

# SAN DIEGO FRENCH AMERICAN SCHOOL

AUGUST / SEPTEMBER 2025


| MONDAY  | TUESDAY   | WEDNESDAY   | THURSDAY   | FRIDAY  |
|---|---|---|--|---|
|                              |                                    |                                |          | <b>ITALIAN DAY 29</b><br>Pesto Pasta<br>Fresh Mozzarella<br>Garden Salad<br>Fresh Fruit<br>Sugar Cookies<br> <i>Vegetarian Day</i> |
| <b>1</b><br><b>LABOR DAY</b>  | <b>2</b><br><b>ITALIAN DAY</b><br>Spaghetti with Meatsauce,<br>Garden Salad,<br>Fresh Fruit<br>Brownies             | <b>3</b><br>Turkey Sandwich<br>Vegetable Soup<br>Fruit Salad<br>Cowboy Cookies<br>Salad Bar                     | <b>4</b><br>Baked Chicken<br>Vegetables<br>Baguette<br>Fresh Fruit<br>Salad Bar            | <b>5</b><br><b>ALL AMERICAN</b><br>Veggie Chili<br>Rice<br>Fresh Fruit<br>Mex Wedd Cookie<br> <i>Vegetarian Day</i>                |
| <b>8</b><br><b>MEXICAN DAY</b><br>Chicken Fajitas<br>Mex. Rice<br>Fresh Fruit<br>Ch Chip Cookies<br>Salad Bar | <b>9</b><br><b>ITALIAN DAY</b><br>Salmon Penne<br>Pasta<br>Garden Salad<br>Fresh Fruit<br>Carrot Cake               | <b>10</b><br>BBQ Chicken<br>Potato Salad<br>Coleslaw<br>Fresh Fruit<br>Salad Bar                                | <b>11</b><br>Shepherds Pie<br>Spinach Salad<br>Baguette<br>Fresh Fruit                     | <b>12</b><br><b>FRENCH DAY</b><br>Ratatouille<br>Couscous<br>Fresh Fruit<br>Fruit Pies<br> <i>Vegetarian Day</i>                 |
| <b>15</b><br>Chicken Provencal<br>Noodles<br>Fresh Fruit<br>Double Chocolate<br>Salad Bar                     | <b>16</b><br><b>ITALIAN DAY</b><br>Pepperoni Pizza<br>Caesar Salad<br>Fresh Fruit<br>Coconut Mac.                   | <b>17</b><br><b>FRENCH DAY</b><br>Steak Hache<br>Potatoes<br>Baguette<br>Fresh Fruit<br>Salad Bar               | <b>18</b><br>Chicken Tenders<br>Macaroni Salad<br>Fresh Fruit<br>Salad Bar                 | <b>19</b><br>Spinach Quiche<br>Tomato Cuc Salad<br>Fresh Fruit<br>Cheesecake<br> <i>Vegetarian Day</i>                           |
| <b>22</b><br>Chicken Pasta<br>Garden Salad<br>Fresh Fruit<br>Rugelachs  | <b>23</b><br>Fresh Fish<br>Rice with Corn<br>Fresh Fruit<br>Sugar Cookies<br>Salad Bar                              | <b>24</b><br><b>ALL AMERICAN</b><br>Pastrami Sandwich<br>Vegetable Soup<br>Fruit Salad<br>Brownies<br>Salad Bar | <b>25</b><br><b>ITALIAN DAY</b><br>Beef Lasagna<br>Caesar Salad<br>Baguette<br>Fresh Fruit | <b>26</b><br><b>MINIMUM DAY</b>   |
| <b>29</b><br><b>ITALIAN DAY</b><br>Chicken Fettuccine<br>Garden Salad<br>Fresh Fruit<br>Cowboy Cookie         | <b>30</b><br><b>ALL AMERICAN</b><br>Beef Chili<br>Brown Rice<br>Carrots & Celery<br>Fresh Fruit<br>Choc Chip Cookie |   |  |   |


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

# SAN DIEGO FRENCH AMERICAN SCHOOL

OCTOBER 2025

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

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# SAN DIEGO FRENCH AMERICAN SCHOOL

NOVEMBER 2025

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

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# SAN DIEGO FRENCH AMERICAN SCHOOL

DECEMBER 2025

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

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