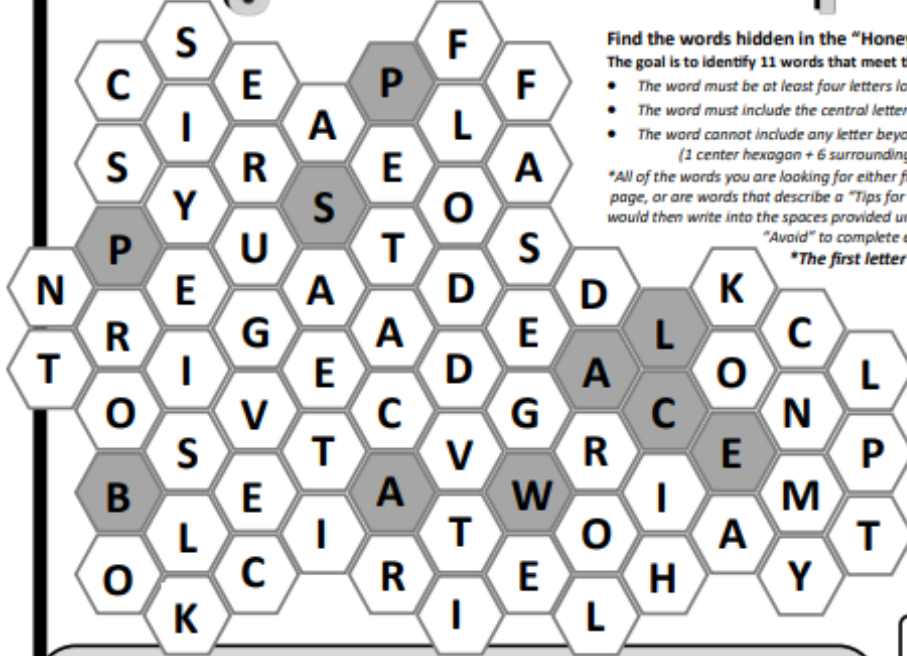


December Cold

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Dec. 2 Hard Boiled Eggs, Edamame, Whole Grain Bagel Tropical Fruit, Cream Cheese	Dec. 3 Sliced Turkey, Swiss Cheese, Green Pea Salad, WW Bread, Pineapple Tidbits	Dec. 4 Pimento Cheese, Tossed Salad, Black Bean Salad, Whole Wheat Bread Mixed Fruit, Cream Cheese	Dec. 5 Grilled Chicken Caesar Strips, Tossed Salad, Marinated Carrots, Wheat Pita Bread, Cranberry Juice	Dec. 6 Honey Mustard Chicken Salad, California Vegetable Salad, WG Bun, Applesauce
Dec. 9 Sliced Salami, American Cheese, Whole Wheat Bread, Broccoli & Carrot Salad Mixed Fruit, Mustard	Dec. 10 Lemon Pepper Tuna, Shredded Lettuce, Kidney Bean Salad, WW Bread, Cranberry Juice	Dec. 11 BBQ Chicken Salad, Potato Salad, Vegetables in Salad, WG Hamburger Bun, Fruit Cocktail	Dec. 12 Hummus, California Vegetable Salad, Wheat Pita Bread Pineapple Tidbits	Dec. 13 Turkey Pasta Salad, Black Eyed Pea Salad, Wheat Roll Tropical Fruit
Dec. 16 Deviled Egg Salad California Vegetable Salad Whole Grain Bun Sliced Apples	Dec. 17 Sliced Ham Swiss Cheese Mustard, Coleslaw WW Bread Pineapple Tidbits	Dec. 18 Yogurt Dill Chicken Salad, Green Pea Salad, WW Bread, Applesauce	Dec. 19 Hard Boiled Eggs, Beet Salad, Whole Grain Pasta and Vegetable Salad WW Bread, Fresh Fruit, Assorted Jelly	Dec. 20 Sliced Turkey, American Cheese, Broccoli & Carrot Salad WG Bun, Tropical Fruit, Mayonnaise
Dec. 23 Sliced Salami, American Cheese, Edamame, WW Bread Pineapple Tidbits	Dec. 24 CHRISTMAS EVE **CLOSED**	Dec. 25 "Merry Christmas" **CLOSED**	Dec. 26 Tzatziki Turkey Salad Green Bean Salad Wheat Pita Bread Tropical Fruit	Dec. 27 Pimento Cheese Bean Medley Salad, Whole Wheat Bread Mixed Fru
Dec. 30 Hard Boiled Eggs, Edamame, Whole Grain Bagel Tropical Fruit, Cream Cheese	Dec 31 Sliced Turkey, Swiss Cheese, Green Pea Salad, WW Bread, Pineapple Tidbits			All Meals Are Served With 1% Milk * Contains Pork
			APPROVED: _____	DATE _____

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

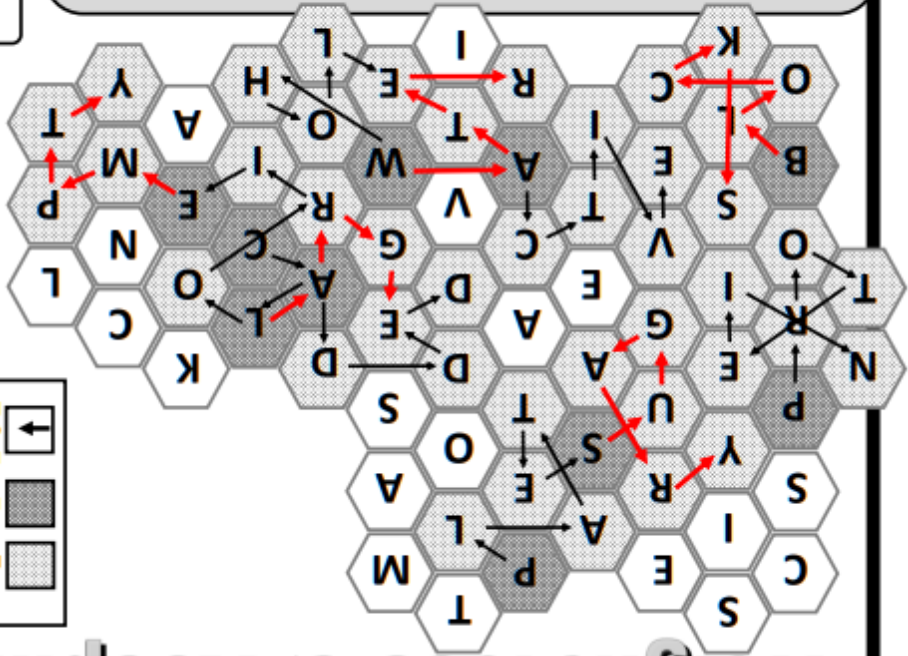
PORTIONS

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