

LUNCH MENU • OCTOBER 2026

Special Education Services, Washington, DC



Monday 9/28/2026	Tuesday 9/29/2026	Wednesday 9/30/2026	Thursday 10/1/2026	Friday 10/2/2026
			BBQ Chicken	Chicken Lo Mein
			Turkey Grilled Cheese	Roast Beef Sandwich
			Steamed Green Beans	Asian Vegetables
			Sautéed Cabbage	Egg Roll
			Mac and Cheese	Apple Smoothie
10/5/2026	10/6/2026	10/7/2026	10/8/2026	10/9/2026
Spaghetti	Hispanic Heritage Month	Sausage & Pepperoni Pizza /	Salisbury Steak	
BBQ Chicken Sandwich	Chicken Taquitos	Steamed Broccoli	Popcorn Chicken Bowl	
Steamed Peas	Taco Beef Bowl	Hearty Wednesday	Sweet Corn	
Zucchini Noodle w/ Marinara	Spanish Rice	White Cheddar Baked Ziti w/ Roll	Baby Carrots	
Cole Slaw	Elote Corn / Green Peas	Apple Cranberry Slaw	Mashed potatoes	
10/13/2026	10/13/2026	10/14/2026	10/15/2026	10/16/2026
	Marinara Meatballs	Pizza (Cheese or Meat)	Orange Chicken	Cafeteria Circus
	Pesto Vegetable Alfredo	Broccoli	Pepper Steak	Sloppy Joes
	Green Beans	Street Eats	Green Beans	Fish Nuggets
	Black Eyed Peas	Asian Sesame Noodles	Vegetable Fried Rice	Carrot Fries / Curly Fries
	Garlic Romano Pasta	Boneless Chicken Bites	Egg Rolls	Apple Crisp
10/19/2026	10/20/2026	10/21/2026	10/22/2026	10/23/2026
Chicken Baked Ziti	Taco Tuesday	Pizza (Cheese or Meat)	Steak and Cheese Sub	Rotisserie Chicken
Tuna Sandwich	Beef Taco	Broccoli	Chicken Nachos	Ham and Cheese Sandwich
Yellow Squash	Chili Lime Fajita Chicken Bowl	Hearty Soup Wednesday	Seasoned Fries	Sweet Potatoes
Glazed Carrots	Spanish Rice / Pinto Beans	Chili w Cornbread	Vegetable Medley/ Green Beans	Sautéed Cabbage
Garlic Bread	Mixed Vegetables	Tortilla Chips	Strawberry Parfait	Mashed Potatoes
10/26/2026	10/27/2026	10/28/2026	10/29/2026	10/30/2026
Chop Suey	Sweet and Sour Chicken	Pizza (Cheese or Meat)	BBQ Meatballs	Halloween Celebration
Crispy Chicken Slider	Honey Roasted Turkey Wraps	Broccoli	Roast Turkey w/ Gravy	Boneless Wings
Broccoli	Vegetable Medley	Hearty Soup Wednesday	Glazed Beets	Cheeseburger Sliders
Green Peas	Jasmine Rice	Chicken Pot Pie w Biscuit	Savory Cabbage	Broccoli
Garlic Knot	Caesar Salad	Toasted Grilled Cheese	Cheddar Mashed Potatoes	Seasoned Fries



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

