

# Healthy Café Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1</b> <i>No School Happy Holidays</i>	<b>2</b> <i>No School Happy Holidays</i>	<b>3</b> <i>No School Happy Holidays</i>	<b>4</b> <i>No School Happy Holidays</i>	<b>5</b> <i>No School Happy Holidays</i>
<b>8</b> Jerk Chicken Cuban Black Beans Organic Brown Rice Steamed Carrots Whole Grain Roll	<b>9</b> Turkey Tacos Veggie Tacos (V) Whole Grain Tortilla Lettuce and Cheese Steamed Corn	<b>10</b> Hawaiian Pulled Pork Teriyaki Tofu (V) Organic Brown Rice Steamed Broccoli Whole Grain Roll	<b>11</b> Chicken Tinga Black Bean Tinga (V) Whole Grain Corn Chips Lettuce/Cheese Steamed Corn	<b>12</b> Assorted Flavors of Whole Grain Pizza Steamed Green Beans
<b>15</b> <i>No School Martin Luther King Jr. Day</i>	<b>16</b> Chicken Burrito Bowl with Corn Salsa Whole Grain Quinoa And Warm Tortilla Veg. Option Available	<b>17</b> Baked Potato (V) Baked Sweet Potato (V) Turkey Chili Whole Grain Crackers Or Corn Bread	<b>18</b> BBQ Chicken or BBQ Tofu (V) Sandwich Whole Grain Bun Fresh Steamed Broccoli	<b>19</b> Assorted Flavors of Whole Grain Pizza Steamed Mixed Veggies
<b>22</b> MEATLESS MONDAY Whole Grain Baked Ziti Steamed Broccoli WG Café Bread	<b>23</b> Healthy Asian Chicken or Tofu (V) Lettuce Wrap Organic Brown Rice Carrots and Roll	<b>24</b> Grass Fed Sliders or Veggie Burger Whole Grain Bun Lettuce and Tomato Steamed Broccoli	<b>25</b> Turkey Sub or Hummus Sub (V) Whole Grain Roll Organic Spinach and Assorted Fresh Veggies	<b>26</b> Assorted Flavors of Whole Grain Pizza Steamed Green Beans
<b>29</b> Jerk Chicken Cuban Black Beans Organic Brown Rice Steamed Carrots Whole Grain Roll	<b>30</b> Turkey Tacos Veggie Tacos (V) Whole Grain Tortilla Lettuce and Cheese Steamed Corn	<b>31</b> Hawaiian Pulled Pork Teriyaki Tofu (V) Organic Brown Rice Steamed Broccoli Whole Grain Roll		

## Breakfast Menu

Whole Grain Waffle Whole Grain Barley Fresh Fruit Compote Turkey Sausage	Farm Fresh Scrambled Eggs Whole Grain Toast Orange Juice	Whole Grain Cinnamon Oatmeal OR Whole Grain Bagel Turkey Sausage	Farm Fresh Scrambled Eggs Whole Grain English Muffin or Grits	Assorted Whole Grain Cereal Fresh Baked Muffin String Cheese
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## Prices

### Student Meals: FREE - NO CHARGE

Adults: Daily: \$3.50 • Weekly: \$17.50

A la Carte (extras): \$.50—\$2.00

Check Café Menu Board for full daily list of options.

Soy Milk: \$1.00 8 Oz  
Almond Milk: \$1.00 8 oz.  
Frozen Unsweetened Fruit Sorbet: \$0.50  
Fruit Muffin: \$0.50

Healthy, Calcium Rich, Non-Dairy Refreshments may be purchased for your enjoyment A la Carte. *(free to students with a medical note)*

### Included FREE in Every Meal:

Fresh Fruit Choice  
Low-Fat Milk  
Garden Fresh Salad Bar:  
• Crisp Romaine Lettuce  
• Crunchy Organic Baby Carrots  
• Delightful Cherry Tomatoes  
• Hearty Beans  
• Snow Peas & Snap Peas  
• Refreshing Crisp Cucumbers  
• Organic Spinach  
• Green Peppers  
• Kale  
• Broccoli  
• Cauliflower  
• Seasonal Produce  
• Tofu  
• Quinoa  
• Organic Apples  
• Pears  
• Bananas  
• Plums

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We also cheerfully make our Daily Entrée without meat as a **vegetarian** meal, no additional fee!



# ODYSSEY

## Wellness News

### January 2024

"Committed to academic excellence and the education of the whole child"

### Farm News

Did you know the children at Odyssey Charter School grow organic produce for our lunch program right on site? In fact, last year our students grew over a thousand pounds of vegetables for our café! Organic agriculture and gardening have become an integral part of our overall wellness focus at Odyssey. From raised gardens, to row cropping, to our 4000+ gallon aquaponics system, all of our vegetable production is purely organic. Organic vegetables are free of pesticides and may contain higher levels of essential nutrients to keep your child healthy and strong. In addition, organic vegetable production is much kinder to the environment. It limits fertilizer runoff to our lagoon, facilitates carbon sequestration, diverts landfill buildup, and builds healthier soil to leave to future generations. Here at Odyssey, your children actively engage in the process of planting, nurturing, and harvesting vegetables, gaining hands-on experience in agricultural practices. Every student has the opportunity to gain all of the skills they'll need to continue the tradition of growing organic vegetables as they move through life.



### Happy New Year

From all of us here at our schools, we hope you have a wonderful New Year filled with good health and happiness. May 2024 be your best year yet!

We hope that you have had a wonderful holiday season. There are many exciting initiatives and activities happening in our schools, so please continue to follow us on Facebook and enjoy the pictures documenting the journey of our students and school community.

A New Year brings a new opportunity for a fresh start. Let's encourage our children to strive to reach their own unique and wonderful potential. This is their chance to write another chapter in their own beautiful story.

Very Best Wishes for a Happy New Year!



### Fun Healthy Holiday Snack Idea

#### STRAWBERRY SANTAS

Instead of cookies and cakes, try making these super cute strawberry Santas! Slice some fresh strawberries and fill with either cream cheese, a banana slice, or whipped cream. Use blueberries and pomegranate for eyes and nose!

Credit: Running in a Skirt.