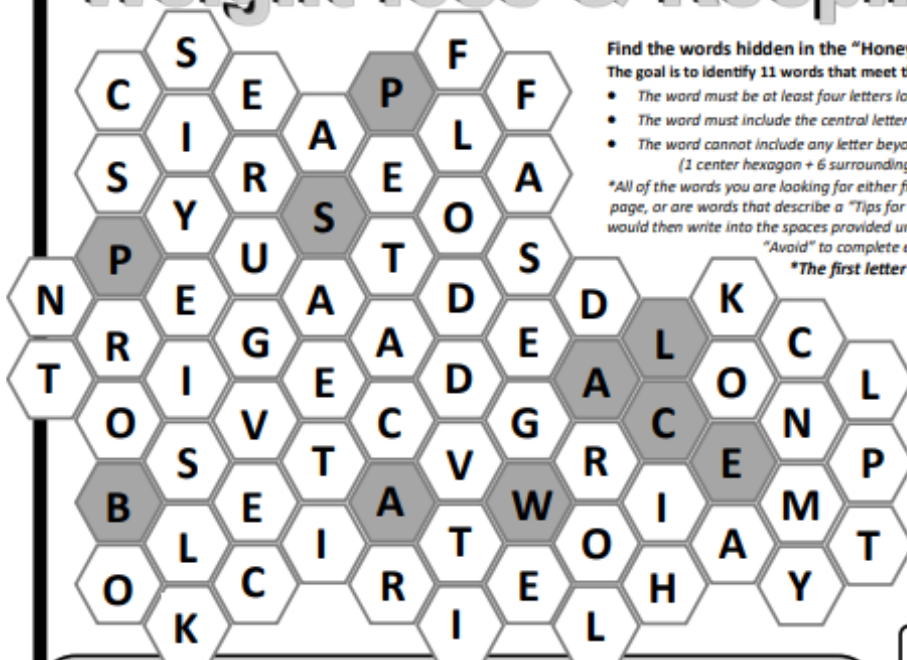


**To cancel your meal, please call
321-639-8770**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
All Meals Are Served With 1% Milk * Contains Pork				March 1 Cheddar Melt Hamburger Caramelized Onions Cheese Sauce WG Hamburger Bun Baked Beans Banana
March 4 Country Fried Steak w/White Pepper gravy Mashed Potatoes Tomatoes & Okra Citrus Salad WG Roll	March 5 Grilled Chicken Teriyaki Vegetable Fried Brown Rice with Vegetables Sugar Snap Peas Applesauce	March 6 Briar Patch Bake Ground Beef White Macaroni and Cheese Shredded Cheddar Sliced Zucchini Pineapple WG Garlic Roll	March 7 * Chicken Bacon Club Au Gratin Potatoes Stewed Tomatoes WG Hamburger Bun Diced Peaches	March 8 Alfredo Plate Cavatappi Pasta Alfredo Chicken Breast Pieces Broccoli Orange Wedges WG Roll
March 11 * BBQ Riblet Sandwich Succotash Tater Tots WG Bun	March 12 * Oven fried Chicken Tenders Navy Beans Collard Greens With Onions & Bacon Fruit Cocktail WG Biscuit	March 13 Crab Cake Broccoli Pesto Rice Pineapple Melon Salad WG Roll	March 14 Sliced Turkey & Gravy, Mashed Potatoes California Blend Rice Pudding with Raisins WG Roll	March 15 RAVIOLI PLATE Cheese Ravioli Savory Meat Sauce Mixed Vegetables Banana WG Roll
March 18 Spaghetti W/Marinara Sauce Green Peas Diced Peaches WG Roll	March 19 * Jambalaya with Kielbasa, Vegetables Red Beans & Rice Southern Cabbage Diced Pears Cornbread	March 20 * Yellow Basmati Rice Chorizo Sausage Onions,Peppers,Peas Diced Grilled Chicken Cinnamon Apples WG Roll	March 21 Hamburger with WW Bun, Tomato, Lettuce, Onion Home Fried Potatoes Carrots w/ Dill Fruit Salad with Blueberries	March 22 Chicken Fajita Peppers & Onions Plantains WG Tortilla Apple Juice
March 25 Apricot Lemon Glazed Chicken Breast Scandinavian Veggies Buttered Orzo Melon & Fruit Salad WG Roll	March 26 * Italian Sausage & Pepperoni Pasta Shells Mixed Vegetables Pineapple WG Roll	March 27 MOM'S MEATLOAF Meatloaf With Gravy Arugula Mashed Potatoes Herbed Carrots Tropical Fruit WG Roll	March 28 Johnny Marzetti Ground Beef, Egg Noodles, Tomato, Onions, Peppers, American Cheese Green Beans Pears WG Roll	March 29 Breaded White-Fish w/Tartar Sauce Green Peas Korean Corn Diced Peaches WG Bun
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.

*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

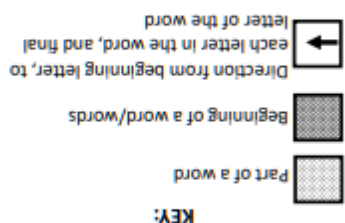
GRAINS

WHOLE

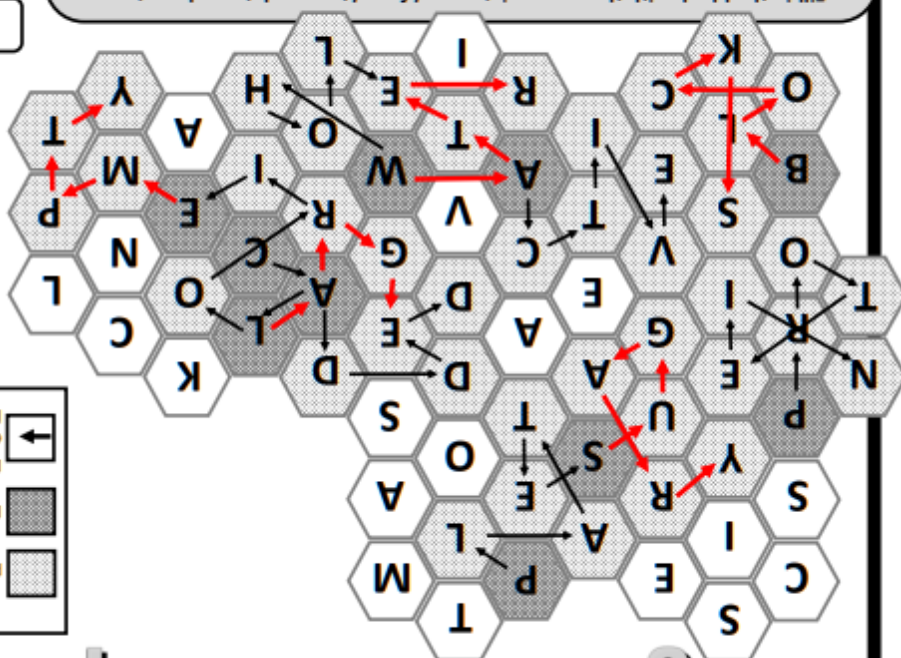
PLATES

SMALLER

Choose:



1. A **CALORIE** 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 **PROTEIN** routine.
3. Staying physically **ACTIVE** can help you arrive and stay at a healthy weight.
4. Healthy eating and physical activity are the building **BLOCKS** of a healthier life.



Weight loss & Keeping it off