

# LUNCH MENU • MARCH 2026

## Special Education Services, Washington, DC



| MONDAY                                 | TUESDAY                           | WEDNESDAY                                | THURSDAY                                 | FRIDAY                                   |
|--|-----------------------------------|--|--|--|
| 3/2/2026                               | 3/3/2026                          | 3/4/2026                                 | 3/5/2026                                 | 3/6/2026                                 |
| Swedish Meatballs                      | Chicken Alfredo                   | Sausage & Pepperoni Pizza / Cheese Pizza | Mumbo Chicken Thighs                     | Sloppy Joes                              |
| Grilled Turkey Ham and Cheese          | Tuna Salad Flatbread              | Steamed Broccoli                         | Pepper Steak                             | Fish Sticks                              |
| Glazed Carrots / Sweet Peas            | Green Beans / Roasted Cauliflower | Try something new!                       | Vegetable Fried Rice                     | Roasted Potatoes                         |
| Egg Noodles                            | Cole Slaw                         | Beef Lo Mein                             | Zucchini / Asian Vegetable Blend         | Roasted Squash                           |
| Cranberry Sauce                        | Garlic Breadstick                 | Spring Roll                              | Potato Salad                             | Glazed Carrots                           |
| 3/9/2026                               | 3/10/2026                         | 3/11/2026                                | 3/12/2026                                | 3/13/2026                                |
| Three Cheese Lasagna Bake              | <b>TACO TUESDAY</b>               | Sausage & Pepperoni Pizza / Cheese Pizza | BBQ Chicken                              | Salisbury Steak                          |
| Italian Cold Cut Sandwich              | Arroz Con Pollo                   | Steamed Broccoli                         | Roast Beef w/ Provolone                  | Fish Sandwich                            |
| Steamed Peas                           | Steak Quesadilla                  | <b>Homestyle Favorite</b>                | Plantains / Squash                       | Garlic Butter Egg Noodles                |
| Glazed                                 | Spanish Rice                      | Beef Chili                               | Cheddar Mashed potatoes                  | Roasted Zucchini /Cabbage                |
| Feta and Tomato Salad                  | Plantains / Mexican Corn          | Honey Cornbread                          | Amish Macaroni Salad                     | Glazed Carrots                           |
| 3/16/2026                              | 3/17/2026                         | 3/18/2026                                | 3/19/2026                                | 3/20/2026                                |
| Spaghetti                              | <b>ST. PATRICKS DAY</b>           | Sausage & Pepperoni Pizza / Cheese Pizza | <b>NO SCHOOL for DC PCS students</b><br> | <b>NO SCHOOL for DC PCS students</b><br> |
| Turkey Ham and Cheese Calzone w/ Sauce | Irish Beef Meatballs              | Steamed Broccoli                         |  |  |
| Green Beans / Yellow Squash            | Reuben Flatbread Sandwich         | Try something new!                       |  |  |
| Garlic Romano pasta                    | Scalloped Potatoes                | Chicken Waffle Sandwich                  |  |  |
| Mozzarella Sticks                      | Cabbage Medley / Carrots          | Caesar Salad                             | 3/23/2026                                | 3/24/2026                                |
| <b>Asian Bar</b>                       | <b>TACO TUESDAY</b>               | Sausage & Pepperoni Pizza / Cheese Pizza | 3/26/2026                                | 3/27/2026                                |
| Teriyaki Chicken                       | Beef Taco                         | Steamed Broccoli                         | Steak and Cheese                         | Bourbon St Chicken                       |
| Vegetable Lo mien                      | Chicken Fajita Bowl               | Try something new!                       | Vegetable Lasagna Bake                   | Cheese Ravioli                           |
| Asian Vegetable Blend                  | Yellow Rice                       | Boneless Chicken Tenders                 | Seasoned Fries                           | Rice Pilaf                               |
| Egg Rolls                              | Corn / Black Beans                | Creamy Coleslaw                          | Glazed Carrots                           | Plantains                                |
| 3/30/2026                              | 3/31/2026                         |  | Green Beans                              | Cabbage Medley                           |
| Beef Mac and Cheese                    | Sweet and Sour Chicken            |  |  |  |
| Turkey Croissant                       | Egg Salad Sandwich                |  |  |  |
| Glazed Carrots                         | Jasmine Rice                      |  |  |  |
| Sweets Peas                            | Asian inspired Green Beans        |  |  |  |
| Garlic Knot                            | Spring Roll                       |  |  |  |



**Metz**  
CULINARY MANAGEMENT

- Meals Include: Fresh Fruit, Apple Sauce, Garden Salad, 1% or 2% Milk, Low-Fat Yogurt
- Grain products are at least 50% whole grain.
- Turkey Sandwich or Sun butter & Jelly Sandwich can be a daily substitution

**NUTRITIONAL  
AND INGREDIENT  
INFORMATION**

