

Healthy Café Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
29 MEATLESS MONDAY Roasted Tomato and Basil Soup Toasted Cheese Sandwich	30 Healthy Asian Chicken or Tofu (V) Lettuce Wrap Organic Brown Rice Carrots and Roll	1 Baked Potato (V) Baked Sweet Potato (V) Turkey Chili Baked Fresh Corn Bread	2 Chicken Tinga Black Bean Tinga (V) Lettuce and Cheese Whole Grain Corn Chips Steamed Corn	3 Assorted Flavors of Whole Grain Pizza Steamed Mixed Veggies(V)
6 Jerk Chicken Cuban Black Beans Organic Brown Rice(V) Steamed Carrots(V) Whole Grain Roll	7 Turkey Tacos Veggie Tacos (V) Whole Grain Tortilla Lettuce and Cheese Steamed Corn(V)	8 Hawaiian Pulled Pork Teriyaki Tofu (V) Organic Brown Rice Steamed Carrots(V) Whole Grain Roll	9 BBQ Chicken or BBQ Tofu (V) Sandwich Whole Grain Bun Fresh Steamed Broccoli(V)	10 Assorted Flavors of Whole Grain Pizza Steamed Fresh Green Beans(V)
13 MEATLESS MONDAY Whole Grain Baked Ziti Steamed Broccoli WG Café Bread	14 Chicken Burrito Bowl with Corn Salsa Whole Grain Quinoa And Warm Tortilla Veg. Option Available	15 Grass fed Beef Burger Or Veggie Burger Lettuce & Tomato Steamed Broccoli Whole Grain Bun	16 Turkey Sub or Hummus Sub (V) Whole Grain Roll Organic Spinach and Assorted Fresh Veggies	17 Assorted Flavors of Whole Grain Pizza Steamed Carrots(V)
20 MEATLESS MONDAY Roasted Tomato and Basil Soup Toasted Cheese Sandwich	21 Healthy Asian Chicken or Tofu (V) Lettuce Wrap Organic Brown Rice Carrots and Roll	22 Baked Potato (V) Baked Sweet Potato (V) Turkey Chili Baked Fresh Corn Bread	23 Chicken Tinga Black Bean Tinga (V) Lettuce and Cheese Whole Grain Corn Chips Steamed Corn(V)	24 Assorted Flavors of Whole Grain Pizza Steamed Mixed Veggies(V)
27 MEMORIAL DAY	28	29	30	31

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's Wise Nutrition and Healthy Lifestyles Program

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

Physical Activity

Physical activity can provide immediate benefits like boosting your mood, reducing stress, improving sleep, and sharpening your focus — benefits that can be especially important during stressful times. Physical activity can also help you live a longer, healthier life by reducing the risk of many common chronic diseases, like type 2 diabetes and some cancers.

Studies have found that lifestyles learned in childhood are much likelier to stay with a person into adulthood. If sports and physical activities are a family priority, they will provide children and parents with a strong foundation for a lifetime of health.

Remember, lots of things count as physical activity — and it all adds up! Play your favorite, have a family dance party, or challenge each other to learn a new yoga pose or do another push-up.

How much activity do kids need?

The Physical Activity Guidelines for Americans recommends that kids and teens ages 6 to 17 should get 60 minutes of activity every day. Kids younger than 6 need physical activity too — it helps support their growth and development. Preschool-aged children are active naturally, so aim to help them be active throughout the day and avoid time just sitting around.

7 Ways to Get Started:

Parents can play a key role in helping their child become more physically active. Some suggestions:

- 1. Emphasize fun.** Help your child find a sport that she enjoys. The more they enjoys the activity, the more likely they will be to continue it. Get the entire family involved. It is a great way to spend time together.
- 2. Plan ahead.** Make sure your child has a convenient time and place to exercise.
- 3. Provide a safe environment.** Make sure your child's equipment and where they practice, or play is safe. Make sure your child's clothing is comfortable and appropriate for the activity.
- 4. Be a role model.** Children who regularly see adults in their family enjoying sports and physical activity are more likely to do so themselves.
- 5. Play with them.** Help them learn a new sport or another physical activity. Or just have fun together by going for a walk, hike, or bike ride.
- 6. Set limits.** Limit screen time, including time spent on TV, videos, computers, and video games, each day. Use the free time for more physical activities.
- 7. Make time for exercise.** Some children are so overscheduled with homework, music lessons, and other planned activities that they do not have time for exercise.

Article adapted from: <https://www.healthychildren.org/English/healthy-living/fitness/Pages/Encouraging-Your-Child-to-be-Physically-Active.aspx> & <https://health.gov/news/202004/staying-active-while-social-distancing-questions-and-answers>



How much physical activity do kids and teens need?

At least 60 minutes every day.

Most of that time can be **moderate-intensity aerobic activity** — anything that gets their heart beating faster counts.

And at least 3 days a week, encourage them to step it up to **vigorous-intensity aerobic activity**, so they're breathing fast and their heart is pounding.



As part of their daily 60 minutes, kids and teens also need:

Muscle-strengthening activity

at least 3 days a week



Anything that makes their muscles work harder counts — like climbing or swinging on the monkey bars.

Bone-strengthening activity

at least 3 days a week



Bones need pressure to get stronger. Running, jumping, and other weight-bearing activities all count.

