



The New England Center
for Children®
Autism Education and Research

Lunch

· October 2024 ·



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
		Chicken Soft Tacos, Lettuce & Tomato, Salsa, Refried Beans, WG Brown Rice, Spring Salad, Dressing, Fruit Cup	Vegetarian 5 Bean Chili with Cheese WG Tortilla Chips WG Brown Rice Corn Tossed Salad Dressing Watermelon	WG Chicken Parmesan Sandwich, WG Vegetable Pasta, French Fries, Tossed Salad, Dressing, Fruit Cup	WG Cheese Pizza Spring Salad Carrot Sticks Ranch Dressing Fresh Fruit Cup	Chicken & Broccoli Ziti, Spring Salad Dressing WG Breadstick Grapes
6	7	8	9	10	11	12
Chicken and Black Bean Nachos, WG Spanish Brown Rice, Corn, Lettuce & Tomato Salsa Spring Salad Fruit Cup	Chicken Patty WG Bun Lettuce & Tomato Carrot Sticks Ranch Dressing Corn Spring Salad Fruit Cup	Chicken Tenders WG Mac-N-Cheese Casserole Green Beans Tossed Salad Dressing WG Breadstick Fruit Cup	Soft Turkey Taco WG Spanish Brown Rice WG Tortilla Chips Black Beans Cheese, Lettuce, Tomato, Salsa Spring Salad Fruit Cup	Fish Sandwich on WG Bun Lettuce, Vegetable Pasta Salad, Carrot Sticks, Salad, Dressing, Fresh Fruit	WG Cheese Pizza Spring Salad Carrot Sticks Ranch Dressing Fresh Fruit Cup	Turkey Meatball Sub WG Sub Roll Tossed Salad WG Veggie Pasta Carrot Sticks Spring Salad Fruit Cup
13	14	15	16	17	18	19
Cheeseburger on WG Bun, Lettuce & Tomato, French Fries, Carrot Sticks, Spring Salad, Dressing, Fruit Cup	Closed Happy Holiday!	General Tso's Chicken Fried Rice Steamed Broccoli WG Wrap Tossed Salad Dressing Pineapple	Baked Chicken Chimichanga, WG Spanish Brown Rice, Black Beans, Lettuce, Salsa, Spring Salad, Dressing, Fruit Cup	Beef & WG Macaroni Casserole Italian Green Beans WG Dinner Roll Spring Salad Dressing Fruit Cup	WG Cheese Pizza Spring Salad Carrot Sticks Ranch Dressing Fresh Fruit Cup	Grilled Chicken Ranch Wrap (WG) French Fries Spring Salad Red Pepper & Tomatoes Dressing Pineapple
20	21	22	23	24	25	26
Beef, Bean & Cheese WG Burrito WG Brown Rice Salsa Pepper & Onions Tossed Salad Fruit Cup	WG Cheese Calzone Marinara Sauce Roasted Cauliflower Spring Salad Dressing Fruit Cup	Open Face Turkey Sandwich on WG Bread, Mashed Potato, Green Beans, Cinnamon Spiced Apples, Gravy	WG Chicken Fajitas WG Spanish Brown Rice Refried Beans Lettuce, Cheese, Salsa, Spring Salad, Dressing Fresh Fruit	Pulled Pork WG Bun Sweet Potato Fries Coleslaw Spring Salad Dressing Fruit Cup	WG Cheese Pizza Spring Salad Carrot Sticks Ranch Dressing Fresh Fruit Cup	Vegetable Tamale Pie, Corn, Spring Salad, Ranch Dressing, Fruit Cup
27	28	29	30	31		
Chicken Stir-Fry WG Wrap WG Brown Rice Baby Carrots Ranch Dressing Spring Salad Fruit Cup	Meatball Sub WG Veggie Pasta Salad Green Beans Tossed Salad Dressing Fruit Cup	WG Turkey Burger, Corn, Roasted Sweet Potato, Spring Salad, Dressing, Fresh Fruit	Tater Tot Nachos, Beef & Bean Chili, Roasted Broccoli, WG Brown Rice, Spring Salad, Fruit Cup	Spicy Chicken Sandwich WG Bun French Fries Coleslaw Spring Salad Dressing Apple Slices		