

# Healthy Café Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			<b>1</b> Chicken Tinga Black Bean Tinga (V) Whole Grain Corn Chips Lettuce/Cheese Steamed Corn	<b>2</b> Assorted Flavors of Whole Grain Pizza Steamed Mixed Veggies(V)
<b>5</b> Roasted Tomato And Basil Soup(V) Toasted Cheese on Whole Grain Sliced Bread	<b>6</b> Chicken Burrito Bowl with Corn Salsa, Black Beans, Whole Grain Quinoa(V) And Warm Tortilla	<b>7</b> Baked Potato (V) Baked Sweet Potato (V) Turkey Chili Fresh Whole Grain Corn Bread	<b>8</b> BBQ Chicken or BBQ Tofu (V) Sandwich Whole Grain Bun Fresh Steamed Broccoli	<b>9</b> Assorted Flavors of Whole Grain Pizza Steamed Green Beans(V)
<b>12</b> MEATLESS MONDAY Whole Grain Baked Ziti Steamed Broccoli WG Café Bread	<b>13</b> Healthy Asian Chicken or Tofu (V) Lettuce Wrap Organic Brown Rice(V) Carrots and Roll	<b>14</b> Grass Fed Sliders Or veggie Burger Whole Grain Bun Lettuce and Tomato Roasted Zucchini	<b>15</b> Turkey Sub or Hummus Sub (V) Whole Grain Roll Organic Spinach and Assorted Fresh Veggies	<b>16</b> Assorted Flavors of Whole Grain Pizza Steamed Mixed Veggies(V)
<b>19</b> <b>In-Service Day No School For Students</b>	<b>20</b> Turkey Tacos Veggie Tacos (V) Whole Grain Tortilla Lettuce and Cheese Steamed Corn	<b>21</b> Hawaiian Pulled Pork Teriyaki Tofu (V) Organic Brown Rice Steamed Carrots Whole Grain Roll	<b>22</b> Chicken Tinga Black Bean Tinga (V) Whole Grain Corn Chips Lettuce/Cheese Steamed Corn	<b>23</b> Assorted Flavors of Whole Grain Pizza Steamed Green Beans(V)
<b>26</b> Roasted Tomato And Basil Soup (V) Toasted Cheese on Whole Grain Sliced Bread	<b>27</b> Chicken Burrito Bowl with Corn Salsa, Black Beans, Whole Grain Quinoa(V) And Warm Tortilla	<b>28</b> Baked Potato (V) Baked Sweet Potato (V) Turkey Chili Fresh Whole Grain Corn Bread	<b>29</b> BBQ Chicken or BBQ Tofu (V) Sandwich Whole Grain Bun Fresh Steamed Broccoli	

## 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
---	---	---	---	---

## 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

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

In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA its Agencies, offices, and employees, and institutions participation in or administering USDA programs are prohibited from discriminating based on race, color, national origin, religion, sex, gender identity (including gender expression), sexual orientation, disability age, marital status, family/parental status, income derived from a public assistance program, political beliefs, or reprisal or retaliation for prior civil rights activity, in any program or activity conducted or funded by USDA (not all bases apply to all programs). Remedies and complaint filing deadlines vary by program or incident.

Persons with disabilities who require alternative means of communication for program information (e.g. Braille, large print, audio-tape, American Sign Language, etc.) should contact the responsible Agency or USDA's TARGET Center at (202) 720-2600 (voice and TTY) or contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English.

To file a program discrimination complaint, complete the USDA Program Discrimination Complaint Form, AD-3027, found online at [How to File a Program Discrimination Complaint](#) and at any USDA office or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by: (1) mail: U.S. Department of Agriculture, Office of the Assistant Secretary for Civil Rights, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410; (2) fax: (202) 690-7442; or (3) email: [program.intake@usda.gov](mailto:program.intake@usda.gov). USDA is an equal opportunity provider, employer, and lender. This institution is an equal opportunity provider.

# ODYSSEY

## Wellness News

### February 2024

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

### The Problem with GMO's

Genetically Modified Organisms (GMOs) have long been stirring debates across scientific, agricultural, and consumer communities. One of the primary concerns surrounding GMOs is the cumulative impact over time on the health of humans. GMO products can pose potential health risks. Crops that are made to be bug resistant use weed killer (herbicides) to change their chemical makeup which ends up being on the crop and digested in the human that eats the food. The new plant may survive the infestation of bugs, but nobody knows the long-term impacts upon the health of humans.

In contrast to GMOs, organic agriculture offers an alternative approach that emphasizes natural methods of pest and weed control. Organic farming practices favor techniques like crop rotation, composting, and biological pest control. Organic agriculture promotes soil health, reduces chemical runoff into waterways, and supports wildlife habitats. Although yields are lower and prices are higher, when we are able, we will always choose organic for your family. It is just one way that we can help your child reach full potential.

### Farm to Table: Cultivating Wellness at School

At the heart of fostering wellness within our school community lies the Farm to Table initiative, an Odyssey program that bridges the gap between cultivation and consumption right within our own backyard. Through our schools' organic farm and gardens, we are not only cultivating fresh organic produce but also nurturing a profound connection between students and the food they eat. Each harvest is a testament to the hard work and dedication of our students and staff who tend to our fields and gardens, sowing seeds of knowledge and reaping the rewards of wholesome nutrition.



### Cultivating a Healthy Future

Through initiatives like Farm to Table and the School Harvest Lunch Program, we are not only nourishing our students but also sowing the seeds of a healthy future. By supporting our own organic agriculture endeavors, we are cultivating a community that values the interconnectedness of food, health, and wellness. As we continue to harvest the fruits of our labor, let us remember that every meal shared is an opportunity to cultivate wellness, both within ourselves and the world around us.

### Nourishing Bodies and Minds: The School Harvest Lunch Program

As the sun rises over our schools' organic fields and gardens, so does the promise of nourishment for both body, mind, and spirit through our schools' Harvest of the Month Lunch Program Initiative. With meals often crafted from the bounty of our own harvests, students are treated to a feast of flavors that not only tantalize their taste buds but also provide essential nutrients for growth and development. January's harvest included a wide array of delicious vegetables including Sungold tomatoes, yellow cherry tomatoes, eggplant, broccoli, carrots, bok choy, beets, and delicious lemon basil. Our harvest has allowed our students to enjoy organic seasonal vegetables and crisp salads bursting with vibrant colors and garden-fresh flavors. Every bite tells a story of our students' stewardship.

