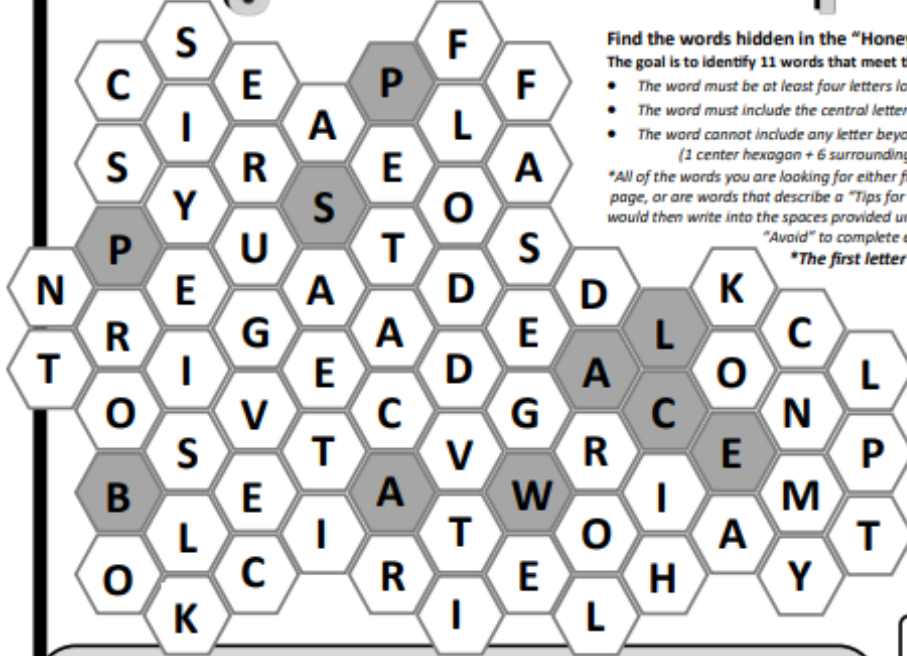


**To cancel your meal, please call  
321-639-8770**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>April 1 Chicken &amp; Waffles</b> Breaded Chicken Filet Golden Waffles Creamed Corn Brown Rice/Syrup Pack Apples and Cranberries	<b>April 2 Turkey Plate</b> Turkey, Gravy, Mashed Potatoes Squash Casserole Pears WG Roll	<b>April 3 * Ham and Cheese on a Baked Potato</b> Broccoli Pineapple WG Roll	<b>April 4 Chicken Florentine,</b> Rice Pilaf, Diced Carrots, Seasoned Cut Corn Fruit Cocktail WG Roll	<b>April 5 Hamburger</b> Lettuce, Tomato Onion, WG Hamburger Bun Home Fried Potatoes Mixed Fruit
<b>April 8 Baked Penne Pasta</b> Ground Beef with Cheese Zucchini Diced Peaches WG Banana Muffin	<b>April 9 * Pork Tenderloin</b> Pork Loin/Mushroom Gravy Mushroom Rice Green Peas Pears WG Roll	<b>April 10 Turkey Taco Meat</b> Cheddar Cheese Refried Beans Prince Edward Blend Cinnamon Apple Sauce WG Tortilla or Quesadilla	<b>April 11 Shepherd's Pie</b> Ground Beef Vegetables, Mashed Potatoes With Gravy Broccoli, Grapes WG Roll	<b>April 12 Chicken Parm.</b> Chicken with Cheese, Linguine with Marinara Sauce, Green Beans Banana WG Roll
<b>April 15 Philly Chicken SUB</b> Chicken w/sautéed Green Peppers Curly French Fries Citrus Salad Whole Grain Sub Roll	<b>April 16 * Monte Cristo</b> Turkey/Ham & Swiss Tomato Brown Rice Green Peas Egg Battered French Toast, Apricots	<b>April 17 Chicken Lo Mein</b> Chicken with Asian Vegetable Mix Diced Peaches Whole Grain Roll	<b>April 18 Hungarian Goulash</b> Ground Beef Mashed Potatoes Baby Carrots Tropical Fruit Whole Grain Roll	<b>April 19 Healthy Chili Bowl</b> Brown Rice Brussel Sprouts Mixed Fruit Blueberries Oyster Crackers
<b>April 22 Swedish Meatballs</b> Beef Gravy/Sour Cream Basmati Rice Carrots Diced Peaches WG Blueberry Muffin	<b>April 23 * Spaghetti Carbonara</b> Diced Chicken Breast Peas w/Bacon Plum Tomatoes Mandarin Oranges WG Rolls	<b>April 24 Beef Patty Melt</b> WG Flat Bun/Cheese Key West Vegetables Rissolle Potatoes Diced Pineapple	<b>April 25 Teriyaki BBQ Wings</b> Chicken Wings Broccoli Pears WG Biscuit	<b>April 26 Breakfast for Lunch</b> Turkey Sausage Potato Triangles Crimini Mushrooms WG FT Sticks/Syrup, Fruit Cocktail
<b>April 29 * BBQ Pulled Pork</b> Brown Rice Collard Greens Grapes Cornbread	<b>April 30 Country Fried Steak</b> Scalloped Potatoes Green Beans Diced Peaches Whole Wheat Roll			<b>All Meals Are Served With 1% Milk</b>  * <b>Contains Pork</b>
	<b>APPROVED:</b>		<b>DATE:</b>	

# 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!

**Choose:**

SMALLER

GRAINS

PLATES

PLAIN

WATER

**Avoid:**

CALORIES

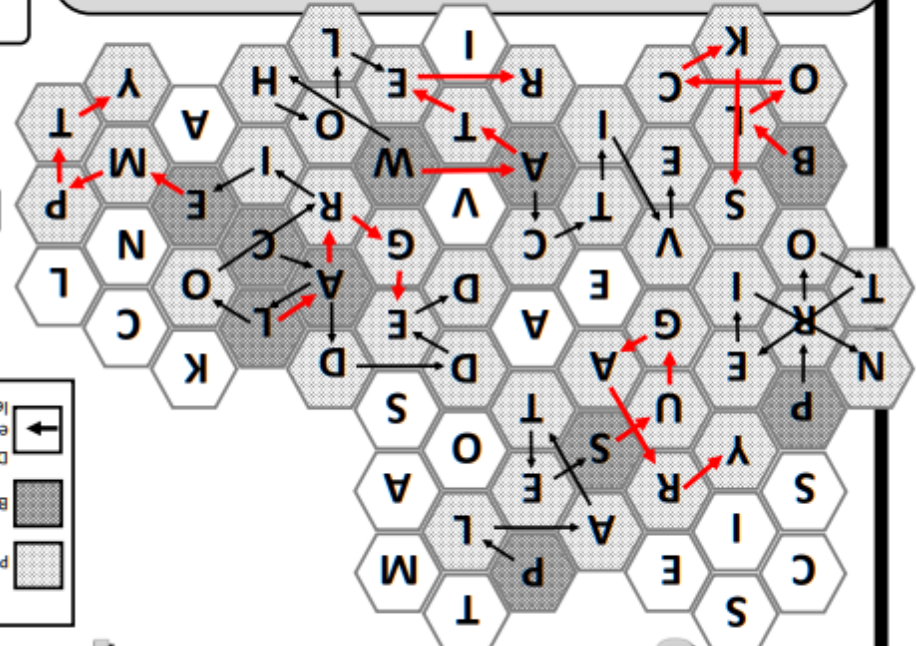
PORTIONS

DESSERTS

SUGARS

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

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

**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