

Healthy Café Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 Assorted Flavors of Whole Grain Pizza Steamed Mixed Veggies
4 MEATLESS MONDAY Whole Grain Baked Ziti Steamed Broccoli WG Cafe Bread	5 Healthy Asian Chicken or Tofu (V) Lettuce Wrap Organic Brown Rice(V) Carrots and Roll	6 Grass Fed Beef Burger Veggie Burger Lettuce and Tomato Whole Grain Bun Roasted Zucchini	7 Turkey Sub or Hummus Sub (V) Whole Grain Roll Organic Spinach and Assorted Fresh Veggies	8 Assorted Flavors of Whole Grain Pizza Steamed Green Beans
11 Jerk Chicken Cuban Black Beans(V) Organic Brown Rice(V) Steamed Carrots Whole Grain Roll	12 Turkey Taco Veggie Taco Whole Grain Tortilla Lettuce and Cheese Steam Corn	13 Hawaiian Pulled Pork Teriyaki Tofu (V) Organic Brown Rice Steamed Carrots Whole Grain Roll	14 Chicken Tinga Black Bean Tinga (V) Whole Grain Corn Chips Steamed Corn	15 Assorted Flavors of Whole Grain Pizza Steamed Green Beans
18 MEATLESS MONDAY Roasted Tomato and Basil Soup Toasted Cheese Sandwich	19 Chicken Burrito Bowl with Corn Salsa and Black beans Whole Grain Quinoa(V) And Warm Tortilla	20 Baked Potato (V) Baked Sweet Potato(V) Turkey Chili Whole Grain Crackers Or Corn Bread	21 BBQ Chicken or BBQ Tofu (V) Sandwich Whole Grain Bun Fresh Steamed Broccoli	22 Assorted Flavors of Whole Grain Pizza Steamed Green Beans
25 <i>No School Happy Holidays</i>	26 <i>No School Happy Holidays</i>	27 <i>No School Happy Holidays</i>	28 <i>No School Happy Holidays</i>	29 <i>No School Happy Holidays</i>

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

December 2023

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

December – the Month to Celebrate Traditions and Culture

Dr. Maria Montessori wrote over 100 years ago, "The child is both the hope and promise for mankind." Dr. Montessori always incorporated cultural and peace education into the daily life of the child, and December is the perfect time of the year to encourage children to explore and appreciate a rich tapestry of cultures, traditions, and celebrations. It's time to share your own family stories, participate in various cultural events, and learn about the customs of others. Dr. Montessori believed that this was one way to create a more peaceful world with the goal of promoting international peace.



Pumpkin Energy Balls

These gluten-free, nut-free, and vegan bites are an on-the-go snack that everyone can enjoy! Try them for an energy boost and a dose of fall flavors.

Ingredients:

- 1/4 cup honey sub pure maple if vegan
- 1/2 cup pureed pumpkin
- 1/2 cup + 2 tbsp sunflower seed butter
- 2 tbsp ground flax
- 1 1/2 cup quick cook oats
- 1/4 cup vanilla protein powder
- 1/2 tsp salt
- 1 tbsp pumpkin pie spice
- 1/2 cup raw pepitas (pumpkin seeds)
- 1/3 cup + 1 tbsp dried cranberries

Instructions:

Add pumpkin, seed butter, honey, and flax to a medium mixing bowl and stir well. In another bowl, mix the oats, protein powder, spices and salt. Incorporate the wet into the dry completely. Add the pumpkin seeds and dried cranberries, mix well, and store in the refrigerator at least 30 minutes. Form the mixture into balls slightly smaller than golf ball size. Serve right away or store in an air tight container in the refrigerator, up to one week.

(Credit: kellyjonesnutrition.com)

The Joy of Giving

There is a growing body of research that shows that giving is actually good for our health. Studies have shown that giving can reduce stress, boost happiness, and even improve our physical health. When we give, our brains release endorphins, which have mood-boosting effects. Giving can also help us to feel more connected to others, which is essential for our well-being. It can boost self-esteem, strengthen our relationships with others, help us feel more grateful for what we have, and give a sense of purpose in life.



There are many different ways to give. We can give our time, our money, or our skills. We can give to charity, to friends and family, or even to strangers. Simply do something nice for someone else, like holding the door for them, helping a classmate, sharing toys and food, creating a gift with your talents, or offering assistance to neighbors. These small acts can accumulate and instill a habit of giving.

Engage children in conversations about the importance of giving and its impact on others. Discuss how their actions can make a difference in the lives of others. No matter how big or small the gift, it can make a difference!

Happy Healthy New Year

As the New Year approaches, students can embark on a journey of happiness and well-being by embracing healthy habits and cultivating a positive mindset. Prioritize a balanced diet, incorporating nutritious foods that fuel your body and mind. Engage in regular physical activity, whether it's joining a sports team, dancing to your favorite music, or exploring nature. Embrace the power of sleep each night to enhance your focus and energy levels. Cultivate mindfulness practices like meditation or yoga to manage stress and promote inner peace. Foster meaningful connections with friends and family, cherishing the support they offer. Set realistic and achievable goals, celebrating your progress along the way. Embrace challenges as opportunities for growth, and approach each day with a positive attitude. By incorporating these practices into your daily routine, you can set the stage for a happy, healthy, and fulfilling New Year.