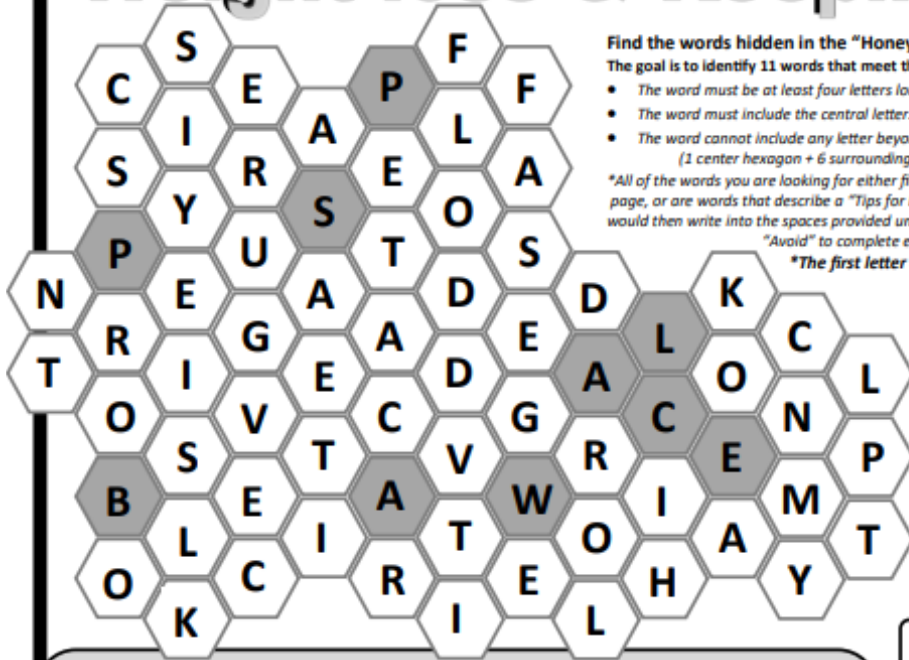


MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>All Meals Are Served With 1 % Milk</p> <ul style="list-style-type: none"> Contains Pork 				<p>Nov. 1 Breaded Pollock Lemon Rice Green Beans Applesauce Tater Sauce</p>
<p>Nov. 4 Chicken Cacciatore Parslied Rice, Broccoli, Wheat Dinner Roll, Peaches</p>	<p>Nov. 5 Swedish Meatballs Egg Noodles Green Peas Carrots Wheat Dinner Roll Apple Sauce</p>	<p>Nov. 6 Oven Fried Chicken Macaroni & Cheese Cabbage Cornbread Banana</p>	<p>Nov. 7 Ground Beef Stew, Whipped Potatoes, Green Beans, Whole Grain Biscuit Pineapple Tidbits</p>	<p>* Nov. 8 Cuban Pork, Cilantro Brown Rice, Fiesta Black Beans Sweet Plantains Flour Tortilla</p>
<p>Nov. 11 Turkey Frankfurter W/Chili Potato Wedges Baked Beans WW Hot Dog Bun Fresh Fruit Mustard/Ketchup</p>	<p>* Nov. 12 Chicken & Sausage Jambalaya w/Rice, Succotash, Cornbread, Margarine, Applesauce</p>	<p>Nov. 13 Spaghetti w/Meat Sauce, Tuscany Vegetable Blend, Wheat Dinner Roll Mandarin Oranges</p>	<p>* Nov. 14 BBQ Pork Riblets, Roasted Sweet Potatoes, Broccoli, WG Bun, Banana</p>	<p>Nov. 15 Chicken Noodle Bake, Green Peas, Carrots Wheat Roll Tropical Fruit</p>
<p>Nov. 18 Honey Ginger Glazed Meatballs, Fried Rice, Japanese Veggie Blend, Wheat Dinner Roll, Applesauce</p>	<p>* Nov. 19 Glazed Turkey Ham, Scalloped Potatoes, Broccoli & Carrots Texas Bread Banana</p>	<p>Nov. 20 Sloppy Joes, Cream Style Corn, Brussels Sprouts, WG Hamburger Bun Pineapple Tidbits</p>	<p>Nov. 21 Moroccan Chicken Stew, Turmeric Rice, Cabbage, Wheat Dinner Roll, Peaches</p>	<p>Nov. 22 Meatloaf with Tomato Gravy Garlic Whipped Potatoes, California Veggie Blend, Mixed Fruit,</p>
<p>Nov. 25 Chicken Strips, Romesco Sauce, Spanish Rice, Catalina Veggie Blend, Flour Tortilla, Tropical Fruit</p>	<p>Nov. 26 Chopped Steak W/Steakhouse Sauce, Whipped Potatoes, Peas & Carrots WG Bun, Peaches</p>	<p>Nov. 27 Turkey & Gravy Cornbread Dressing, Whipped Potatoes Green Bean Amandine Wheat Dinner Roll Pumpkin Bar, Margarine</p>	<p>Nov. 28 Happy Thanksgiving Closed</p>	<p>Nov. 29 Day After Thanksgiving Closed</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:

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.

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