

November Odyssey



Monday

Tuesday

Wednesday

Thursday

Friday

Day 1 **1**

Lunch:
Cinnamon Apple Pie
Crumble & Yogurt

Steamed Peas
Dragon Punch
Choice of Milk

Day 2 **2**

Lunch:
Mac & Cheese

Steamed Broccoli
Fresh Veggies
Chilled Peaches
Choice of Milk

Day 3 **3**

Lunch:
Burger Bar!
Cheese Slice
Leaf Lettuce
Sliced Tomato
Pickles
French Fries
Chilled Mixed Fruit
Choice of Milk

Day 4 **6**

**No
School**

Day 5 **7**

Lunch:
Loaded Potato Wedge
Nachos
& States & Capitals
Cookies

Green Onions
Diced Tomato
Odyssey Sour Cream
Chilled Pears
Choice of Milk

Day 1 **8**

Lunch:
Pizza Bagels

Tossed Salad w/
Shredded Carrot
Steamed Green Beans
Chilled Pineapple
Choice of Milk

Day 2 **9**

Lunch:
DCE Munchable

Cucumbers & Hummus
Fresh Spinach
Rock Ridge Orchard
Fresh Apple
Choice of Milk

Day 3 **10**

Lunch:
Fajita Chicken Tacos

Roasted Fajita Veggies
Fiesta Black Beans
Salsa & Odyssey Sour
Cream
Amazin' Raisins
Choice of Milk

P	C	Q	T	G	H	F
U	B	O	U	U	G	S
M	A	C	R	K	B	Q
P	L	H	K	N	C	U
K	P	I	E	V	H	A
I	N	L	Y	Y	W	S
N	Y	I	I	N	J	H

PUMPKIN

CORN

SQUASH

CHILI

PIE

TURKEY

Day Of The Dead Facts

The Day of the Dead, Dia de Muertos, or All Saints Day is most prominently celebrated in the Mexican culture and in Mexico as well as by Mexican communities around the world, but it has gained recognition and observance in various other countries as well. The day is when families welcome back the souls of those family member who have passed away.

The main celebration and observances take place on November 1st & 2nd. November 1st is known as "Dia de los Inocentes" or "Day of the Innocents," dedicated to deceased children, while November 2nd is primary Day of the Dead celebration, honoring all deceased individuals, including adults.



MondayDay 4 **13****Lunch:**Chicken Alfredo w/
Rotini & Texas Toast
Garlic BreadSteamed Broccoli
Fresh Veggies
Chilled Mixed Fruit
Choice of Milk**Tuesday**Day 5 **14****Lunch:**Mandarin Orange
Chicken & Brown RiceSteamed Green Beans
Fresh Veggies
Mandarin Oranges
Choice of Milk**Wednesday**Day 1 **15****Lunch:**Fried Chicken Drummy &
Warm BiscuitBaked Beans
Homemade Coleslaw
Chilled Peaches
Choice of Milk**Thursday**Day 2 **16****Lunch:**Mr. Dan's Dorito Sloppy
JoeSteamed Corn
Carrot Sticks
Fresh Pear
Choice of Milk**Friday**Day 3 **17****Lunch:**Hot Turkey Gravy &
Dinner RollWhipped Potatoes
Tossed Salad
Fruit Slushie
Turkey Cookie
Choice of Milk**Easy Chili Mac w/ Extra Veggies**Prep Time: 10 minutes Cook Time: 30 minutes
Servings: 8-10**Ingredients**

- 16 ounces pasta, any style
- 2 tablespoons olive oil (or unsalted butter)
- 4 cups very finely chopped or shredded veggies (such as sweet potato, butternut squash, carrot, onion, and/or bell peppers)
- 2 garlic cloves (peeled and minced)
- 1 tablespoon ground cumin
- 1 teaspoon chili powder
- 1/2 teaspoon paprika
- 1/2 teaspoon salt
- 1/2 cup water or reduced-sodium vegetable or chicken broth
- 14.5- ounce can tomato sauce
- 2 14.5- ounce cans beans (such as kidney beans, pinto beans, or black beans, rinsed and drained)
- 1 1/2 cups shredded cheddar cheese
- 1 cup frozen corn (optional)
- Cilantro, shredded lettuce, sour cream, and/or any other desired taco toppings (optional)

Instructions

- Prepare the veggies.
- Set a large pot of water over high heat and bring to a boil. Prepare pasta according to package directions.
- Meanwhile, set a medium skillet over medium heat and add the oil. When warmed, add the veggies, garlic, cumin, chili powder, paprika, and salt. Stir, cover, and cook for 8-10 minutes or until the veggies are soft.
- Add the water (or broth) and tomato sauce and stir to combine.
- Drain the beans in a colander and rinse with water.
- Stir the beans into the veggie mixture and warm through for about 5 minutes.
- Drain the pasta.
- Add the pasta to the skillet with the veggies (or to a big bowl if the skillet isn't big enough). Stir in the cheese. Serve warm topped with desired toppings.

Day 4 **20****Lunch:**Food Truck Pork
Nachos w/ QuesoFiesta Black Beans
Green Onions
Diced Tomato
Cinnamon Applesauce
Choice of MilkDay 5 **21****Lunch:**Grilled Chicken
Sandwich Bar!Leaf Lettuce
Sliced Tomato
Pickles
Mayo & Mustard
Spudsters
Chilled Pineapple
Choice of Milk**22****No School****23****Happy
Thanksgiving!****No School****24****No School**Day 1 **27****Lunch:**

DCE Pizza Munchable

Black Olives
Fresh Spinach
Green Pepper Strips
Chilled Pineapple
Choice of MilkDay 2 **28****Lunch:**Game Day Pack
Warm Soft Pretzel
Nacho Cheese Cup
Turkey StickFresh Veggies
Applesauce Cup
Choice of MilkDay 3 **29****Lunch:**Grilled Cheese Sandwich
& Goldfish CrackersTomato Soup
Fresh Banana
Choice of MilkDay 4 **30****Lunch:**Mrs. Matsche's Walking
TacosRefried Beans
Shredded Lettuce
Salsa
Cinnamon ApplesauceDay 5 **1****Lunch:**

BBQ Pork Sliders

Smiley Fries
Homemade Coleslaw
Chilled Peaches
Choice of Milk

Menus are subject to change. Scan the QR code to go directly to the schools online menu. Nutrislice is also accessible from the district website, and there is an app version. Any menu changes are updated as soon as they are known.

