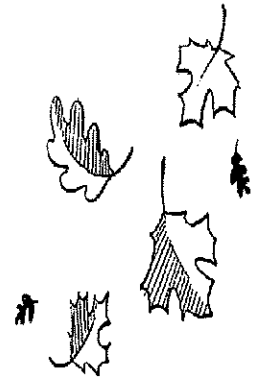
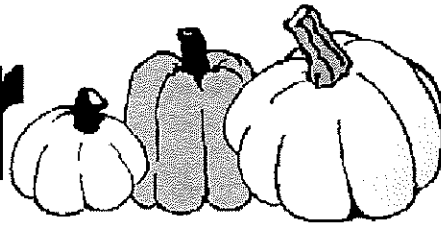
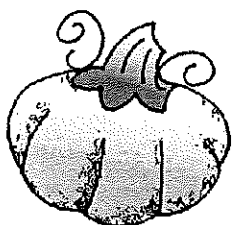


October

EDGARTOWN SCHOOL
2026

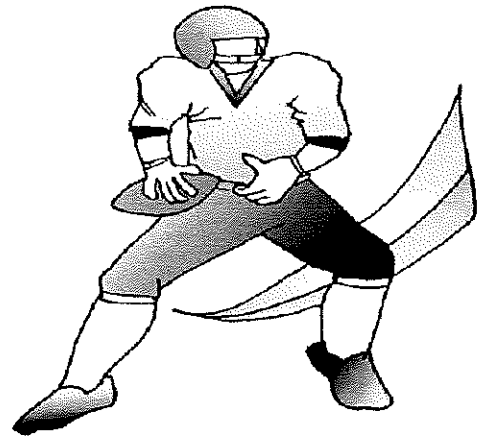
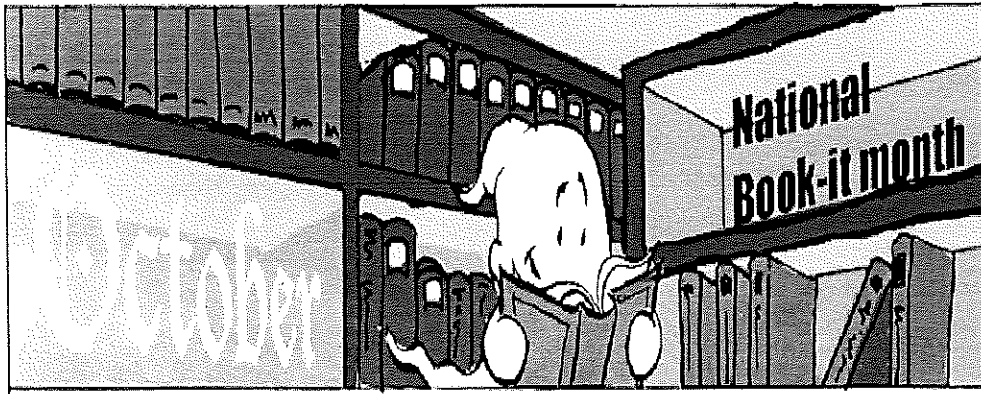


Monday	Tuesday	Wednesday	Thursday	Friday
AVAILABLE DAILY MILK, SALAD, FRESH FRUIT			1 CHICKEN POT PIE BEEF STEW MASHED POTATO TOMATO SLICES TOSSED SALAD APPLE COBBLER MILK TUE-THURS fruit bowl oran & app	2 CHICKEN SANDWICH FISH BURGER FRENCH FRIES COLE SLAW TOSSED SALAD MILK FRIDAY FRUIT BOWL
5 SPAGHETTI & MEATBALLS GARLIC NOODLES MOZZ & TOM SALAD GREEN BEANS TOSSED SALAD GARLIC BREAD MILK TUE-THURS	6 CHICK & SAUS PAELLA GAZPACHO COD FISH RICE & BEANS TOSSED SALAD PEPPER STRIPS FRUIT BOWL MILK TUE-THURS	7 BAKED CHICKEN SHRIMP SCAMPI RICE TOMATO SLICES TOSSED SALAD FRUIT BOWL PLUM & NECTARIN MILK TUE-THURS	8 HOT DOG ON A BUN BAKED BEANS PEPPER STRIPS TOSSED SALAD VEGETABLE STICKS WATERMELON MILK TUE-THURS FRUIT BOWL	9 NO SCHOOL TODAY
12 NO SCHOOL TODAY	13 PIZZA PEPPERONI PIZZA TOMATO & CUCUMBER TOSSED SALAD FRUIT COCKTAIL MILK TUE-THURS FRUIT BOWL	14 STEAK TIPS COD FISH GREEN BEANS RICE & BEANS TOSSED SALAD FRUIT BOWL MILK TUE-THURS	15 BBQ RIBS BAKED CHICKEN SWEET POTATO GREEN BEANS ROLLS, WHEAT TOSSED SALAD MILK TUE-THURS FRUIT BOWL	16 TURKEY AND CHEESE WRAP SUNBUTTER SANDWICH CELERY & CARROTS TOSSED SALAD FRUIT BOWL MILK TUE-THURS
19 AMERICAN CHOP SUEY GARLIC NOODLES BROCCOLI GARLIC BREAD TOSSED SALAD FRUIT SALAD MILK TUE-THURS FRUIT BOWL	20 HALF DAY BAG LUNCH	21 BBQ CHICKEN BAKED SALMON brown rice RICE & BEANS GREEN BEANS KALE SALAD/ FRUIT MILK TUE-THURS fruit bowl oran & app	22 HALF DAY BAG LUNCH	23 CHILI W/ BEANS CHICKEN QUESADILLA RICE & BEANS SALSA TOSSED SALAD MEXICALI CORN PINEAPPLE MILK TUE-THURS
26 HALF DAY BAG LUNCH	27 BAKED HAM COD FISH POTATOES AU GRATIN SPINACH SALADS GARLIC BREAD TOSSED SALAD MILK TUE-THURS FRUIT BOWL	28 CLAM CHOWDER CHICKEN & RICE SOUP CRACKERS HAM AND CHEESE SANDWICH KALE QUINOA SALAD THREE BEAN SALAD OATMEAL COOKIES	29 CHINESE CHICKEN BUFFALO WINGS GREEN BEANS RICE TOSSED SALAD PINEAPPLE MILK TUE-THURS fruit bowl oran & app	30 HAMBURGER ON A BUN VEGETABLE BURGER TOSSED SALAD PASTA SALAD WATERMELON FRUIT BOWL PLUM & NECTARIN MILK TUE-THURS



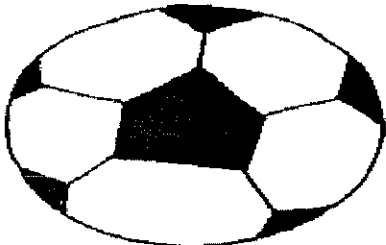
LUNCH ALL STUDENTS
FREE ADULTS 5.00

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EDGARTOWN SCHOOL
2026

Monday	Tuesday	Wednesday	Thursday	Friday
MILK,FRESH FRUIT,JUICE AVAILABLE DAILY			1 SCRAMBLED EGGS TOAST,WHOLE-WHEAT BREAD FRESH FRUIT SALAD CEREAL,VARIETY YOGURT GRANOLA	2 PLAIN BAGEL FRUIT SMOOTHIE BREAKFAST SAUSAGE FRESH FRUIT SALAD YOGURT GRANOLA CEREAL,VARIETY
5 PANCAKES BREAKFAST SAUSAGE FRESH FRUIT SALAD ORANGE JUICE YOGURT GRANOLA CEREAL,VARIETY	6 SCRAMBLED EGGS BREAKFAST SAUSAGE ENGLISH MUFFINS,PLAIN,TO FRESH FRUIT SALAD ORANGE JUICE YOGURT	7 BREAKFAST BURRITO W/ SAL PLAIN BAGEL OATMEAL BAKED HAM FRESH FRUIT SALAD CEREAL,VARIETY	8 SCRAMBLED EGGS TOAST,WHOLE-WHEAT BREAD FRESH FRUIT SALAD CEREAL,VARIETY YOGURT GRANOLA	9 NO SCHOOL TODAY
12 NO SCHOOL TODAY	13 SCRAMBLED EGGS BREAKFAST SAUSAGE ENGLISH MUFFINS,PLAIN,TO FRESH FRUIT SALAD ORANGE JUICE YOGURT	14 BREAKFAST BURRITO W/ SAL PLAIN BAGEL OATMEAL BAKED HAM FRESH FRUIT SALAD CEREAL,VARIETY	15 SCRAMBLED EGGS TOAST,WHOLE-WHEAT BREAD FRESH FRUIT SALAD CEREAL,VARIETY YOGURT GRANOLA	16 PLAIN BAGEL FRUIT SMOOTHIE BREAKFAST SAUSAGE FRESH FRUIT SALAD YOGURT GRANOLA CEREAL,VARIETY
19 PANCAKES BREAKFAST SAUSAGE FRESH FRUIT SALAD ORANGE JUICE YOGURT GRANOLA CEREAL,VARIETY	20 SCRAMBLED EGGS BREAKFAST SAUSAGE ENGLISH MUFFINS,PLAIN,TO FRESH FRUIT SALAD ORANGE JUICE YOGURT	21 BREAKFAST BURRITO W/ SAL PLAIN BAGEL OATMEAL BAKED HAM FRESH FRUIT SALAD CEREAL,VARIETY	22 SCRAMBLED EGGS TOAST,WHOLE-WHEAT BREAD FRESH FRUIT SALAD CEREAL,VARIETY YOGURT GRANOLA	23 PLAIN BAGEL FRUIT SMOOTHIE BREAKFAST SAUSAGE FRESH FRUIT SALAD YOGURT GRANOLA CEREAL,VARIETY
26 PANCAKES BREAKFAST SAUSAGE FRESH FRUIT SALAD ORANGE JUICE YOGURT GRANOLA CEREAL,VARIETY	27 SCRAMBLED EGGS BREAKFAST SAUSAGE ENGLISH MUFFINS,PLAIN,TO FRESH FRUIT SALAD ORANGE JUICE YOGURT	28 BREAKFAST BURRITO W/ SAL PLAIN BAGEL OATMEAL BAKED HAM FRESH FRUIT SALAD CEREAL,VARIETY	29 SCRAMBLED EGGS TOAST,WHOLE-WHEAT BREAD FRESH FRUIT SALAD CEREAL,VARIETY YOGURT GRANOLA	30 PLAIN BAGEL FRUIT SMOOTHIE BREAKFAST SAUSAGE FRESH FRUIT SALAD YOGURT GRANOLA CEREAL,VARIETY



BREAKFAST ALL
STUDENTS FREE
ADULTS 4.00

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OUTUBRO



Edgartown School 2026

CARDÁPIO DE ALMOÇO



MON	TUE	WED	THU	FRI
			1	2
FRUTAS FRESCAS, SALADA E LEITE DISPONÍVEIS TODOS OS DIAS.			Torta de Frango Carne de panela Purê de batata Tomate em fatias Salada mista Torta de maçã Leite (de terça à quinta) Tigela c/ frutas laranja/maçã	Sanduíche de galinha Hamburguer de peixe Batata frita Salada de repolho Salada mista Sexta do Leite Tigela de frutas
5	6	7	8	9
Macarrão & Almôndegas Macarrão ao alho Salada queijo e Tomate Vagem Salada Mista Pão de alho Leite (de terça à quinta)	Paella frango e linguiça Suco de Tomate Bacalhau Arroz e Feijão Salada Mista Pimentão em tiras Tigela de frutas Leite (de terça à quinta)	Frango assado Camarão Scampi Arroz Tomate em fatias Salada mista Tigela de Frutas Ameixa e Nectarinas Leite (de terça à quinta)	Cachorro-quente Feijão assado Pimentão em tiras Salada Mista Palitos de Vegetais Melancia Leite (de terça à quinta) Tigela de frutas	NO SCHOOL TODAY
12	13	14	15	16
NO SCHOOL TODAY	Pizza c/ queijo Pizza c/pepperoni Tomate e pepino Salada mista Salada de frutas Leite (de terça à quinta) Tigela com frutas	Tiras de carne Bacalhau Vagem Arroz e Feijão Salada Mista Tigela de frutas Leite (de terça à quinta)	Costela de porco BBQ Frango assado Batata doce Pao doce e integral Salada mista Leite (de terça à quinta) Tigela de frutas	Sanduíche enrolado de perú e queijo Sanduíche de semente de girasol Cenoura e Aipo Salada Mista Tigela de Frutas Leite (de terça à quinta)
19	20	21	22	23
Frango à xadrez Macarrão ao alho Brocoli Pao de alho Salada Mista Salada de frutas Leite (de terça à quinta) Tigela de Frutas	METADE do DIA LUNCH BAG	Frango ao BBQ Salmão Assado Arroz integral Arroz e feijão Vagem Salada de Couve c/fruta Leite (de terça à quinta) Tigela c/ frutas laranja/maçã	METADE do DIA LUNCH BAG	Chilli com feijão Quesadilha de Frango Arroz e Feijão Molho Fresco Salada Mista Milho Mexicali Abacaxi Leite (de terça à quinta)
26	27	28	29	30
METADE do DIA LUNCH BAG	Presunto Assado Bacalhau Batatas gratinadas Salada de espinafre Pão de alho Salada Mista Leite (de terça à quinta) Tigela de frutas	Clam Chowder Canja de galinha Biscoito crackers Sanduíche de presunto e queijo Salada de quinoa/couve Salada de tres feijões Biscoito de aveia	Chuleta de porco Salmão assado Arroz e feijão Salada mista Ervilhas e cebola Leite (de terça à quinta) Tigela de frutas	Hamburguer no pão Hamburguer vegano Salada Mista Salada de macarrão Melancia Tigela de Frutas Ameixa e Nectarinas

Disponível Diariamente: Leite, Salada e Frutas frescas.



Almoço Grátis para todos estudantes.



Esta instituição provê oportunidades iguais a todos.

Adultos: 5.00 U\$.





OUTUBRO Edgartown School 2026

CARDÁPIO DE CAFÉ DA MANHÃ

MON	TUE	WED	THU	FRI
			1	2
FRUTAS FRESCAS, SALADA E LEITE DISPONÍVEIS TODOS OS DIAS.			Ovos mexidos Torrada, pão integral Salada de frutas frescas Cereal – opção variada iogurte Granola	Bagel simples Batida de fruta Salchicha p/café matinal Salada de frutas frescas iogurte - Granola Cereal, opção variada
5	6	7	8	9
Panquecas Salchicha p/café matinal Salada de frutas frescas Suco de laranja iogurte Granola Cereal, opção variada	Ovos mexidos Salchicha p/café matinal Pão "muffin" simples Salada de frutas frescas Suco de laranja iogurte	Burrito com salsa "Bagel" simples Aveia Presunto cozido Salada de frutas frescas Cereal – opção variada	Ovos mexidos Torrada, pão integral Salada de frutas frescas Cereal – opção variada iogurte Granola	NO SCHOOL TODAY
12	13	14	15	16
NO SCHOOL TODAY	Ovos mexidos Salchicha p/café matinal Pão "muffin" simples Salada de frutas frescas Suco de laranja iogurte	Burrito com salsa "Bagel" simples Aveia Presunto cozido Salada de frutas frescas Cereal – opção variada	Ovos mexidos Torrada, pão integral Salada de frutas frescas Cereal – opção variada iogurte Granola	Bagel simples Batida de fruta Salchicha p/café matinal Salada de frutas frescas iogurte - Granola Cereal, opção variada
19	20	21	22	23
Panquecas Salchicha p/café matinal Salada de frutas frescas Suco de laranja iogurte Granola Cereal, opção variada	Ovos mexidos Salchicha p/café matinal Pão "muffin" simples Salada de frutas frescas Suco de laranja iogurte	Burrito com salsa "Bagel" simples Aveia Presunto cozido Salada de frutas frescas Cereal – opção variada	Ovos mexidos Torrada, pão integral Salada de frutas frescas Cereal – opção variada iogurte Granola	Bagel simples Batida de fruta Salchicha p/café matinal Salada de frutas frescas iogurte - Granola Cereal, opção variada
26	27	28	29	30
Panquecas Salchicha p/café matinal Salada de frutas frescas Suco de laranja iogurte Granola Cereal, opção variada	Ovos mexidos Salchicha p/café matinal Pão "muffin" simples Salada de frutas frescas Suco de laranja iogurte	Burrito com salsa "Bagel" simples Aveia Presunto cozido Salada de frutas frescas Cereal – opção variada	Ovos mexidos Torrada, pão integral Salada de frutas frescas Cereal – opção variada iogurte Granola	Bagel simples Batida de fruta Salchicha p/café matinal Salada de frutas frescas iogurte - Granola Cereal, opção variada

Disponível Diariamente: Leite, Salada e Frutas frescas.



Café da Manhã Grátis para todos estudantes.



Esta instituição provê oportunidades iguais a todos.

Adultos: 4.00 U\$.

