

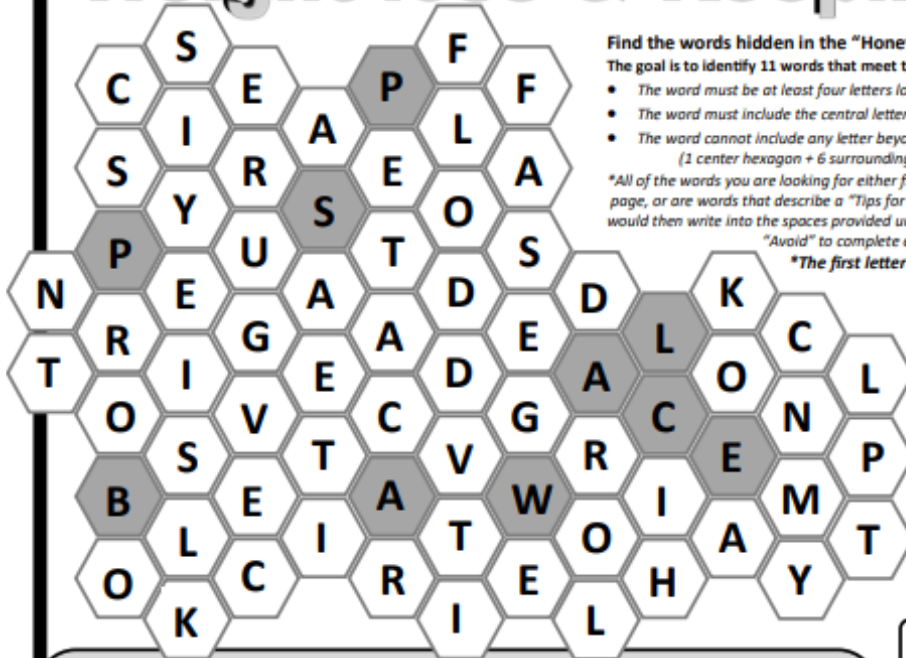
**To cancel your meal, please call
321-639-8770**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
All Meals Are Served With 1% Milk * Contains Pork				March 1 Southwest Chicken Salad Diced Chicken Breast over Corn Black Beans, Tomatoes, Bell Peppers, Shredded Cheese & Lettuce Chef's Choice Fruit, Calico Salad WG Roll
March 4 Greek Pasta Salad w/ Crab & Feta Cheese Green Bean Salad Tropical Fruit WW Roll	March 5 Egg Salad WG Bun Lentil Salad with Black Olives and Red Peppers Fruit Cocktail	March 6 * Sliced Ham 2 Slices of Rye Bread Coleslaw Grapes	March 7 Sliced Chicken Breast WG Bun Broccoli, Carrot and Raisin Salad Sliced Peached	March 8 Sliced Pastrami 2 Slices of Rye Bread Corinne's Potato Salad Mandarin Oranges
March 11 Turkey with Cheese WG Bun Carrot Salad Citrus Fruit Salad	March 12 Tuna Salad WG Bun Tossed Salad with Red Cabbage Pineapple	March 13 Sliced Roast Beef with Cheese WG Bun Tomato & Cucumber Salad Applesauce	March 14 * Chef Salad Ham, Turkey, Hard Boiled Egg and Tomatoes over Romaine Lettuce Tangy Broccoli Salad, Pears WW Roll	March 15 Turkey Salad WG Bun Beet Salad Tropical Fruit
March 18 Tortellini Salad Chicken & Vegetable Blend Tuscany Bean Salad Red Grapes WW Roll	March 19 Crab Salad WG Bun Coleslaw with Quinoa Cinnamon Apples	March 20 Chicken Salad WG Crackers Broccoli Rotini Salad Applesauce	March 21 * Cuban Sandwich With Sliced Ham & Pork Swiss Cheese on Cuban Bread Black Bean Salad Apricots	March 22 Spinach Salad Julienne Turkey, Shredded Parm 1/2 Hard Boiled Egg, 3 Bean Salad, Orange Wedges, WW Roll
March 25 * Sliced Ham with Cheese WG Bun Broccoli Salad Pears	March 26 Sliced Chicken Breast WG Bun Carrot Raisin Salad Sliced Peaches	March 27 Roast Beef w/Cheese WG Wrap Lettuce, Tomato, Onion Corn Salad Sliced Peaches	March 28 Turkey Salad WG Bun Kidney Bean Salad Apples and Cranberries	March 29 Chicken Salad WG Bun English Pea Salad Chopped Melon

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

GRAINS

PLAIN

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

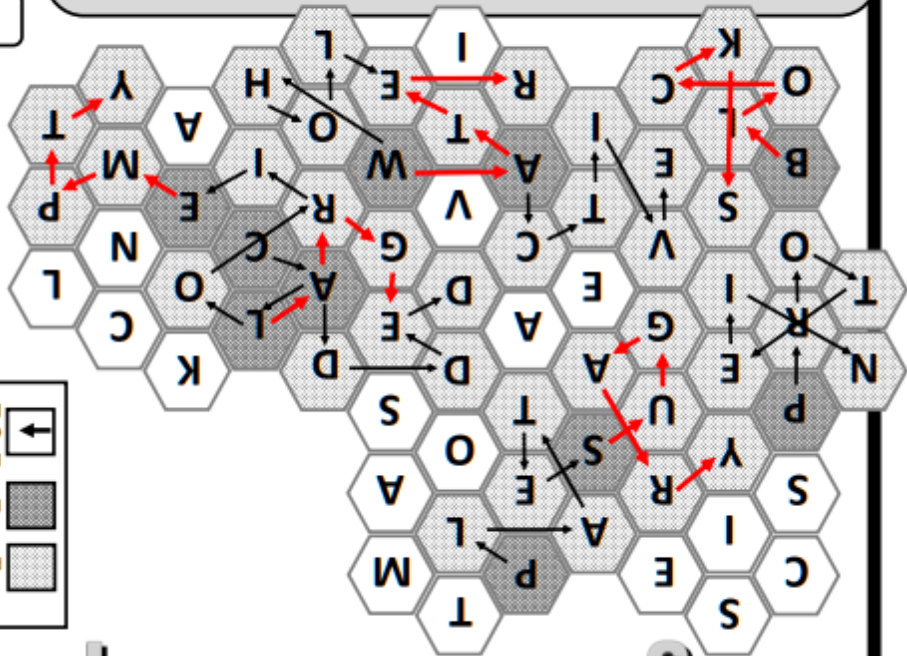
Avoid:

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