

LUNCH MENU • SEPTEMBER 2026

Special Education Services, Washington, DC



Special Education & Adult Services

Monday	Tuesday	Wednesday	Thursday	Friday
8/31/2026	9/1/2026	9/2/2026	9/3/2026	9/4/2026
Spaghetti	TACO TUESDAY	Sausage & Pepperoni Pizza /	Rotisserie Chicken	BACK TO SCHOOL
Grilled Turkey Panini	Chicken Taquitos	Steamed Broccoli	Roast Beef W/ Provolone	Cheese Steak Hoagie
Steamed Peas	Taco Beef Bowl	Street Eats	Steamed Green Beans	Chili Nachos
Honey Glazed Carrots	Spanish Rice	Cheese Burger Slider w/ Tots	Sautéed Cabbage / Carrots	Waffle Fries
Cucumber Salad	Creamed Corn / Green Peas	Pickle	Cheddar Mashed potatoes	Broccoli
9/7/2026	9/8/2026	9/9/2026	9/10/2026	9/11/2026
No School	BBQ Meatballs	Pizza (Cheese or Meat)	Sloppy Joes	TAIL GATE PARTY
 HAPPY LABOUR DAY	Grilled Turkey Ham and Cheese	Broccoli	Three Cheese Baked Ziti	Boneless Wings
	Yellow Squash /Broccoli	Popcorn Chicken Mashed Potato Bowl	Zucchini / Green Beans	Pizza Bites
	Broccoli	Buttermilk Biscuit	Curly Fries	Butternut Squash
	Egg Noodles	Strawberry Fields Salad	Cole Slaw	Carrots / Potato Skins
9/14/2026	9/15/2026	9/16/2026	9/17/2026	9/18/2026
Beef Mac and Cheese	TACO TUESDAY	Pizza (Cheese or Meat)	Sweet and Sour Chicken	Cheeseburger
Turkey Croissant	Beef Taco	Broccoli	Turkey Grilled Cheese	Fish Nuggets
Yellow Squash	Chili Lime Fajita Chicken Bowl	Street Eats	Green Beans	Curly Fries
Broccoli	Spanish Rice / Pinto Beans	Turkey Italian Hoagie Wrap	Egg Noodles	Baby Carrots
Cheesy Garlic Bread	Mixed Vegetables	Italian Pasta Salad	Egg Rolls	Corn Salad
9/21/2026	9/22/2026	9/23/2026	9/24/2026	9/25/2026
Beef Ravioli	Mumbo Chicken	Pizza (Cheese or Meat)	Chopped Cheese Sandwich	Chicken Lo Mein
Roasted Turkey w/ Gravy	Turkey Ham and Cheese	Broccoli	White Cheddar Baked Ziti	Tuna Sandwich
Yellow Squash	Green Beans	Toasted Cheese Sandwich	Seasoned Fries	Asian Vegetables
Broccoli	Vegetable Fried Rice	White Chicken Chili	Vegetable Medley/ Green Beans	Sautéed Cabbage
Sweet Potato Mash	Egg Rolls	Three Bean Salad	Strawberry Parfait	Egg Roll
9/28/2026	9/29/2026	9/30/2026		
Salisbury Steak	Baked Chicken Ziti	Pizza (Cheese or Meat)		
Crispy Chicken Slider	Honey Roasted Turkey Wraps	Broccoli		
Broccoli	Glazed Carrots	Chicken Enchiladas		
Green Peas	Garlic Bread	Cheesy Mexican Potatoes		
Mashed Potatoes	Caesar Salad	Pico De Gallo		



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**

