



The New England Center  
for Children®  
Autism Education and Research

# Lunch

## February 2026



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
Chicken Stir-Fry WG Wrap WG Brown Rice Baby Carrots Spring Salad, Dressing Fresh Fruit	WG Cheese Calzone Marinara Sauce Roast Cauliflower Spring Salad Dressing Fruit Cup	Chicken Sausage Sub Peppers & Onions Potato's Au Gratin Green Beans Fresh Fruit	Tater Tot Nachos Beef & Chili Roasted Broccoli WG Brown Rice Spring Salad, Dressing Fruit Cup	Buffalo Chicken Sandwich WG Bun French Fries Coleslaw Spring Salad, Dressing Apple Slices	Choice of WG Cheese, Pepperoni or Vegetable Pizza Spring Salad Carrot Sticks Ranch Dressing Fresh Fruit Cup	Turkey Burger WG Bun Corn Roasted Sweet Potatoes Tossed Salad Dressing Fruit Cup
8	9	10	11	12	13	14
BBQ Turkey Roll-Ups Baked Potato Wedges Coleslaw Fruit Cup	Turkey Sloppy Joe WG Roll Potato Chips Carrot Sticks Tossed Salad Orange Slices	Vegetarian 5 Bean Chili with Cheese WG Cornbread WG Brown Rice Corn Tossed Salad Fruit Cup	Chicken Taco Bowl Lettuce & Tomato Cheese, Salsa Black Beans WG Brown Rice Spring Salad Dressing Fruit Cup	WG Chicken Parmesan Sandwich WG Bun WG Veggie Pasta Salad Tossed Salad Dressing Fruit	Choice of WG Cheese, Pepperoni or Vegetable Pizza Spring Salad Carrot Sticks Ranch Dressing Fresh Fruit Cup	Chicken & Broccoli Ziti Spring Salad Dressing WG Breadstick Grapes
15	16	17	18	19	20	21
Chicken WG Nachos WG Tortilla Chips Black Beans, Corn WG Spanish Brown Rice Lettuce & Tomato Salsa Spring Salad Fruit Cup	Closed Happy Holiday!	Fish Sticks WG Mac-N-Cheese Green Beans Tossed Salad Dressing WG Breadstick Fruit Cup	Soft Beef Taco WG Spanish Brown Rice WG Tortilla Chips Black Beans Cheese, Lettuce, Tomato, Salsa Spring Salad Fruit Cup	BBQ Turkey Meatballs Roasted Sweet Potatoes Broccoli Salad Cornbread Fresh Fruit	Choice of WG Cheese, Pepperoni or Vegetable Pizza Spring Salad Carrot Sticks Ranch Dressing Fresh Fruit Cup	Turkey Meatball Sub WG Sub Roll Tossed Salad WG Veggie Pasta Salad Carrot Sticks Spring Salad Fruit Cup
22	23	24	25	26	27	28
Cheeseburger WG Bun Lettuce & Tomato French Fries Carrot Sticks Spring Salad Dressing Fruit Cup	Beef Frank WG Bun Baked Beans Garden Salad Dressing Orange Slices	General Tso's Chicken Fried Rice Steamed Broccoli WG Tortilla Wrap Tossed Salad Dressing Pineapple	Baked Chicken Empanada WG Wrap WG Spanish Brown Rice Black Beans, Lettuce, Salsa Spring Salad Dressing Fruit Cup	Turkey WG Macaroni Casserole Italian Green Beans WG Dinner Roll Spring Salad Dressing Fruit Cup	Choice of WG Cheese, Pepperoni or Vegetable Pizza Spring Salad Carrot Sticks Ranch Dressing Fresh Fruit Cup	Grilled Chicken Ranch Wrap WG WG Brown Rice French Fries Spring Salad Red Pepper & Tomatoes Dressing Pineapple

