

# Healthy Café Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>30</b> MEATLESS MONDAY Roasted Tomato and Basil Soup Toasted Cheese Sandwich	<b>31</b> Turkey Tacos or Veggie Tacos Lettuce and Cheese Whole Grain Tortilla Steamed Corn	<b>1</b> HARVEST MEAL Roasted Chicken Thigh Roasted Tofu Rosemary Seasoned Potatoes	<b>2</b> BBQ Chicken or BBQ Tofu (V) Sandwich Whole Grain Bun Fresh Steamed Broccoli(V)	<b>3</b> Assorted Flavors of Whole Grain Pizza Steamed Mixed Veggies Vegan Pizza Available
<b>6</b> Jerk Chicken Cuban Black Beans(V) Organic Brown Rice(V) Steamed Carrots(V) Whole Grain Roll	<b>7</b> Chicken Burrito Bowl with Corn Salsa(V) Whole Grain Quinoa(V) And Warm Tortilla Veg. Option Available	<b>8</b> Grass Fed Beef Slider Or Veggie Burger Whole Grain Bun Fresh Steamed Broccoli	<b>9</b> Turkey Sub or Hummus Sub Whole Grain Roll Organic Spinach and Assorted Fresh Veggies	<b>10</b> <b>No School Veteran's Day</b>
<b>13</b> MEATLESS MONDAY Whole Grain Baked Ziti Steamed Broccoli WG Café Bread	<b>14</b> Healthy Asian Chicken or Tofu (V) Lettuce Wrap Organic Brown Rice(V) Carrots and Roll	<b>15</b> Baked Potato (V) Baked Sweet Potato (V) Turkey or Veggie Chili Whole Grain Crackers Or Corn Bread	<b>16</b> Chicken Tinga Black Bean Tinga (V) Whole Grain Corn Chips Steamed Corn	<b>17</b> Assorted Flavors of Whole Grain Pizza Steamed Mixed Veggies
<b>20</b> <b>No School</b>	<b>21</b> <b>No School</b>	<b>22</b> <b>No School</b>	<b>23</b> <b>No School Happy Thanksgiving!</b>	<b>24</b> <b>No School</b>
<b>27</b> MEATLESS MONDAY Roasted Tomato and Basil Soup Toasted Cheese Sandwich	<b>28</b> Turkey Tacos Veggie Tacos (V) Whole Grain Tortilla Lettuce and Cheese Steamed Corn	<b>29</b> Hawaiian Pulled Pork Teriyaki Tofu (V) Organic Brown Rice Steamed Carrots Whole Grain Roll	<b>30</b> BBQ Chicken or BBQ Tofu (V) Sandwich Whole Grain Bun Fresh Steamed Broccoli(V)	

## 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

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 participating 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.

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



# Health & Wellness



Odyssey's Wise Nutrition and Healthy Lifestyles program

Dedicated to promoting, protecting, and enhancing the health and learning potential of students, families & staff.

## November: A Month of Gratitude

Article adapted from: <https://viewsfromastepstool.com/a-month-of-gratitude-with-kids-teach-kindness-love-and-thanks>

In our lives we can often get stuck focusing on all the negative things in our lives and forget about all the good things. This can lead us to feeling unhappy in our lives, one way to try to deal with these feelings is by practicing gratitude. The word gratitude means "the quality of being thankful; readiness to show appreciation for and to return kindness." When you read that sentence about the readiness to show kindness, doesn't that resonate with most of our goals as parents, caregivers, teachers, colleagues, bosses, and community members?

Even if you are not struggling, having a gratitude practice can be hugely beneficial to our day to day lives, even if the practice is brief. Here are some scientifically proven benefits of gratitude that can help us and our families ([Psychology Today Article](#)):

1. Gratitude opens the door to more relationships. Acknowledging other people's contributions can lead to new opportunities.
2. Gratitude improves physical health. Grateful people experience fewer aches and pains and report feeling healthier.
3. Gratitude improves psychological health by increasing happiness and reducing depression.
4. Gratitude enhances empathy and reduces aggression. People with a gratitude practice experienced more sensitivity and empathy toward other people.
5. Grateful people sleep better. People that take 15 minutes to jot down a few grateful sentiments before bed may sleep longer and better.
6. Gratitude improves self-esteem. Gratitude can reduce social comparisons and help people be appreciative of other's accomplishments.
7. Gratitude increases mental strength. Recognizing that you have to be thankful, even during the worst times fosters resilience.

As we enter the month of November, we wanted to take the time to appreciate all the good in our lives like our students, Odyssey Families, teachers, staff, and administrators. At Odyssey we are so grateful to have each and everyone one of you be in our lives. We wanted to show our gratitude by celebrating with a month of Gratitude that we can all participate in.

***"As we express our gratitude, we must never forget that the highest form of appreciation is not to utter words, but to live by them." - John F. Kennedy***

Here are just a few ways to practice gratitude yourself and as a family:

1. Create a gratitude journal and jot down things you are grateful for before going to bed.
2. Make a gratitude jar. This is a place where kids can write on pieces of paper what they are thankful for and add to the jar.
3. Go on a gratitude walk. Take a walk outside and look around and note what you are thankful for.
4. Do some charity work.
5. Donate toys to a family in need.
6. Donate warm clothing to those in need.
7. Draw a thank you picture for teachers.
8. Bake cookies for firefighters.
9. Tell someone thank you.
10. Make a gratitude reinforcement jar, add a marble to the jar when someone in the family shows gratitude.
11. Make a gratitude photo album.
12. Make a collage of what you are thankful for.
13. Discuss as a family what you are grateful for that day at dinner.



### Pumpkin Chili

#### Ingredients

- 1 tablespoon olive oil
- 1 onion chopped
- 4 garlic cloves minced
- 1 cup pumpkin puree from the can
- 1 cup tomatoes from the can
- 1 cup vegetable stock
- 15 oz can of black beans
- 7.5 oz can of garbanzo beans
- 1 tablespoon cumin powder
- 1 tablespoons chili powder
- Salt and pepper

#### Instructions

1. In a large pot or skillet, cook chopped onion and minced garlic in olive oil for about 5 minutes on medium heat until soft.
2. Add pumpkin, canned tomatoes (chop them up into smaller chunks), vegetable stock (or water), black beans and garbanzo beans.
3. Add half the cumin and half the chili powder, stir everything well, and season with salt and pepper. Season some more with salt and pepper if needed.
4. Add the remaining cumin and remaining chili powder, if desired.
5. Bring to boil, make sure to stir all ingredients well together to combine flavors and spices.
6. Reduce to simmer and cook for 20 minutes on simmer.
7. Serve in soup bowls, garnished with chopped green onion.