



The New England Center  
for Children®  
Autism Education and Research

# Lunch Menu

· October 2020 ·



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
				Chicken & Cheese WG Spaghetti Bake WG Dinner Roll Carrots & Peas Spring Salad Pineapple	WG Pizza Buffalo Chicken or Vegetable Spring Salad Carrot Sticks Ranch Dressing Fruit Cup	Chicken Parmesan WG Penne Tomato Sauce Peppers & Onions Spring Salad Dressing WG Breadstick Grapes
4	5	6	7	8	9	10
WG Chicken Nachos Black Beans, Corn Cheese Spanish Brown Rice Lettuce and Tomato, Salsa Spring Salad Fruit Cup	Chicken Patty WG Bun Lettuce and Tomato Carrot Sticks Ranch Corn Spring Salad Fruit Cup	WG Pasta with Meat Sauce Green Beans Tossed Salad Dressing WG Breadstick Fruit Cup	Mexicali Taco Boat Spanish Brown Rice WG Tortilla Chips Black Beans, Cheese Lettuce, Tomato Salsa Spring Salad Fruit Cup	Steak & Cheese on WG Roll, French Fries, Baby Carrots, Spring Salad, Fruit Cup	WG Pizza Buffalo Chicken or Vegetable Spring Salad Carrot Sticks Ranch Dressing Fresh Fruit Cup	Turkey Meatball Sub WG Roll Tossed Salad WG Veggie Pasta Salad Fruit Cup
11	12	13	14	15	16	17
Cheese Burger on WG Bun Lettuce & Tomato French Fries Carrot Sticks Spring Salad Fruit Cup	Turkey Frank on WG Bun Sweet Potato Fries Garden Salad Orange Slices	Orange Ginger Chicken w/ Edamame Brown Rice WG Wrap Asian Vegetables Spring Salad Pineapple	Chicken/Cheese Fajita (WG) w/ Peppers and Onions Spanish Brown Rice Black beans, Lettuce, Salsa, Spring Salad, Fruit Cup	Beef & Macaroni Casserole Italian Green Beans WG Dinner Roll Spring Salad Fresh Fruit	WG Pizza Buffalo Chicken or Vegetable Spring Salad Carrot Sticks Ranch Dressing Fresh Fruit Cup	Grilled Chicken Ranch Wrap (WG) French Fries Spring Salad Red Peppers and Tomatoes Dressing Pineapple
18	19	20	21	22	23	24
Black Bean & Cheese Burrito Brown Rice Salsa Peppers & Onions Tossed Salad Fruit Cup	Cheese Calzone Marinara Sauce Tossed Salad Fruit Cup	Fish Sticks WG Mac-N-Cheese Broccoli Tossed Salad WG Breadstick Fruit Cup	Beef Taco Boats/ Cheese WG Tortilla Spanish Brown Rice, Refried Beans, Lettuce and Tomato, Salsa Spring Salad Fruit Cup	Pulled Pork WG Bun Sweet Potato Fries Coleslaw Spring Salad Fruit	WG Pizza Buffalo Chicken or Vegetable Spring Salad Carrot Sticks Ranch Dressing Fruit Cup	Awesome Sloppy Joe, WG Roll Corn Spring Salad Ranch Dressing Fruit Cup
25	26	27	28	29	30	31
Chicken Strips Dinner Roll Brown Rice Baby Carrots Ranch Dressing Spring Salad Fruit Cup	Meatball Sub WG Veggie Pasta Salad Green Beans Tossed Salad Fruit Cup	Veggie Quesadilla Fiesta Corn Quinoa Salad Spring Salad Fresh Fruit	Tator Tot Nachos Beef & Bean Chili Brown Rice Spring Salad Fruit Cup	Turkey Burger, WG Bun Lettuce & Tomato Sweet Potato Fries Coleslaw Cranberry Sauce Spring Salad Apple Slices	WG Pizza Buffalo Chicken or Vegetable Spring Salad Carrot Sticks Ranch Dressing Fruit Cup	Chicken Soft Tacos Lettuce and Tomato Salsa Refried Beans Brown rice Spring Salad Fruit Cup