



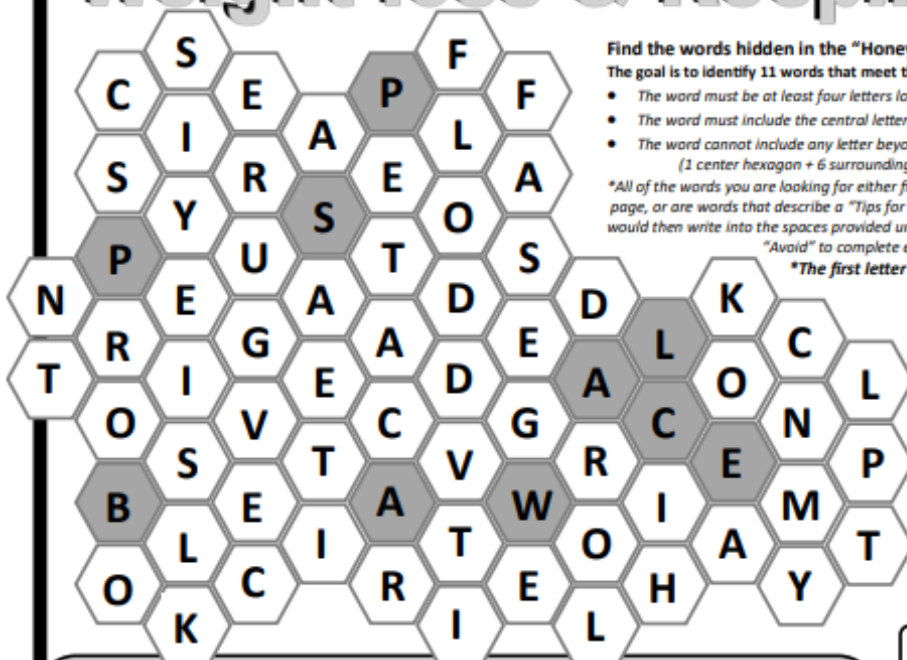
**To cancel your meal, please call
321-639-8770**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
January 1 	January 2 * Chicken Tenders Navy Beans Collard Greens with Onions & Bacon Fruit Cocktail WG Biscuit	January 3 Crab Cake Broccoli Pesto Rice Pineapple Melon Salad WG Roll	January 4 Sliced Turkey & Gravy Mashed Potatoes California Blend Rice Pudding with Raisins WG Roll	January 5 Cheese Ravioli Savory Meat Sauce Mixed Vegetables Banana WG Roll
January 8 Spaghetti With Marinara Sauce Green Peas Diced Peaches WG Roll	January 9 * Jambalaya with Kielbasa, Vegetables, Red Beans & Rice Southern Cabbage Diced Pears Cornbread	January 10 * Chicken Paella Yellow Basmati Rice Chorizo Sausage Onions, peppers, peas Diced Grilled Chicken Cinnamon Apples WG Roll	January 11 Hamburger WW Hamburg Bun Tomato ,Lettuce, Onion Home Fried Potatoes Carrots w/ Dill Blueberries w/ Fruit Salad	January 12 Chicken Fajita Peppers & Onions Plantains WG Tortilla Apple Juice
January 15 	January 16 * Italian Sausage & Pepperoni Pasta Shells Mixed Vegetables Pineapple WG Roll	January 17 Meatloaf With Gravy Arugula Mashed Potatoes Herbed Carrots Tropical Fruit WG Roll	January 18 Ground Beef, Egg Noodles, Tomato, Onions, Peppers & American Cheese Green Beans Pears WG Roll	January 19 Breaded White Fish With Tarter Sauce Green Peas Korean Corn Diced Peaches WG Hamburger Bun
January 22 Chicken Marsala Marsala Sauce Basmati Rice Spiced Carrots Fruit Medley WG Roll	January 23 Roast Turkey Breast Spaghetti with Cheese Sauce Green Peas WG Roll Pineapple	January 24 Burgundy Beef Tips Brown Rice Italian Vegetable Blend Cinnamon Applesauce Cornbread	January 25 * Sliced Pork Loin w/Gravy Hoppin' John Pierogies Grapes WG Roll	January 26 Hamburger Carmelized Onions, Cheese Sauce Hamburger Bun Baked Beans Banana
January 29 Country Fried Steak White Peppered Gravy Mashed Potatoes Tomatoes & Okra Citrus Salad WG Roll	January 30 Grilled Chicken Teriyaki Vegetable Fried Brown Rice Vegetables Sugar Snap Peas Applesauce WG Roll	January 31 Briar Patch Bake Ground Beef, White Mac & Cheese Shredded Cheese Sliced Zucchini Pineapple WG Garlic Roll		All Meals Are Served with 1% Milk *Contains Pork

APPROVED: _____

DATE: _____

Weight loss & Keeping it off



Find the words hidden in the "Honeycomb"

The goal is to identify 11 words that meet the following criteria.

- The word must be at least four letters long.
- The word must include the central letter.
- The word cannot include any letter beyond the seven given letters.
(1 center hexagon + 6 surrounding hexagons)

*All of the words you are looking for either fit into the sentences at the bottom left of the page, or are words that describe a "Tips for Losing Weight and Keeping it Off," that you would then write into the spaces provided under "Choose" or "Avoid" to complete each two word phrase.

*Avoid to complete each two word phrase.

*The first letter of each word has been shaded in for you.

Choose:

SMALLER

PLAIN

GRAINS

Avoid:

CALORIES

PORTIONS

DESSERTS

SUGARS

Fill-in the blank with the appropriate word found to complete each sentence.

1. A _____ is a measurement for energy in food. One way to help manage yours is by drinking water with and between your meals.
2. Vary your _____ routine.
3. Staying physically _____ can help you arrive and stay at a healthy weight.
4. Healthy eating and physical activity are the building _____ of a healthier life.

Challenge: Once you have found the words that fit in each fill-in section, grab a piece of paper and write down any additional words you may have found!

SUGARS	ADDED
DESSERTS	SUGARY
PORTIONS	LARGE
CALORIES	EMPTY

Avoid:

WATER

PLAIN

GRAINS

WHOLE

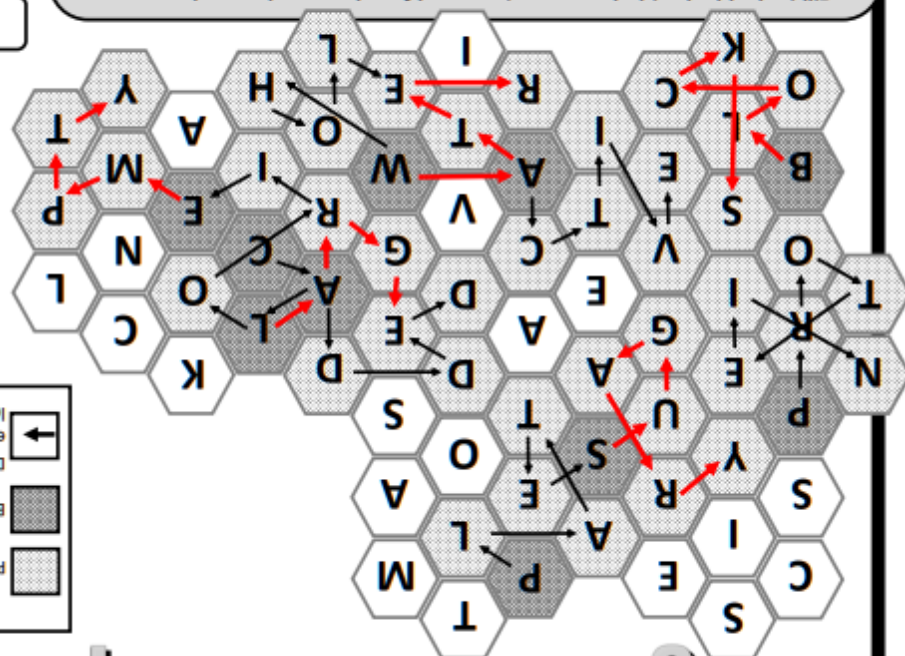
PLATES

SMALLER

Choose:

KEY:

- Part of a word
- Beginning of a word/words
- Direction from beginning letter, to each letter in the word, and final letter of the word



Weight loss & Keeping it off