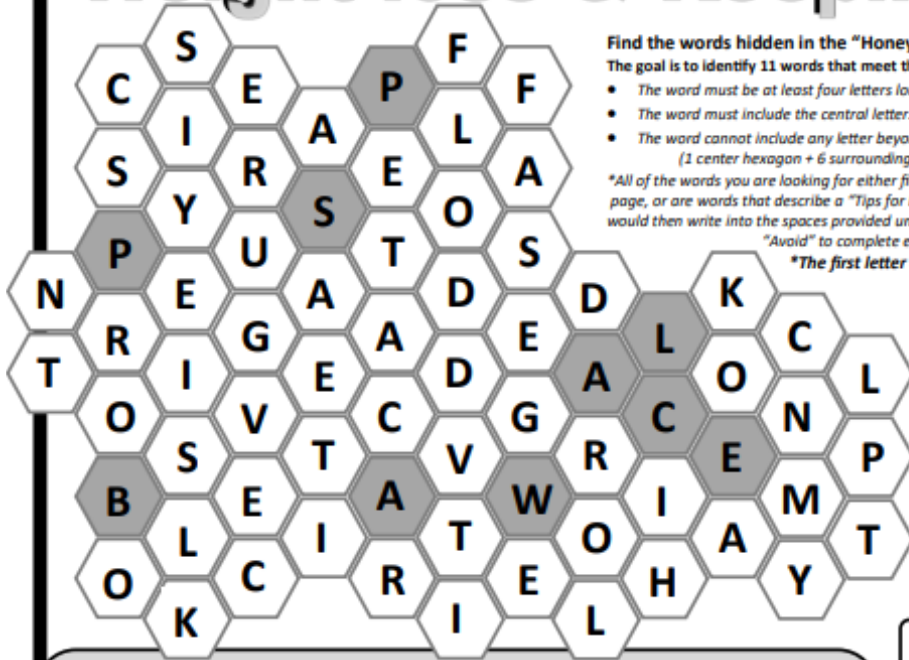


**To cancel your meal, please call  
321-639-8770**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>April 1</b> Roast Beef with Cheese On a WG Wrap Lettuce Tomato Onion Corn Salad Sliced Peaches	<b>April 2</b> * Chef Salad Ham Turkey Hard Boiled Eggs And Tomatoes over Romaine Lettuce, Tuscany Bean Salad Prunes WG Roll	<b>April 3</b> Egg Salad WG Bun Lentil Salad with Black Olives and Red Peppers Fruit Cocktail	<b>April 4</b> Sliced Chicken Breast WG Bun Carrot Sticks and Ranch Dressing Sliced Peaches	<b>April 5</b> * Sliced Ham With Cheese WG Bun Broccoli Salad Pears
<b>April 8</b> * Ham and Turkey Sub WG Sub Roll Tomato Basil Salad Pears	<b>April 9</b> Tuna Salad with Tomatoes Broccoli and Carrot Salad Spiced Apples WG English Muffin	<b>April 10</b> Sliced Corn Beef 2 Slices of Rye Bread Coleslaw Peaches	<b>April 11</b> Chicken Salad WG Bun English Pea Salad Chopped Melon	<b>April 12</b> Crab Salad WG Bun Tossed Salad With Red Cabbage Pineapple
<b>April 15</b> * Sliced Ham 2 Slices of Rye Bread Coleslaw Grapes	<b>April 16</b> Tuna Salad With Pasta Shells and Feta Cheese Green Bean Salad Tropical Fruit WG Roll	<b>April 17</b> Spinach Salad with Julienne Turkey Shredded Parmesan & 1/2 Hard Boiled Egg Three Bean Salad Orange Wedges WG Roll	<b>April 18</b> Sliced Chicken Breast WG Bun Broccoli Carrot and Raisin Salad Sliced Peaches	<b>April 19</b> Turkey Salad WG Bun Kidney Bean Salad Apples and Cranberries
<b>April 22</b> Turkey with Cheese WG Bun Carrot Salad Citrus Fruit Salad	<b>April 23</b> Sliced Pastrami 2 Slices Rye Bread House Potato Salad Mandarin Oranges	<b>April 24</b> * Chef Salad Ham, Turkey, 1/2 Hard Boiled Egg and Tomato over Romaine Lettuce Tangy Broccoli Salad Pears WG Roll	<b>April 25</b> Sliced Roast Beef with Cheese WG Bun Tomato Cucumber Salad Applesauce	<b>April 26</b> Chicken Salad WG Crackers Broccoli Rotini Salad Applesauce
<b>April 29</b> Tortellini Salad Chicken & Vegetable Blend, Tuscany Bean Salad, Red Grapes WW Roll	<b>April 30</b> Crab Salad WG Bun Coleslaw with Quinoa Cinnamon Apples			<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

**Avoid:**

PLAIN

WATER

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.

**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