

SAN DIEGO FRENCH AMERICAN SCHOOL

FEBRUARY 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<u>FRENCH DAY</u> 2 Quiche Loraine Tomato Cuc Salad Baguette Fresh Fruit Choc Chip Cookie Salad Bar	<u>ITALIAN DAY</u> 3 Chicken Fettuccine Alfredo w/ Broccoli Garden Salad Fresh Fruit Carrot Cake	<u>ALL AMERICAN</u> 4 Pastrami & Cheese Sandwich Vegetable Soup Fruit Salad Coconut Macaroon Salad Bar	<u>5</u> Chicken Tagine Israeli Couscous Baguette Fresh Fruit Salad Bar	<u>6</u> Tortellini Marinara Garden Salad Fresh Fruit Cheesecake * <u>Vegetarian Day</u>
<u>9</u> Parmesan Chicken Quinoa Salad Baguette Fresh Fruit Rugelachs Salad Bar	<u>ALL AMERICAN</u> 11 Meatloaf Mashed Potatoes Peas & Carrots Fresh Fruit Banana Cake Salad Bar	<u>ITALIAN DAY</u> 11 Pasta Rustica Garden Salad Baguette Fresh Fruit	<u>ASIAN DAY</u> 12 Chicken Fried Rice Baguette Mandarins Fortune Cookies Salad Bar	<u>13</u> <u>MINIMUM DAY</u>
<u>16</u> <u>WINTER BREAK</u>	<u>17</u> <u>WINTER BREAK</u>	<u>18</u> <u>WINTER BREAK</u>	<u>19</u> <u>WINTER BREAK</u>	<u>20</u> <u>WINTER BREAK</u>
<u>ITALIAN DAY</u> 23 Margharita Pizza Caesar Salad Fresh Fruit Sugar Cookies	<u>ALL AMERICAN</u> 24 Chicken PotPie Casserole Garden Salad Brownies	<u>25</u> Shepherds Pie Spinach Salad Fresh Fruit Baguette	<u>ASIAN DAY</u> 26 Chicken Teriyaki Carrots & Broccoli Rice Fresh Fruit Baguette Salad Bar	<u>27</u> Vegetable Lasagna Caesar Salad Fresh Fruit Fruit Pies * <u>Vegetarian Day</u>
				

* 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.

SAN DIEGO FRENCH AMERICAN SCHOOL

MARCH 2026

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


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SAN DIEGO FRENCH AMERICAN SCHOOL

APRIL 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		ALL AMERICAN¹ Meatloaf Mashed Potatoes Peas & Carrots Fresh Fruit Salad Bar	2 Parmesan Chicken Quinoa Salad Baguette Fresh Fruit Salad Bar	ITALIAN DAY³ Tortellini Marinara Garden Salad Fresh Fruit Choc Chip Cookie  <i>Vegetarian Day</i>
ITALIAN DAY⁶ Chicken Fettuccine Alfredo w/ Broccoli Garden Salad Fresh Fruit Coconut Mac.	FRENCH DAY⁷ Quiche Loraine Tomato Cuc Salad Baguette Fresh Fruit Cheesecake Salad Bar	8 Shepherds Pie Spinach Salad Fresh Fruit Baguette	9 Chicken Tagine Israeli Couscous Baguette Fresh Fruit Salad Bar	ALL AMERICAN¹⁰ Veggie Chili Rice Baguette Fresh Fruit Rugelachs Salad Bar  <i>Vegetarian Day</i>
13 SPRING BREAK	14 SPRING BREAK	15 SPRING BREAK	16 SPRING BREAK	17 SPRING BREAK
20 SPRING BREAK	21 SPRING BREAK	22 Chicken Potpie Casserole Garden Salad Fresh Fruit	MEXICAN DAY²³ Beef Burritos Mex. Rice Fresh Fruit Banana Cake Salad Bar	ITALIAN DAY²⁴ Vegetable Lasagna Caesar Salad Fresh Fruit Sugar Cookies  <i>Vegetarian Day</i>
ASIAN DAY²⁷ Chicken Teriyaki Carrots & Broccoli Rice Fresh Fruit Brownies Salad Bar	ITALIAN DAY²⁸ Margarita Pizza Caesar Salad Fresh Fruit Cowboy Cookie	29 Ham & Cheese Sandwich Vegetable Soup Fruit Salad Carrot Salad Bar	ASIAN DAY³⁰ 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
				FRENCH DAY 1 Spinach Quiche Tomato Cuc. Salad Fresh Fruit Double Chocolate Salad Bar  <i>Vegetarian Day</i>
FRENCH DAY 4 Chicken Provencal Brown Rice Baguette Fresh Fruit Double Choc. Salad Bar	ITALIAN DAY 5 Beef Lasagna Caesar Salad Fresh Fruit Mex Wedd Cookie Salad Bar	ALL AMERICAN 6 BBQ Chicken Potato Salad Coleslaw Fresh Fruit Salad Bar	7 Fresh Fish Rice with Corn Fresh Fruit Salad Bar	FRENCH DAY 8 Ratatouille Couscous Fresh Fruit Fruit Pies Salad Bar  <i>Vegetarian Day</i>
11 Pasta Carbonara Garden Salad Fresh Fruit Ch. Chip Cookies Salad Bar	ALL AMERICAN 12 Beef Chili Rice Carrots & Celery Fresh Fruit Coconut Mac. Salad Bar	13 Baked Chicken Vegetables Baguette Fresh Fruit Salad Bar	FRENCH DAY 14 Steak Hache Potatoes Baguette Fresh Fruit Salad Bar	15 Pesto Pasta Fresh Mozzarella Garden Salad Fresh Fruit Cheesecake  <i>Vegetarian Day</i>
MEXICAN DAY 18 Chicken Fajitas Mex. Rice Fresh Fruit Rugelachs Salad Bar	19 Salmon Penne Pasta Garden Salad Fresh Fruit Banana Cake	ALL AMERICAN 20 Turkey Sandwich Vegetable Soup Fruit Salad Sugar Cookies Salad Bar	ITALIAN DAY 21 Pepperoni Pizza Caesar Salad Fresh Fruit Brownies	22 MINIMUM DAY
25 MEMORIAL DAY	26 Poulet Yassa Israeli Couscous Fresh Fruit Cowboy Cookies Salad Bar	ITALIAN DAY 27 Spaghetti Meatsauce Garden Salad Fresh Fruit	ALL AMERICAN 28 Chicken Tenders Macaroni Salad Baguette Fresh Fruit Salad Bar	ITALIAN DAY 29 Penne Pasta with Pomodoro Sauce Garden Salad Fresh Fruit Carrot Cake  <i>Vegetarian Day</i>

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SAN DIEGO FRENCH AMERICAN SCHOOL

JUNE 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<u>ALL AMERICAN</u>1 Meatloaf Mashed Potatoes Peas & Carrots Fresh Fruit Mex Wedd Cookie Salad Bar	<u>2</u> Parmesan Chicken Quinoa Salad Baguette Fresh Fruit Fruit Pies Salad Bar	<u>FRENCH DAY. 3</u> Quiche Loraine Tomato Cuc Salad Baguette Fresh Fruit Salad Bar	<u>4</u> Chicken Pasta Garden Salad Baguette Fresh Fruit	<u>ALL AMERICAN5</u> Veggie Chili Rice Baguette Fresh Fruit Double Choc. Salad Bar * <i>Vegetarian Day</i>
<u>8</u> Chicken Tagine Israeli Couscous Cheesecake Fresh Fruit Salad Bar	<u>9</u> Shepherds Pie Spinach Salad Fresh Fruit Choc Chip Cookie	<u>ALL AMERICAN10</u> Cheese Sandwich Chicken Soup Fruit Salad Banana Cake Salad Bar	<u>11</u> Chicken Potpie Casserole Garden Salad Fresh Fruit	<u>ITALIAN DAY12</u> Vegetable Lasagna Caesar Salad Fresh Fruit Rugelachs * <i>Vegetarian Day</i>
<u>ASIAN DAY 15</u> Chicken Fried Rice Baguette Mandarins Fortune Cookies Salad Bar	<u>ITALIAN DAY 16</u> Pasta Rustica Garden Salad Baguette Fresh Fruit Sugar Cookies	<u>17</u> <u>SUMMER BREAK</u>	<u>18</u> <u>SUMMER BREAK</u>	<u>19</u> <u>SUMMER BREAK</u>
<u>22</u> <u>SUMMER BREAK</u>	<u>23</u> <u>SUMMER BREAK</u>	<u>24</u> <u>SUMMER BREAK</u>	<u>25</u> <u>SUMMER BREAK</u>	<u>26</u> <u>SUMMER BREAK</u>
<u>29</u> <u>SUMMER BREAK</u>	<u>30</u> <u>SUMMER BREAK</u>			

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