





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.				
	30 Chicken Burrito Bowl with Corn Salsa Whole Grain Quinoa(V) Warm Tortilla Veg. Option Available	1 Baked Potato (V) Baked Sweet Potato (V) Turkey Chili Whole Grain Crackers Or Corn Bread	3 Turkey Sub or Hummus Sub (V) Whole Grain Roll Organic Spinach and Assorted Fresh Veggies	4 Assorted Flavors of Whole Grain Pizza Steamed Mixed Veggies
6 MEATLESS MONDAY Roasted Tomato and Basil Soup (V) Toasted Cheese Sandwich	7 Turkey Tacos Veggie Tacos (V) Whole Grain Tortilla Lettuce and Cheese Steamed Corn	8 Hawaiian Pulled Pork Teriyaki Tofu (V) Organic Brown Rice Steamed Carrots Whole Grain Roll	9 BBQ Chicken or BBQ Tofu (V) Sandwich Whole Grain Bun Fresh Steamed Broccoli	10 Assorted Flavors of Whole Grain Pizza Steamed Green Beans
13 MEATLESS MONDAY Whole Grain Baked Ziti Steamed Broccoli WG Cafe Bread	14 Healthy Asian Chicken or Tofu (V) Lettuce Wrap Organic Brown Rice(V) Carrots and Roll	15 Baked Potato (V) Baked Sweet Potato (V) Turkey Chili Whole Grain Crackers Or Corn Bread	16 Chicken Tinga Black Bean Tinga (V) Whole Grain Corn Chips Steamed Corn	17 Assorted Flavors of Whole Grain Pizza Mixed Veggies
20 Jerk Chicken Cuban Black Beans(V) Organic Brown Rice(V) Steamed Carrots	21 Chicken Burrito Bowl with Corn Salsa Whole Grain Quinoa(V) And Warm Tortilla Veg. Option Available	22 NO SCHOOL	23 NO SCHOOL	24 CHRISTMAS EVE NO SCHOOL 
27 NO SCHOOL	28 NO SCHOOL	29 NO SCHOOL	30 NO SCHOOL	31 NO SCHOOL NEW YEAR'S EVE 
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 Turkey Sausage Roasted Potatoes	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.

December: How to Stay Healthy During the Holidays

Article adapted from: <https://riseandshine.childrensnational.org/10-ways-to-keep-your-family-healthy-during-the-holidays/>

Holidays can be hard to keep you and your family healthy; temptations can be everywhere, especially with all the holiday events, parties, and family gatherings. We know how hard it can be, but we have come up with some tips and tricks that you and your family can follow to help keep your family healthy during the holidays.

1. Bring healthier snacks. Try a recipe that incorporates fruits and vegetables with a low-fat dip, make homemade pizzas on whole wheat, or bring a fruit salad with a yogurt dip.
2. Incorporate healthier substitutes. Find ways to swap out ingredients in holiday recipes for healthier alternatives to lower the amounts of fat, added sugar and calories children consume.
3. Make healthy drinks easy to grab for children. To make the healthier options a little more appealing to kids, make some fun ice cubes out of 100 percent fruit juice or offer seltzer water.
4. Don't bring ravenous children. Never take children to a holiday party on an empty stomach because it leads to less self-control and more overeating on empty calories. Parents should aim to keep kids on a regular schedule with three meals a day and healthy snacks.
5. Involve kids in the preparation. Parents can involve children in the holiday food preparation as early as their toddler years.
6. Be a healthy role model. Show your children that you eat a variety of foods and monitor your own portion sizes at holiday celebrations.
7. Shift the festivities' focus. Make the holiday festivities more about enjoying family, traditions and activities, rather than the food.
8. Remember to exercise. Exercise is even more important during the holiday season. Aim for an hour a day, every day.

Keep sleep schedules consistent. With all the holiday excitement, it can be difficult for children to unwind from the festivities and get a good night's rest. Parents can help by sticking to their child's regular bedtime schedule as often as possible.

9. Reinforce regular hand washing. To help keep children from spreading germs or contracting an illness at holiday celebrations, children should regularly wash their hands. Teach kids to wash their hands for 30 seconds or sing happy birthday twice while washing and then dry with a clean towel.

"In every walk in with nature one receives far more than he seeks." -John Muir

Staying home for the holidays? Go explore Brevard!

1. **The Enchanted Forest:** This 470-acre forest preserves a diversity of habitats and offers several miles of trail. This is a must see for all Brevard residents to see the natural beauty of this region (Picture 1).
2. **The Marine Resource Council:** Learn more about the Indian River lagoon at their Lagoon House. Even volunteer by growing and planting mangroves or monitor water quality to help restore the Indian River Lagoon (Picture 2).
3. **Cape Canaveral National Sea Shore:** This protected barrier island sanctuary is the perfect place to see what undeveloped pristine shoreline looks like. Explore this recreation paradise via camping, fishing, swimming, boating, bird watching, taking a stroll on the beach, and more (Picture 3).
4. **Brevard Zoo:** Learn more about Florida wildlife as well as international wildlife at our local Zoo. Visit the animal exhibits, touch tanks, Indian River Play Lagoon, go on the Treetop Trek, kayaking, and more. The Zoo is fun for the whole family (Picture 4)!



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