



The New England Center  
for Children®  
Autism Education and Research

# Lunch Menu

Sept 2026



| Sunday                                                                                                                              | Monday                                                                                                                       | Tuesday                                                                                                                                                                     | Wednesday                                                                                                               | Thursday                                                                                                                               | Friday                                                                                                            | Saturday                                                                                                                     |
|-------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------|
| Aug 30                                                                                                                              | Aug 31                                                                                                                       | 1                                                                                                                                                                           | 2                                                                                                                       | 3                                                                                                                                      | 4                                                                                                                 | 5                                                                                                                            |
| Turkey Cheese Roll-Up<br>on WG Tortilla<br>French Fries<br>Tossed Salad<br>Dressing<br>Fruit Cup                                    | Beef Frank on WG Bun<br>Baked Beans<br>Tossed Salad<br>Dressing<br>Orange Slices                                             | Korean BBQ Chicken on<br>WG Wrap<br>Lo Mein Salad<br>Asian Salad<br>Tossed Salad<br>Dressing<br>Fruit Cup                                                                   | Vegetarian Five Bean<br>Chili w/ Cheese<br>WG Cornbread<br>WG Brown Rice<br>Corn Tossed Salad<br>Watermelon             | Cheeseburger Salad<br>Wrap on WG Tortilla<br>Lettuce, Tomato, &<br>Pickle<br>Macaroni Salad<br>Garden Salad<br>Dressing<br>Fresh Fruit | WG Cheese, Pepperoni,<br>or Vegetable Pizza<br>Spring Salad<br>Carrot Sticks<br>Ranch Dressing<br>Fresh Fruit Cup | Chicken Parmesan<br>WG Penne<br>Tomato Sauce<br>Peppers & Onions<br>Spring Salad<br>Dressing<br>WG Breadstick<br>Grapes      |
| 6                                                                                                                                   | 7                                                                                                                            | 8                                                                                                                                                                           | 9                                                                                                                       | 10                                                                                                                                     | 11                                                                                                                | 12                                                                                                                           |
| Chicken & Black Bean<br>Nachos,<br>WG Tortilla Chips<br>Corn<br>Lettuce & Tomato<br>Salsa<br>Spring Salad, Dressing<br>Fruit Cup    | Closed<br>Happy Holiday!                                                                                                     | Beef Soft Taco on WG<br>Tortilla<br>Spanish WG Brown Rice<br>WG Tortilla Chips<br>Black Beans<br>Cheese, Lettuce,<br>Tomato, & Salsa<br>Spring Salad, Dressing<br>Fruit Cup | Boneless Buffalo Wings<br>WG Mac-n-Cheese<br>Garden Salad<br>Green Beans<br>WG Breadstick<br>Orange Slices              | BBQ Turkey Meatballs<br>Potato Salad<br>Steamed Corn<br>WG Cornbread<br>Watermelon                                                     | WG Cheese, Pepperoni,<br>or Vegetable Pizza<br>Spring Salad<br>Carrot Sticks<br>Ranch Dressing<br>Fresh Fruit Cup | Meatball Sub<br>WG Dinner Roll<br>Tossed Salad<br>WG Veggie Pasta<br>Carrot Sticks<br>Spring Salad<br>Dressing<br>Fruit Cup  |
| 13                                                                                                                                  | 14                                                                                                                           | 15                                                                                                                                                                          | 16                                                                                                                      | 17                                                                                                                                     | 18                                                                                                                | 19                                                                                                                           |
| Asian Beef WG Wrap<br>Stir-Fry Vegetable<br>WG Brown Rice<br>Spring Salad<br>Dressing<br>Fruit Cup                                  | Chicken Parmesan<br>Sandwich on WG Bun<br>WG Veggies Pasta w/<br>Chickpeas<br>Salad<br>Tossed Salad<br>Dressing<br>Fruit Cup | General Tso's Chicken<br>Fried Rice<br>Steamed Broccoli<br>WG Tortilla Wrap<br>Tossed Salad<br>Dressing<br>Pineapple                                                        | Chicken Pizza<br>Quesadilla<br>Veggie Quinoa Salad<br>w/ Black Beans<br>Spring Salad<br>Dressing<br>Fruit Cup           | Beef & WG Macaroni<br>Casserole<br>WG Dinner Roll<br>Italian Green Beans<br>Spring Salad<br>Dressing<br>Fresh Fruit                    | WG Cheese, Pepperoni,<br>or Vegetable Pizza<br>Spring Salad<br>Carrot Sticks<br>Ranch Dressing<br>Fresh Fruit Cup | Grilled Chicken Wrap on<br>WG Tortilla<br>French Fries<br>Red Peppers &<br>Tomatoes<br>Spring Salad<br>Dressing<br>Pineapple |
| 20                                                                                                                                  | 21                                                                                                                           | 22                                                                                                                                                                          | 23                                                                                                                      | 24                                                                                                                                     | 25                                                                                                                | 26                                                                                                                           |
| Black Beans & Cheese<br>Burrito on WG Tortilla<br>WG Brown Rice<br>Salsa<br>Peppers & Onions<br>Tossed Salad, Dressing<br>Fruit Cup | WG Cheese Calzone<br>Marinara Sauce<br>Roasted Cauliflower<br>Spring Salad<br>Dressing<br>Fruit Cup                          | Chicken Sausage Sub<br>on WG Bun<br>Peppers & Onions<br>French Fries<br>Garden Salad<br>Dressing<br>Fresh Fruit                                                             | Chicken Fajita<br>WG Spanish Rice<br>Refried Beans<br>Lettuce<br>Cheese<br>Salsa<br>Fresh Fruit                         | Pulled Pork<br>WG Bun<br>Potato Chips<br>Coleslaw<br>Spring Salad<br>Dressing<br>Fresh Fruit                                           | WG Cheese, Pepperoni,<br>or Vegetable Pizza<br>Spring Salad<br>Carrot Sticks<br>Ranch Dressing<br>Fresh Fruit Cup | Awesome Sloppy Joe<br>WG Roll<br>Corn<br>Spring Salad<br>Ranch Dressing<br>Fruit Cup                                         |
| 27                                                                                                                                  | 28                                                                                                                           | 29                                                                                                                                                                          | 30                                                                                                                      |                                                                                                                                        |                                                                                                                   |                                                                                                                              |
| Chicken Strips<br>WG Dinner Roll<br>WG Brown Rice<br>Baby Carrots<br>Spring Salad<br>Dressing<br>Fresh Fruit                        | Meatball Sub<br>WG Veggie Pasta Salad<br>Green Beans<br>Tossed Salad<br>Dressing<br>Fruit Cup                                | Fish Taco on WG Tortilla<br>Black Bean & Corn<br>Salad<br>Spring Salad<br>Dressing<br>Fresh Fruit                                                                           | Chili Cheese Nacho's<br>WG Tortilla Chips<br>Roasted Broccoli<br>WG Brown Rice<br>Spring Salad<br>Dressing<br>Fruit Cup |                                                                                                                                        |                                                                                                                   |                                                                                                                              |

Milk is available at Lunch and Dinner



**Food & Supply Source**  
By Buyers Edge Platform