

# Healthy Café Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1</b> MEATLESS MONDAY Whole Grain Baked Ziti Steamed Broccoli WG Café Bread	<b>2</b> Chicken Burrito Bowl with Corn Salsa Seasoned Black Beans Whole Grain Quinoa And Warm Tortilla	<b>3</b> Grass fed Beef Burger Or Veggie Burger Lettuce & Tomato Steamed Green Beans Whole Grain Bun	<b>4</b> Turkey Sub or Hummus Sub (V) Whole Grain Roll Organic Spinach and Assorted Fresh Veggies	<b>5</b> Assorted Flavors of Whole Grain Pizza Steamed Carrots
<b>8</b> MEATLESS MONDAY Roasted Tomato and Basil Soup Toasted Cheese Sandwich	<b>9</b> Healthy Asian Chicken or Tofu (V) Lettuce Wrap Organic Brown Rice Carrots and Roll	<b>10</b> Baked Potato (V) Baked Sweet Potato (V) Turkey Chili Whole Grain Corn Bread	<b>11</b> Chicken Tinga Black Bean Tinga (V) Whole Grain Corn Chips Steamed Corn	<b>12</b> Assorted Flavors of Whole Grain Pizza Steamed Mixed Veggies
<b>15</b> Jerk Chicken Cuban Black Beans Organic Brown Rice Steamed Carrots Whole Grain Roll	<b>16</b> Turkey Tacos Veggie Tacos (V) Whole Grain Tortilla Lettuce and Cheese Steamed Corn	<b>17</b> Hawaiian Pulled Pork Teriyaki Tofu (V) Organic Brown Rice Steamed Carrots Whole Grain Roll	<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 Green Beans
<b>22</b> IN SERVICE DAY  NO SCHOOL	<b>23</b> Chicken Burrito Bowl with Corn Salsa Seasoned Black Beans Whole Grain Quinoa And Warm Tortilla	<b>24</b> Grass fed Beef Burger Or Veggie Burger Lettuce & Tomato Steamed Green Beans Whole Grain Bun	<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 Mixed Veggies
<b>29</b> MEATLESS MONDAY Roasted Tomato and Basil Soup Toasted Cheese Sandwich	<b>30</b> Healthy Asian Chicken or Tofu (V) Lettuce Wrap Organic Brown Rice Carrots and 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

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

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# ODYSSEY

## Wellness News April 2024

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

### Healthy Snacking for Busy Families

Article adapted from: <https://p.widencdn.net/tlom2e/Healthy-Snacks-for-Kids-Fact-Sheet>

With busy schedules, fitting in three healthy meals a day can be tough. Snacks have become a bigger part of kids' diets, but often these snacks aren't very nutritious. Studies show a rise in snacking on processed foods like chips and crackers, along with sugary drinks like soda. This means kids are getting extra calories but missing essential vitamins and minerals.

The good news? You can make snacks just as healthy as meals! Use the same principles for planning snacks as you do for meals. Focus on fruits, vegetables, whole grains, and legumes. These provide convenient, nutritious options that are easy to take on the go or enjoy at home. They'll give your kids the energy and nutrients they need in a delicious and quick bite.

Here's the key: Stock your pantry and fridge with healthy choices like the ones listed here in our wellness newsletter. Encourage your kids to grab these snacks at home or pack them before heading out.

### Snack Recipes for Kids

#### Maple Walnut Granola • Makes about 6 cups

Ingredients:

- 3 cups rolled oats
- 1 cup wheat germ
- 1/2 cup chopped walnuts
- 1/2 cup raisins
- 1/2 cup dried cranberries
- 1/4 cup sesame seeds
- 1/4 cup maple syrup
- 2 tablespoons molasses
- 1 teaspoon cinnamon



Directions:

Preheat oven to 300 F.

Combine all ingredients in a large bowl and mix thoroughly.

Transfer to a 9 x 13 inch baking dish. Bake, turning often with a spatula, until mixture is golden brown, about 25 minutes.

Nutritional Information:

Per 1/2-cup serving: 231 calories; 7g protein; 39g carbohydrate; 6.5g fat; 2.5g fiber; 5mg sodium; calories from protein: 11%; calories from carbohydrates: 66%; calories from fats: 23%

### Snacking is an important contributor to daily food intake!

#### Applesauce • Makes about 6 cups

Ingredients:

- 6 large, tart apples (gravenstein, pippins,Granny Smith, etc.)
- 1 cup undiluted apple juice concentrate
- 1/2 teaspoon cinnamon

Directions:

For chunky applesauce -Peel apples, then core and dice. Place in a large pan. Add apple juice concentrate, then cover and cook over low heat, stirring often, until apples are soft. Mash slightly with a fork if desired, then stir in cinnamon. Serve hot or cold. For smoother applesauce: Cut apples into quarters and remove cores. Chop finely in a food processor. Transfer to a pan and add apple juice concentrate and cinnamon. Cover and cook, stirring often, over low heat until tender, about 15 minutes.

Nutritional Information:

Per 1/2-cup serving: 101 calories; 0.3g protein; 26g carbohydrate; 0.5g fat; 2g fiber; 6mg sodium; calories from protein: 1%; calories from carbohydrates: 95%; calories from fats: 4%

#### Veggies in a Blanket • Makes 2 large roll-ups

Ingredients:

- 2 flour tortillas
- 2 tablespoons vegan cream cheese
- 1 grated carrot
- 2 lettuce leaves (or a handful of baby spinach leaves)



Directions:

Warm tortillas in a dry pan. Spread vegan cream cheese on them. Add carrots and lettuce or spinach. Roll up and serve or wrap in plastic wrap for snacking later. Variations: Add thin sticks of cucumber or sweet red pepper before rolling.

Nutritional Information:

Per roll-up: 159 calories; 4g protein; 22g carbohydrate; 6 g fat; 2g fiber; 230mg sodium; calories from protein: 10%; calories from carbohydrates: 55%; calories from fats: 35%