



| Monday | Tuesday | Wednesday | Thursday | Friday |
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| Included FREE in Every Meal: *Garden Fresh Salad Bar * Fresh Fruit Choice *Low-Fat Milk * 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! Healthy, Calcium Rich, Non-Dairy Refreshments may be purchased for your enjoyment a la Carte. Almond or Soy Milk is available free to students with a medical note. | | | | |
| | | | | 1 Assorted Flavors of Whole Grain Pizza Steamed Green Beans |
| 4 MEATLESS MONDAY Whole Grain Baked Ziti Steamed Broccoli WG Café Bread | 5 Healthy Asian Chicken or Tofu (V) Lettuce Wrap Organic Brown Rice Carrots and Roll | 6 Baked Potato (V) Baked Sweet Potato (V) Turkey Chili Whole Grain Crackers Or Corn Bread | 7 Chicken Tinga Black Bean Tinga (V) Whole Grain Corn Chips Steamed Corn | 8 Assorted Flavors of Whole Grain Pizza Steamed Mixed Veggies |
| 11 STAFF IN-SERVICE NO SCHOOL FOR STUDENTS | 12 Turkey Tacos Veggie Tacos (V) Whole Grain Tortilla Lettuce and Cheese Steamed Corn | 13 Hawaiian Pulled Pork Teriyaki Tofu (V) Organic Brown Rice Steamed Carrots Whole Grain Roll | 14 BBQ Chicken or BBQ Tofu (V) Sandwich Whole Grain Bun Fresh Steamed Broccoli | 15 Assorted Flavors of Whole Grain Pizza Steamed Mixed Veggies |
| 18 Jerk Chicken Cuban Black Beans Organic Brown Rice Steamed Carrots Whole Grain Roll | 19 Chicken Burrito Bowl with Corn Salsa Whole Grain Quinoa And Warm Tortilla Veg. Option Available | 20 Grass Fed Beef Slider Or Veggie Burger Whole Grain Bun Steamed Broccoli | 21 Turkey Sub or Hummus Sub (V) Whole Grain Roll Organic Spinach and Assorted Fresh Veggies | 22 Assorted Flavors of Whole Grain Pizza Steamed Mixed Veggies |
| 25 MEATLESS MONDAY Whole Grain Baked Ziti Steamed Broccoli WG Café Bread | 26 Healthy Asian Chicken or Tofu (V) Lettuce Wrap Organic Brown Rice Carrots and Roll | 27 Baked Potato (V) Baked Sweet Potato (V) Turkey Chili Whole Grain Crackers Or Corn Bread | 28 Chicken Tinga Black Bean Tinga (V) Whole Grain Corn Chips Steamed Corn | 29 Assorted Flavors of Whole Grain Pizza Steamed Mixed Veggies |
| NO CHARGE FOR COMPLETE BREAKFAST OR LUNCH | | | | |
| 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 |
| Daily Lunch Prices | | | | |
| Elementary: No Cost For Student Meals Adults \$3.50 per day Weekly: \$17.50 | OPA and Jr Sr High: No Cost For Student Meals Adults \$3.50 per day 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 | |
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October 2021

Odyssey Schools



WALK BIKE
TO SCHOOL



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.

October: Walk or Bike to School

Article adapted from: <http://www.walkbiketoschool.org/learn-more/why-walkbike/>

Come Join the Odyssey Schools as we participate in this year's Walk or Bike to School day Wednesday, October 6, 2021!

Why on earth would we want to walk or bike to school? First of all it's fun! There is a feeling of joy and independence – a sense of adventure-that doesn't fade. When you walk or bike to school you get to appreciate the things that you do not notice when you're driving, like listening to the sounds of the neighborhood, seeing friends and neighbors and feeling connected with their community. Parents, children, and friends can enjoy one another's company without the usual distractions.

Walking and bicycling events celebrate these experiences and help make them possible for others. They bring schools and communities together for a common purpose. Most of all, they are fun! Here are some other benefits for walking or biking to school:

Healthier habits

- Walking and bicycling to school enables children to incorporate the regular physical activity they need each day while also forming healthy habits that can last a lifetime.
- Regular physical activity helps children build strong bones, muscles and joints, and it decreases the risk of obesity.
- In contrast, insufficient physical activity can contribute to chronic diseases, such as diabetes, heart disease, cancer and stroke.

Cleaner Environment

- When families decide to lace up their sneakers or strap on their bike helmets to get to school instead of riding in a car, they help reduce the amount of air pollutants emitted by automobiles.
- Vehicles emit a variety of air pollutants, resulting in increases in ground-level ozone, nitrogen oxides and particulate matter such as particles of dust, soot, smoke, dirt, and liquid droplets.

Community Benefits

Less Traffic congestion

- Reducing the number of private vehicles commuting to school can reduce morning traffic around the school.
- Less traffic congestion also improves conditions for pedestrians and bicyclists, creating a positive cycle—as the community sees more people walking and biking, more people feel comfortable walking and bicycling.

Stronger sense of community.

- The common goal of improving conditions for walking and bicycling brings families, neighbors, school officials and community leaders together.
- The sense of community also builds as children and parents develop walking and bicycling buddies and chat with neighbors on the sidewalk or path.

Safer Streets

- Communities with higher rates of walking and bicycling tend to have lower crash rates for all travel modes.
- One reason may be that motorists drive more cautiously when they expect to encounter walkers and bicyclists.
- More walkers and bicyclists can also improve personal security by providing more “eyes on the street.”

Lower Costs

- Encouraging and enabling bicycle and pedestrian trips reduces costs for the family, community and school district.
- Families save on gas, communities spend less on building and maintaining roads and school districts spend less on busing.
- In fact, one school district calculated \$237,000 in annual savings.

Improved accessibility.

- Enabling students of all abilities to walk and bicycle to school makes it easier for everyone in the community to get around, including parents with strollers, senior citizens, residents without cars and residents with temporary or permanent mobility impairments.

We hope to see you walking or biking to school Wednesday, October 6, 2021!

