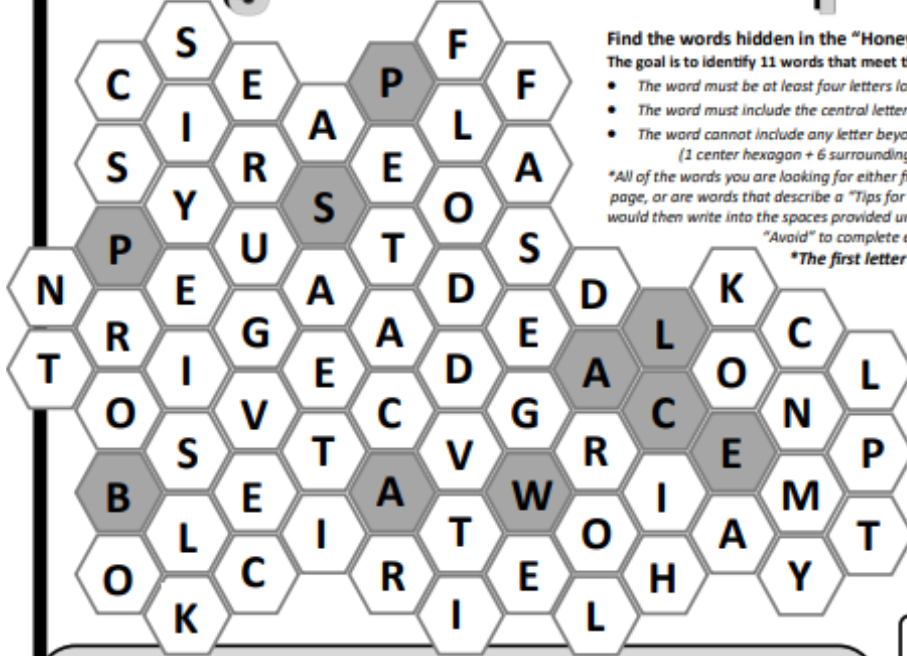


**To cancel your meal, please call
321-639-8770**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>All Meals Are Served with 1% Milk</p> <p>* Contains Pork</p>		<p>May 1 BaJa Bowl Chicken Breast Pieces Brown Rice Black Beans and Corn Feta BaJa Sauce Banana</p>	<p>May 2 * Louisiana Muffaletta Sliced Ham and Pepperoni London Potatoes Fresh Spinach WG English Muffin Pears</p>	<p>May 3 Fish Fillet Yellow Rice Herbed Carrots Pineapple Brownie WG Roll</p>
<p>May 6 Chicken & Waffles Breaded Chicken Filet Golden Waffle Creamed Corn Brown Rice/Syrup Pack Apples and Cranberries</p>	<p>May 7 Turkey Plate Turkey, Gravy, Mashed Potatoes Squash Casserole Pears WG Roll</p>	<p>May 8 * Ham and Cheese on a Baked Potato Broccoli Pineapple WG Roll</p>	<p>May 9 Chicken Florentine, Rice Pilaf, Diced Carrots, Seasoned Cut Corn Fruit Cocktail WG Roll</p>	<p>May 10 Hamburger Lettuce, Tomato Onion, WG Hamburger Bun Home Fried Potatoes Mixed Fruit</p>
<p>May 13 Baked Penne Pasta Ground Beef with Cheese Zucchini Diced Peaches WG Banana Muffin</p>	<p>May 14 * Pork Tenderloin Pork Loin/Mushroom Gravy Mushroom Rice Green Peas Pears WG Roll</p>	<p>May 15 Turkey Taco Meat Cheddar Cheese Refried Beans Prince Edward Blend Cinnamon Apple Sauce WG Tortilla</p>	<p>May 16 Shepherd's Pie Ground Beef Vegetables, Mashed Potatoes With Gravy Broccoli, Grapes WG Roll</p>	<p>May 17 Chicken Parm. Chicken with Cheese, Linguine with Marinara Sauce, Green Beans Banana WG Roll</p>
<p>May 20 Philly Chicken SUB Chicken w/sautéed Green Peppers Curly French Fries Citrus Salad WG Sub Roll</p>	<p>May 21 * Monte Cristo Turkey/Ham & Swiss Tomato Brown Rice Green Peas Egg Battered French Toast, Apricots</p>	<p>May 22 Chicken Lo Mein Chicken with Asian Vegetable Mix Diced Peaches Whole Grain Roll</p>	<p>May 23 Hungarian Goulash Ground Beef Mashed Potatoes Baby Carrots Tropical Fruit Whole Grain Roll</p>	<p>May 24 Healthy Chili Bowl Brown Rice Brussels Sprouts Mixed Fruit Blueberries Oyster Crackers</p>
<p>May 27 Swedish Meatballs Beef Gravy/Sour Cream Basmati Rice Carrots Diced Peaches WG Blueberry Muffin</p> <p>APPROVED: _____</p>	<p>May 28 * Spaghetti Carbonara Diced Chicken Breast Peas w/Bacon Plum Tomatoes Mandarin Oranges WG Rolls</p>	<p>May 29 Beef Patty Melt WG Flat Bun/Cheese Key West Vegetables Risque Potatoes Diced Pineapple</p> <p>DATE: _____</p>	<p>May 30 Teriyaki BBQ Wings Chicken Wings Broccoli Pears WG Biscuit</p>	<p>May 31 Breakfast for Lunch Turkey Sausage Potato Triangle Mushrooms WG FT Sticks/Syrup Fruit Cocktail</p>

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

Avoid:

EMPTY

LARGE

SUGARY

ADDED

SUGARS

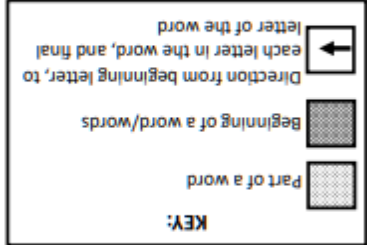
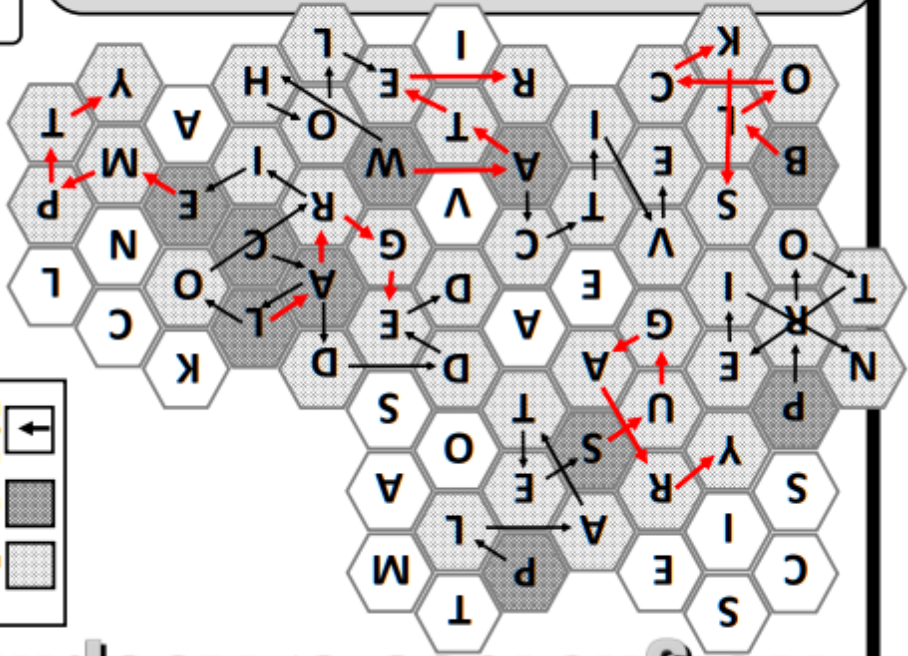
DESSERTS

PORTIONS

CALORIES

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