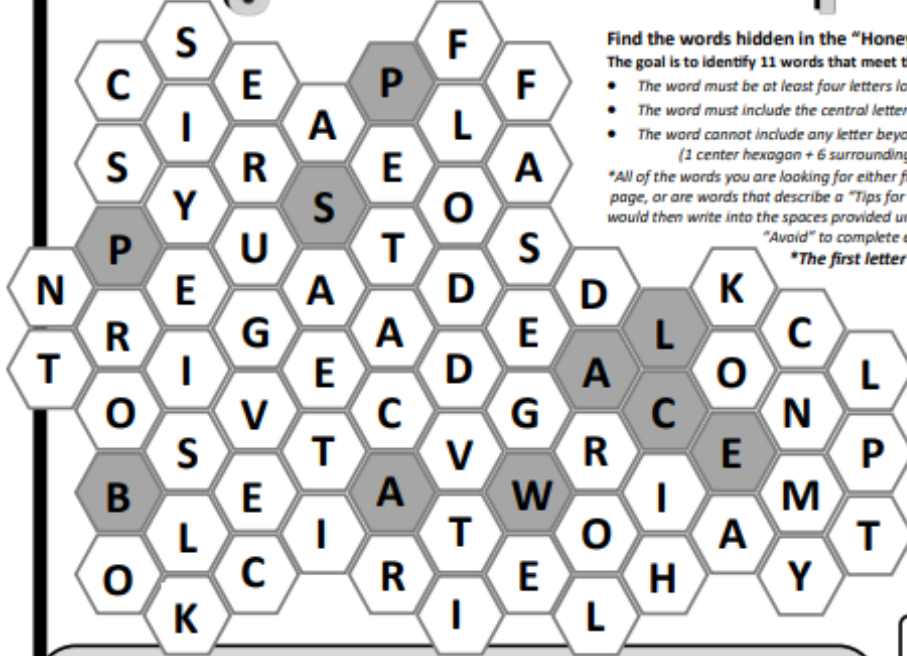


November Cold

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>Nov. 1</p> <p>Pimento Cheese Bean Medley Salad, Whole Wheat Bread Mixed Fruit</p>
<p>Nov. 4</p> <p>Hard Boiled Eggs, Edamame, Whole Grain Bagel Tropical Fruit, Cream Cheese</p>	<p>Nov. 5</p> <p>Sliced Turkey, Swiss Cheese, Green Pea Salad, WW Bread, Pineapple Tidbits</p>	<p>Nov. 6</p> <p>Pimento Cheese, Tossed Salad, Black Bean Salad, Whole Wheat Bread Mixed Fruit, Cream Cheese</p>	<p>Nov. 7</p> <p>Grilled Chicken Caesar Strips, Tossed Salad, Marinated Carrots, Wheat Pita Bread, Cranberry Juice</p>	<p>Nov. 8</p> <p>Honey Mustard Chicken Salad, California Vegetable Salad, WG Bun, Applesauce</p>
<p>Nov. 11</p> <p>Sliced Salami, American Cheese, Whole Wheat Bread, Broccoli & Carrot Salad Mixed Fruit, Mustard</p>	<p>Nov. 12</p> <p>Lemon Pepper Tuna, Shredded Lettuce, Kidney Bean Salad, WW Bread, Cranberry Juice</p>	<p>Nov. 13</p> <p>BBQ Chicken Salad, Potato Salad, Vegetables in Salad, WG Hamburger Bun, Fruit Cocktail</p>	<p>Nov. 14</p> <p>Hummus, California Vegetable Salad, Wheat Pita Bread Pineapple Tidbits</p>	<p>Nov. 15</p> <p>Turkey Pasta Salad, Black Eyed Pea Salad, Wheat Roll Tropical Fruit</p>
<p>Nov. 18</p> <p>Deviled Egg Salad California Vegetable Salad Whole Grain Bun Sliced Apples</p>	<p>* Nov. 19</p> <p>Sliced Ham Swiss Cheese Mustard, Coleslaw WW Bread Pineapple Tidbits</p>	<p>Nov. 20</p> <p>Yogurt Dill Chicken Salad, Green Pea Salad, WW Bread, Applesauce</p>	<p>Nov. 21</p> <p>Hard Boiled Eggs, Beet Salad, Whole Grain Pasta and Vegetable Salad WW Bread, Fresh Fruit, Assorted Jelly</p>	<p>Nov. 22</p> <p>Sliced Turkey, American Cheese, Broccoli & Carrot Salad WG Bun, Tropical Fruit, Mayonnaise</p>
<p>Nov. 25</p> <p>Sliced Salami, American Cheese, Edamame, WW Bread Pineapple Tidbits</p>	<p>Nov. 26</p> <p>Tuna Pasta Salad, California Vegetable Salad, Wheat Pita Bread, Fruit Cocktail</p>	<p>Nov. 27</p> <p>Grilled Chicken Strips, Shredded Lettuce, Broccoli/Carrot Salad, Whole Wheat Tortilla, Seasonal Fruit, Ranch Salad Dressing</p>	<p>Nov. 28</p> <p>Happy Thanksgiving Closed</p> <p>APPROVED: _____</p>	<p>Nov. 29</p> <p>"Day After Thanksgiving" Closed</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

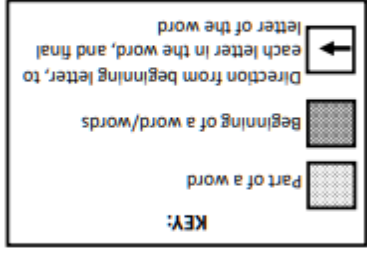
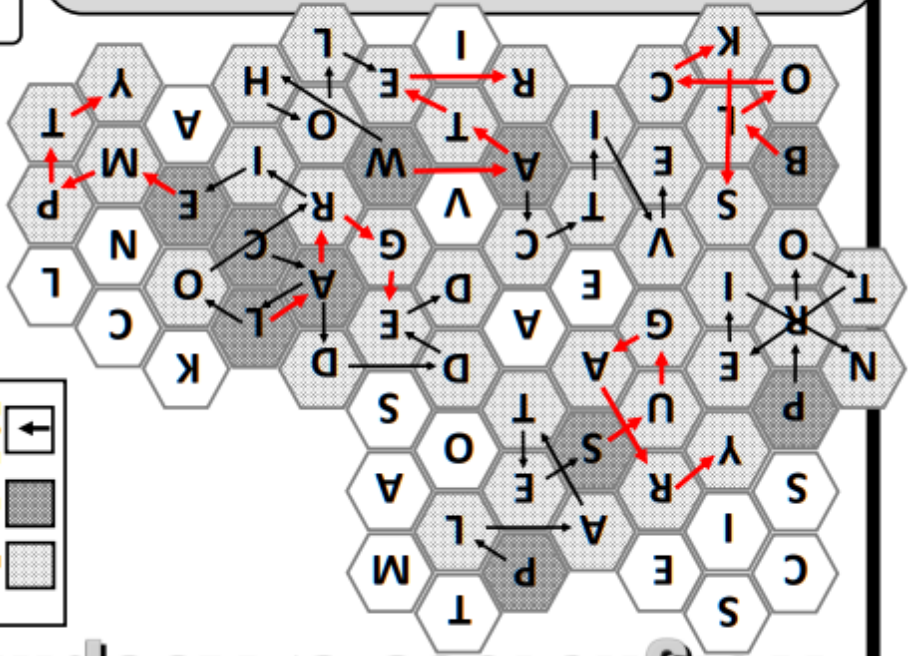
DESSERTS

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.



Weight loss & Keeping it off