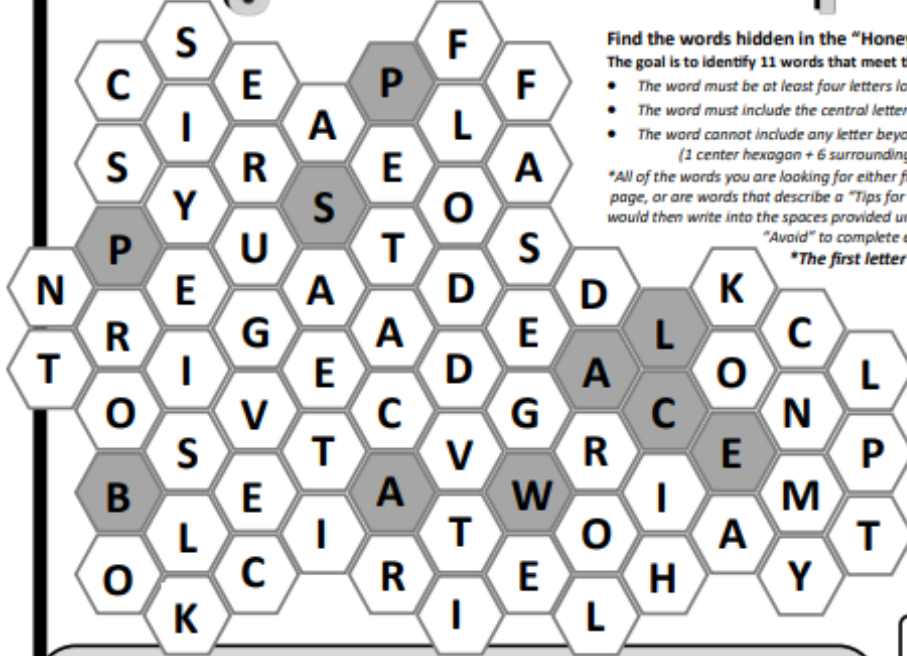


**To cancel your meal, please call
321-639-8770**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>All Meals Are Served With 1% Milk</p> <p>* Contains Pork</p>		<p>May 1 * Cuban Sandwich Sliced Ham & Pork Swiss Cheese on Cuban Bread Black Bean Salad Apricots</p>	<p>May 2 Turkey w/Cheese Sliced Tomato WG Bun Beet Salad Tropical Fruit</p>	<p>May 3 Southwest Chicken Salad Diced Chicken Breast over Corn, Black Beans, Tomatoes, Bell Peppers, Shredded Cheese Lettuce, Chef's Choice Fruit, WG Roll</p>
<p>May 6 Roast Beef with Cheese On a WG Wrap Lettuce Tomato Onion Corn Salad Sliced Peaches</p>	<p>May 7 * Chef Salad Ham, Turkey, Hard Boiled Eggs And Tomatoes over Romaine Lettuce, Tuscany Bean Salad Prunes WG Roll</p>	<p>May 8 Egg Salad WG Bun Lentil Salad with Black Olives and Red Peppers Fruit Cocktail</p>	<p>May 9 Sliced Chicken Breast WG Bun Carrot Sticks and Ranch Dressing Sliced Peaches</p>	<p>May 10 * Sliced Ham With Cheese WG Bun Broccoli Salad Pears</p>
<p>May 13 * Ham and Turkey Sub WG Sub Roll Tomato Basil Salad Pears</p>	<p>May 14 Tuna Salad with Tomatoes Broccoli and Carrot Salad Spiced Apples WG English Muffin</p>	<p>May 15 Sliced Corned Beef 2 Slices Rye Bread Coleslaw Peaches</p>	<p>May 16 Chicken Salad WG Bun English Pea Salad Chopped Melon</p>	<p>May 17 Crab Salad WG Bun Tossed Salad With Red Cabbage, Pineapple</p>
<p>May 20 * Sliced Ham 2 Slices Of Rye Bread Coleslaw Grapes</p>	<p>May 21 Tuna Salad With Pasta Shells and Feta Cheese Green Bean Salad Tropical Fruit WG Roll</p>	<p>May 22 Spinach Salad with Julienne Turkey, Shredded Parmesan Cheese, 1/2 Hard Boiled Egg, Three Bean Salad, Orange Wedges, WG Roll</p>	<p>May 23 Sliced Chicken Breast, WG Bun, Broccoli Carrot Raisin Salad, Sliced Peaches</p>	<p>May 24 Turkey Salad WG Bun Kidney Bean Salad, Apples and Cranberries</p>
<p>May 27</p> <p>HOLIDAY</p>	<p>May 28 Sliced Pastrami 2 Slices Rye Bread House Potato Salad Mandarin Oranges</p>	<p>May 29 * Chef Salad, Ham, Turkey, 1/2 Hard Boiled Egg & Tomato over Romaine Lettuce Tangy Broccoli Salad Pears, WG Roll</p>	<p>May 30 Sliced Roast Beef With Cheese, WG Bun Tomato Cucumber Salad, Applesauce</p>	<p>May 31 Chicken Salad WG Crackers Broccoli Rotini Salad, Applesauce</p>
<p>APPROVED: _____</p>		<p>DATE: _____</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

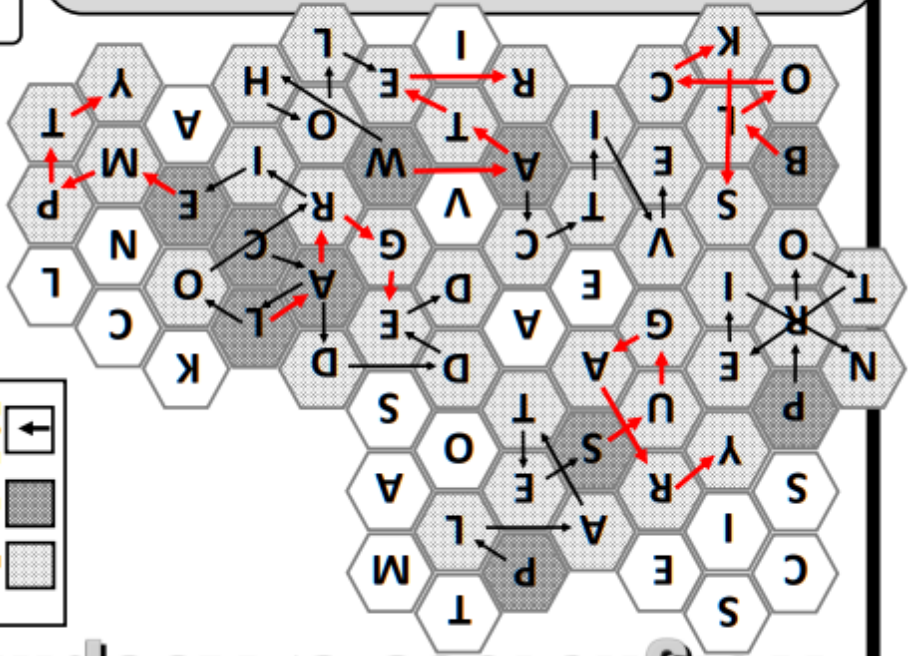
DESSERTS

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.



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