



Monday	Tuesday	Wednesday	Thursday	Friday
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 Turkey Tacos Veggie Tacos (V) Whole Grain Tortilla Lettuce and Cheese Steamed Corn(V)	2 1 st /2 nd grade HARVEST MEAL Roasted Chicken Thigh Roasted Tofu Rosemary Potatoes Café Bread	3 BBQ Chicken or BBQ Tofu (V) Sandwich Whole Grain Bun Fresh Steamed Broccoli(V)	4 Assorted Flavors of Whole Grain Pizza Steamed Mixed Veggies Vegan Pizza Available
7 Jerk Chicken Cuban Black Beans(V) Organic Brown Rice(V) Steamed Carrots(V) Whole Grain Roll	8 Chicken Burrito Bowl with Corn Salsa(V) Whole Grain Quinoa(V) And Warm Tortilla Veg. Option Available	9 Baked Potato (V) Baked Sweet Potato (V) Turkey or Veggie Chili Whole Grain Crackers Or Corn Bread	10 Turkey Sub or Hummus Sub Whole Grain Roll Organic Spinach and Assorted Fresh Veggies	11 No School Veteran's Day 
14 MEATLESS MONDAY Whole Grain Baked Ziti Steamed Broccoli WG Café Bread	15 Healthy Asian Chicken or Tofu (V) Lettuce Wrap Organic Brown Rice(V) Carrots and Roll	16 3 rd /4 th grade HARVEST MEAL Roasted Chicken Thigh Roasted Tofu Rosemary Potatoes Café Bread	17 Chicken Tinga Black Bean Tinga (V) Whole Grain Corn Chips Steamed Corn	18 Assorted Flavors of Whole Grain Pizza Steamed Mixed Veggies
21 No School	22 No School	23 No School	24 Happy Thanksgiving 	25 No School
28 MEATLESS MONDAY Roasted Tomato and Basil Soup Toasted Cheese Sandwich	29 Turkey Tacos Veggie Tacos (V) Whole Grain Tortilla Lettuce and Cheese Steamed Corn	30 Baked Potato (V) Baked Sweet Potato (V) Turkey Chili Whole Grain Crackers Or Corn Bread		
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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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.