coconut Macaroon                      | <b>11</b><br>Steak Hache<br>Potatoes<br>Baguette<br>Fresh Fruit<br>Salad Bar                  | <b>12</b><br>Baked Chicken<br>Vegetables<br>Baguette<br>Fresh Fruit<br>Salad Bar                    | <b>ITALIAN DAY 13</b><br>Penne Pasta with<br>Pomodoro Sauce<br>Garden Salad<br>Fresh Fruit<br>Cheesecake<br>(* Vegetarian Day)    |
| <b>16</b><br>Salmon Penne<br>Pasta<br>Garden Salad<br>Fresh Fruit<br>Rugelachs                                | <b>17</b><br>Chicken Fajitas<br>Mex. Rice<br>Fresh Fruit<br>Banana Cake<br>Salad Bar                 | <b>18</b><br>Pepperoni Pizza<br>Caesar Salad<br>Fresh Fruit<br>Sugar Cookies                  | <b>ALL AMERICAN 19</b><br>Chicken Tenders<br>Macaroni Salad<br>Baguette<br>Fresh Fruit<br>Salad Bar | <b>FRENCH DAY 20</b><br>Ratatouille<br>Couscous<br>Fresh Fruit<br>Fruit Pies<br>Salad Bar<br>(* Vegetarian Day)                   |
| <b>ITALIAN DAY 23</b><br>Spaghetti<br>Meatsauce<br>Garden Salad<br>Fresh Fruit<br>Brownies                    | <b>24</b><br>Poulet Yassa<br>Israeli Couscous<br>Fresh Fruit<br>Cowboy Cookie<br>Salad Bar           | <b>25</b><br>Turkey Sandwich<br>Vegetable Soup<br>Fruit Salad<br>Mex Wedd Cookie<br>Salad Bar | <b>26</b><br>Chicken Pasta<br>Garden Salad<br>Baguette<br>Fresh Fruit                               | <b>FRENCH DAY 27</b><br>Spinach Quiche<br>Tomato Cuc. Salad<br>Fresh Fruit<br>Double Chocolate<br>Salad Bar<br>(* Vegetarian Day) |
| <b>30</b><br>Chinese Chicken<br>Stirfry Noodles<br>Mandarins<br>Fortune Cookies<br>Salad Bar                  | <b>31</b><br>Fresh Fish<br>Rice with Corn<br>Baguette<br>Carrot Cake<br>Salad Bar                    |            |                 |   |

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# SAN DIEGO FRENCH AMERICAN SCHOOL

APRIL 2026

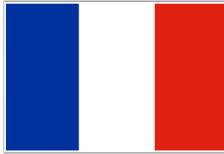
| MONDAY   | TUESDAY  | WEDNESDAY  | THURSDAY   | FRIDAY  |
|--|--|--|--|---|
|                     |                 | <b>ALL AMERICAN</b> 1<br>Meatloaf<br>Mashed Potatoes<br>Peas & Carrots<br>Fresh Fruit<br>Salad Bar | <b>2</b><br>Parmesan Chicken<br>Quinoa Salad<br>Baguette<br>Fresh Fruit<br>Salad Bar | <b>ITALIAN DAY</b> 3<br>Tortellini Marinara<br>Garden Salad<br>Fresh Fruit<br>Choc Chip Cookie<br><br> <u>Vegetarian Day</u> |
| <b>ITALIAN DAY</b> 6<br>Chicken Fettuccine Alfredo w/ Broccoli Garden Salad Fresh Fruit Coconut Mac. | <b>FRENCH DAY</b> 7<br>Quiche Loraine Tomato Cuc Salad Baguette Fresh Fruit Cheesecake Salad Bar | <b>8</b><br>Shepherds Pie Spinach Salad Fresh Fruit Baguette                                       | <b>9</b><br>Chicken Tagine Israeli Couscous Baguette Fresh Fruit Salad Bar           | <b>ALL AMERICAN</b> 10<br>Veggie Chili Rice Baguette Fresh Fruit Rugelachs Salad Bar<br> <u>Vegetarian Day</u>               |
| <b>13</b><br><b>SPRING BREAK</b>   | <b>14</b><br><b>SPRING BREAK</b>   | <b>15</b><br><b>SPRING BREAK</b>   | <b>16</b><br><b>SPRING BREAK</b>   | <b>17</b><br><b>SPRING BREAK</b>  |
| <b>20</b><br><b>SPRING BREAK</b>   | <b>21</b><br><b>SPRING BREAK</b>   | <b>22</b><br>Chicken Potpie Casserole Garden Salad Fresh Fruit                                     | <b>23</b><br>Beef Burritos Mex. Rice Fresh Fruit Banana Cake Salad Bar               | <b>ITALIAN DAY</b> 24<br>Vegetable Lasagna Caesar Salad Fresh Fruit Sugar Cookies<br> <u>Vegetarian Day</u>                |
| <b>ASIAN DAY</b> 27<br>Chicken Teriyaki Carrots & Broccoli Rice Fresh Fruit Brownies Salad Bar       | <b>ITALIAN DAY</b> 28<br>Margharita Pizza Caesar Salad Fresh Fruit Cowboy Cookie                 | <b>29</b><br>Ham & Cheese Sandwich Vegetable Soup Fruit Salad Carrot Salad Bar                     | <b>30</b><br>Chicken Fried Rice Baguette Mandarins Fortune Cookies Salad Bar         |   |

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# SAN DIEGO FRENCH AMERICAN SCHOOL

MAY 2026

| MONDAY   | TUESDAY  | WEDNESDAY  | THURSDAY  | FRIDAY   |
|--|--|--|---|--|
|  |                             |                                   |                             | <b>FRENCH DAY 1</b><br>Spinach Quiche<br>Tomato Cuc. Salad<br>Fresh Fruit<br>Double Chocolate<br>Salad Bar<br> <u>Vegetarian Day</u>            |
| <b>FRENCH DAY 4</b><br>Chicken Provencal<br>Brown Rice<br>Baguette<br>Fresh Fruit<br>Double Choc.<br>Salad Bar | <b>ITALIAN DAY 5</b><br>Beef Lasagna<br>Caesar Salad<br>Fresh Fruit<br>Mex Wedd Cookie<br>Salad Bar          | <b>ALL AMERICAN 6</b><br>BBQ Chicken<br>Potato Salad<br>Coleslaw<br>Fresh Fruit<br>Salad Bar                       | Fresh Fish<br>Rice with Corn<br>Fresh Fruit<br>Salad Bar  | <b>7</b><br><b>FRENCH DAY 8</b><br>Ratatouille<br>Couscous<br>Fresh Fruit<br>Fruit Pies<br>Salad Bar<br> <u>Vegetarian Day</u>                  |
| <b>11</b><br>Pasta Carbonara<br>Garden Salad<br>Fresh Fruit<br>Ch. Chip Cookies<br>Salad Bar                   | <b>ALL AMERICAN 12</b><br>Beef Chili<br>Rice<br>Carrots & Celery<br>Fresh Fruit<br>Coconut Mac.<br>Salad Bar | <b>13</b><br>Baked Chicken<br>Vegetables<br>Baguette<br>Fresh Fruit<br>Salad Bar                                   | <b>14</b><br><b>FRENCH DAY</b><br>Steak Hache<br>Potatoes<br>Baguette<br>Fresh Fruit<br>Salad Bar             | <b>15</b><br>Pesto Pasta<br>Fresh Mozarella<br>Garden Salad<br>Fresh Fruit<br>Cheesecake<br> <u>Vegetarian Day</u>                            |
| <b>MEXICAN DAY 18</b><br>Chicken Fajitas<br>Mex. Rice<br>Fresh Fruit<br>Rugelachs<br>Salad Bar                 | <b>19</b><br>Salmon Penne<br>Pasta<br>Garden Salad<br>Fresh Fruit<br>Banana Cake                             | <b>20</b><br><b>ALL AMERICAN</b><br>Turkey Sandwich<br>Vegetable Soup<br>Fruit Salad<br>Sugar Cookies<br>Salad Bar | <b>21</b><br><b>ITALIAN DAY</b><br>Pepperoni Pizza<br>Caesar Salad<br>Fresh Fruit<br>Brownies                 | <b>22</b><br><b>MINIMUM DAY</b>  |
| <b>25</b><br><b>MEMORIAL DAY</b>   | <b>26</b><br>Poulet Yassa<br>Israeli Couscous<br>Fresh Fruit<br>Cowboy Cookies<br>Salad Bar                  | <b>27</b><br><b>ITALIAN DAY</b><br>Spaghetti<br>Meatsauce<br>Garden Salad<br>Fresh Fruit                           | <b>28</b><br><b>ALL AMERICAN</b><br>Chicken Tenders<br>Macaroni Salad<br>Baguette<br>Fresh Fruit<br>Salad Bar | <b>29</b><br><b>ITALIAN DAY</b><br>Penne Pasta with<br>Pomodoro Sauce<br>Garden Salad<br>Fresh Fruit<br>Carrot Cake<br> <u>Vegetarian Day</u> |

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# SAN DIEGO FRENCH AMERICAN SCHOOL

JUNE 2026

| MONDAY  | TUESDAY   | WEDNESDAY  | THURSDAY   | FRIDAY  |
|---|---|--|--|---|
| <b><u>ALL AMERICAN</u></b> <b>1</b><br>Meatloaf<br>Mashed Potatoes<br>Peas & Carrots<br>Fresh Fruit<br>Mex Wedd Cookie<br>Salad Bar | <b>2</b><br>Parmesan Chicken<br>Quinoa Salad<br>Baguette<br>Fresh Fruit<br>Fruit Pies<br>Salad Bar        | <b>FRENCH DAY</b> <b>3</b><br>Quiche Loraine<br>Tomato Cuc Salad<br>Baguette<br>Fresh Fruit<br>Salad Bar |  | <b>4</b><br><b>ALL AMERICAN</b> <b>5</b><br>Chicken Pasta<br>Garden Salad<br>Baguette<br>Fresh Fruit<br>Double Choc.<br>Salad Bar<br><br>(* Vegetarian Day) |
| <b>8</b><br>Chicken Tagine<br>Israeli Couscous<br>Cheesecake<br>Fresh Fruit<br>Salad Bar  | <b>9</b><br>Shepherds Pie<br>Spinach Salad<br>Fresh Fruit<br>Choc Chip Cookie                             | <b>10</b><br>Cheese Sandwich<br>Chicken Soup<br>Fruit Salad<br>Banana Cake<br>Salad Bar                  |  | <b>11</b><br><b>ITALIAN DAY</b> <b>12</b><br>Vegetable<br>Lasagna<br>Caesar Salad<br>Fresh Fruit<br>Rugelachs<br><br>(* Vegetarian Day)                     |
| <b>ASIAN DAY</b> <b>15</b><br>Chicken Fried Rice<br>Baguette<br>Mandarins<br>Fortune Cookies<br>Salad Bar                           | <b>ITALIAN DAY</b> <b>16</b><br>Pasta Rustica<br>Garden Salad<br>Baguette<br>Fresh Fruit<br>Sugar Cookies | <b>17</b><br><b>SUMMER BREAK</b>   | <b>18</b><br><b>SUMMER BREAK</b>   | <b>19</b><br><b>SUMMER BREAK</b>  |
| <b>22</b><br><b>SUMMER BREAK</b>  | <b>23</b><br><b>SUMMER BREAK</b>  | <b>24</b><br><b>SUMMER BREAK</b>   | <b>25</b><br><b>SUMMER BREAK</b>   | <b>26</b><br><b>SUMMER BREAK</b>  |
| <b>29</b><br><b>SUMMER BREAK</b>  | <b>30</b><br><b>SUMMER BREAK</b>  |                       |  |   |

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