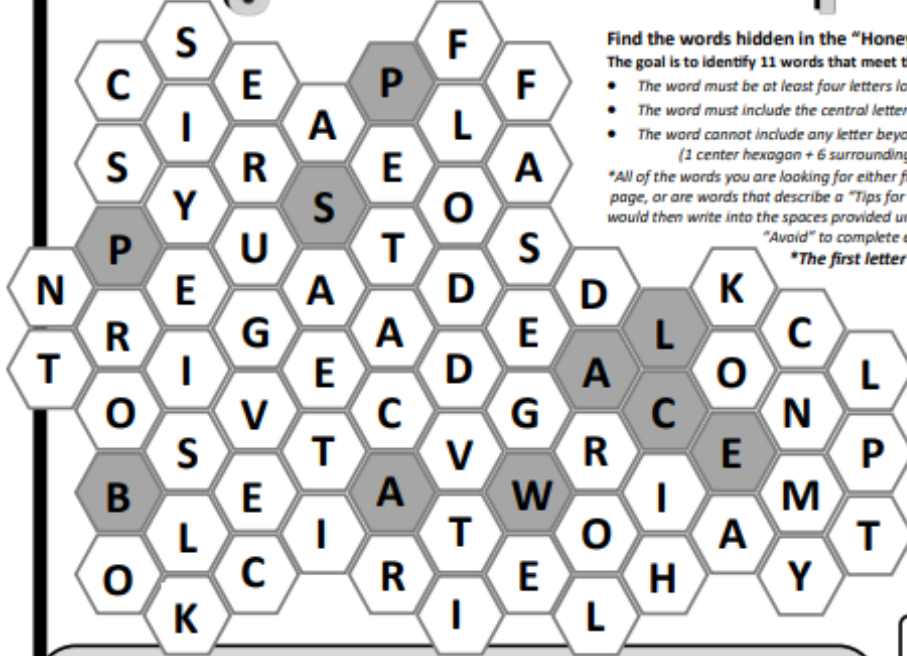


**To cancel your meal, please call  
321-639-8770**

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

PLAIN

WATER

**Avoid:**

EMPTY

LARGE

SUGARY

ADDED

SUGARS

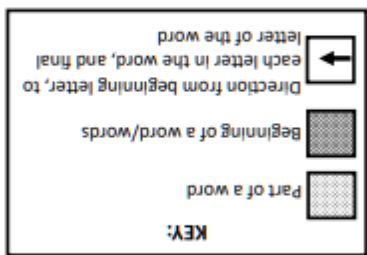
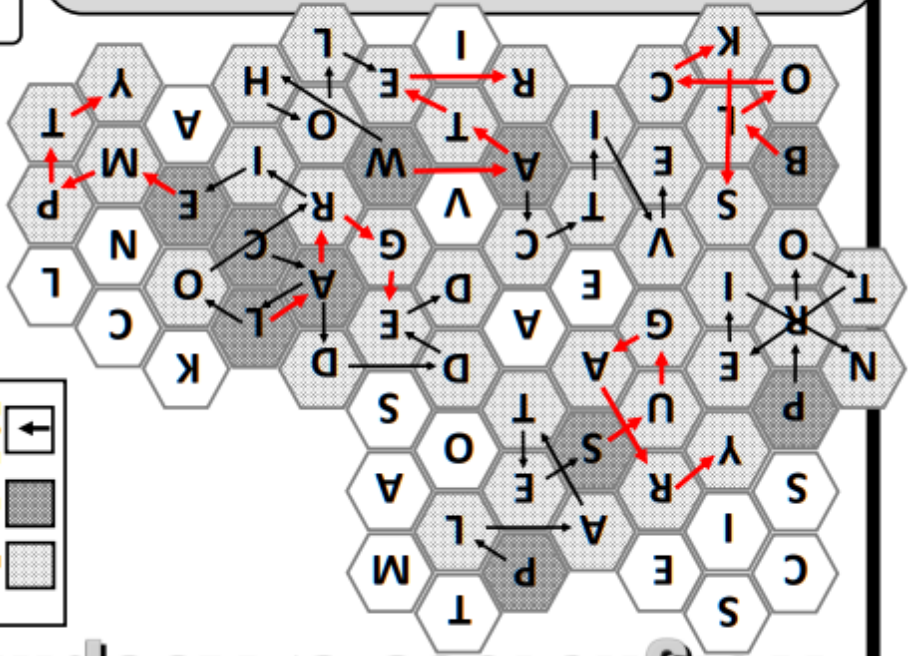
DESSERTS

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