

# Healthy Café Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>30</b> MEATLESS MONDAY Whole Grain Baked Ziti Steamed Broccoli WG Café Bread	<b>1</b> Healthy Asian Chicken or Tofu (V) Lettuce Wrap Organic Brown Rice Carrots and Roll	<b>2</b> Baked Potato(V) Baked Sweet Potato(V) Turkey Chili Or Corn Bread	<b>3</b> Chicken Tinga or Black Bean Tinga(V) Whole Grain Corn Chips Steamed Corn	<b>4</b> Assorted Flavors of Whole Grain Pizza Steamed Green Beans
<b>7</b> MEATLESS MONDAY Roasted Tomato and Basil Soup Toasted Cheese Sandwich	<b>8</b> Turkey Tacos or Veggie Tacos Lettuce and Cheese Whole Grain Tortilla Steamed Corn	<b>9</b> Hawaiian Pulled Pork Teriyaki Tofu (V) Organic Brown Rice Steamed Carrots Whole Grain Roll	<b>10</b> BBQ Chicken or BBQ Tofu (V) Whole Grain Bun Fresh Steamed Broccoli	<b>11</b> Assorted Flavors of Whole Grain Pizza Steamed Mixed Veggies
<b>14</b> Teacher In service No School for Students	<b>15</b> Chicken Burrito Bowl with Corn Salsa Whole Grain Quinoa And Warm Tortilla Veg. Option Available	<b>16</b> HARVEST MEAL Roasted Chicken Thigh Roasted Tofu Rosemary Seasoned Potatoes Café Bread	<b>17</b> Turkey Subs or Hummus Subs (V) Whole Grain Roll Organic Spinach and Assorted Fresh Veggies	<b>18</b> Assorted Flavors of Whole Grain Pizza Steamed Green Beans
<b>21</b> MEATLESS MONDAY Whole Grain Baked Ziti Steamed Broccoli Café Bread	<b>22</b> Healthy Asian Chicken or Tofu (V) Lettuce Wrap Organic Brown Rice Carrots and Roll	<b>23</b> Baked Potato(V) Baked Sweet Potato(V) Turkey Chili Or Corn Bread	<b>24</b> Chicken Tinga or Black Bean Tinga(V) Whole Grain Corn Chips Steamed Corn	<b>25</b> Assorted Flavors of Whole Grain Pizza Steamed Mixed Veggies
<b>28</b> MEATLESS MONDAY Roasted Tomato and Basil Soup Toasted Cheese Sandwich	<b>29</b> Turkey Tacos or Veggie Tacos Lettuce and Cheese Whole Grain Tortilla Steamed Corn	<b>30</b> HARVEST MEAL Roasted Chicken Thigh Roasted Tofu Rosemary Seasoned Potatoes Café Bread	<b>31</b> BBQ Chicken or BBQ Tofu (V) Whole Grain Bun Fresh Steamed Broccoli	.

## Breakfast Menu

Whole Grain Cinnamon Oatmeal or Whole Grain Bagel Turkey Sausage	Whole Grain Waffle or Fresh Fruit Compote Turkey Sausage 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: \$4.55

A la Carte (extras): \$.50—\$2.00

Check Café Menu Board for full daily list of options.

Soy 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

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

# ODYSSEY

Wellness News  
October 2024

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

## Odyssey's Organic Farm

At Odyssey, our Jr./Sr. High organic farm is thriving! One of the most fascinating features of our farm is our impressive 5,000-gallon aquaponics system. This innovative method allows us to cultivate both vegetables and fish in a harmonious partnership. In our setup, tilapia and plants support each other in a mutually beneficial relationship. When we feed the fish, they produce nitrates that nourish the plants, while we carefully manage these nutrients to keep the fish healthy and thriving.



Aquaponics requires minimal inputs, making it an efficient way to grow food while keeping labor to a minimum.

Here's a glimpse of our Tropicana lettuce, which will be ready for harvest in just a few weeks. Stay tuned for fresh greens!

## Healthy Café

It's the little things that make a big difference! Odyssey's school lunch program truly stands out, bringing a fresh twist to the table. For many months of the year, our students savor vibrant veggies straight from our organic gardens and farm. We've taken a firm stand against glyphosates and GMOs and are working to remove more and more from our school lunch program, ensuring that every meal is as nourishing as possible. Did you know that our corn is completely GMO-free? We've also eliminated seed oils from our menu, continuously striving to enrich our offerings with organic grains, fruits, and vegetables, all thanks to the creativity of our amazing Food Director, Ms. Cindy Chapman. At Odyssey, we believe in the power of whole foods over processed options, understanding that organic meals fuel our bodies and minds.



This fall, we're excited to introduce a Farm Stand at our Jr./Sr. High Farm, inviting families to pick fresh veggies in exchange for a love offering to support our organic fertilizer needs. We will let you know when it is ready for the picking! We take great pride in getting our children out of the classroom and into the garden, fostering a deeper connection with nature while enhancing their overall health. Together, we're cultivating not just food, but a vibrant community centered on well-being and where we are committed to academic excellence and the education of the whole child!



## Building a Strong Immune System

Fresh air and sunshine are like magical boosters for a child's immune system! When kids spend time outdoors, they soak up vitamin D from the sun, a vital nutrient that helps keep their immune systems strong and ready to fend off colds and infections. Playing outside also gets them moving, which builds healthy, resilient bodies. Plus, exploring nature exposes them to a variety of germs that can actually strengthen their immune defenses over time.

Let's not overlook the mood-boosting benefits. Fresh air and sunshine lift spirits and reduce stress, keeping kids happier and healthier. And speaking of health, don't forget about the ocean right next door! Ocean air is rich in ozone, created when sunlight dances with oxygen molecules. Breathing in this fresh, clean air enhances lung function and boosts overall respiratory health.

In many traditions, ocean air is filled with prana, or life force energy, thanks to its negative ions. This invigorating air can improve mood, reduce stress, and enhance mental clarity. The tiny salt particles and minerals carried by ocean air offer therapeutic benefits, especially for those with respiratory conditions like asthma or allergies.

So, let's unplug and embrace the great outdoors! The sunny days in Florida are a gift for our children's bodies and minds. Spending time near the ocean can recharge us both physically and mentally, enhancing our overall well-being. Sunshine, fresh air, and movement—all vital ingredients for a strong immune system!

We love watching our families play. If you have any pictures of you and your family in the great outdoors, hiking, gardening, at the ocean or other, and you would like to share, please send them to Ms. Susan Aiello at [saiello@greenappleschools.com](mailto:saiello@greenappleschools.com). We may post them on occasion on our Facebook pages. Please include your family's last name, school (OPA, OCS Elementary, or OCS Jr/Sr), and anything you want to share about your outing. Here's to your health!