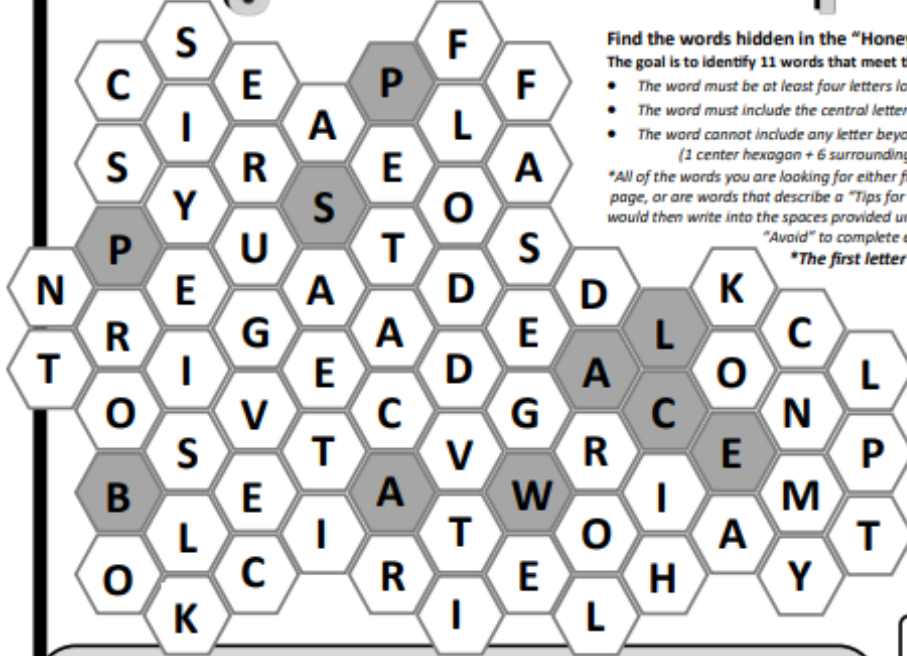


**To cancel your meal, please call  
321-639-8770**

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

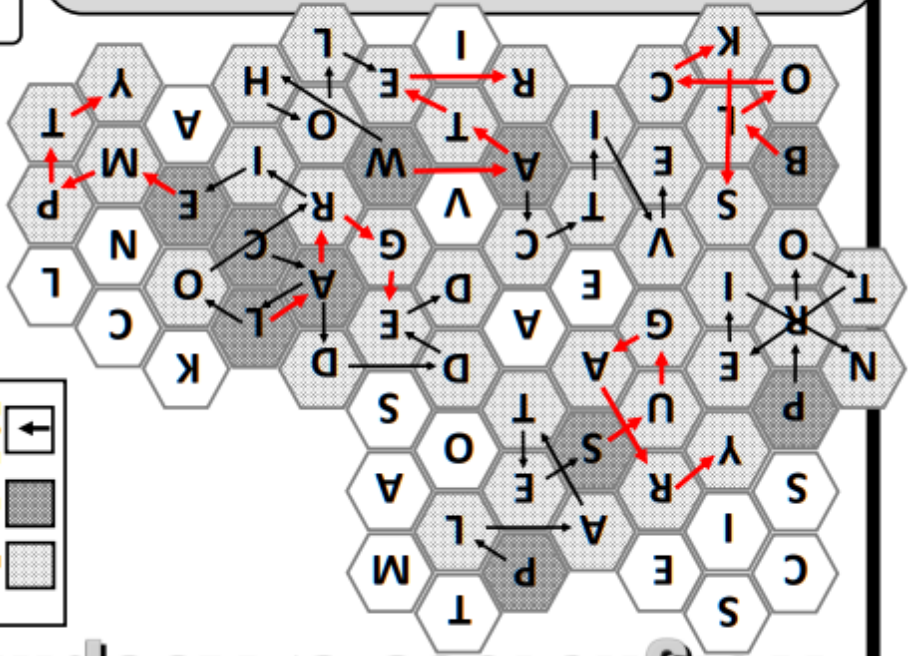
PORTIONS

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