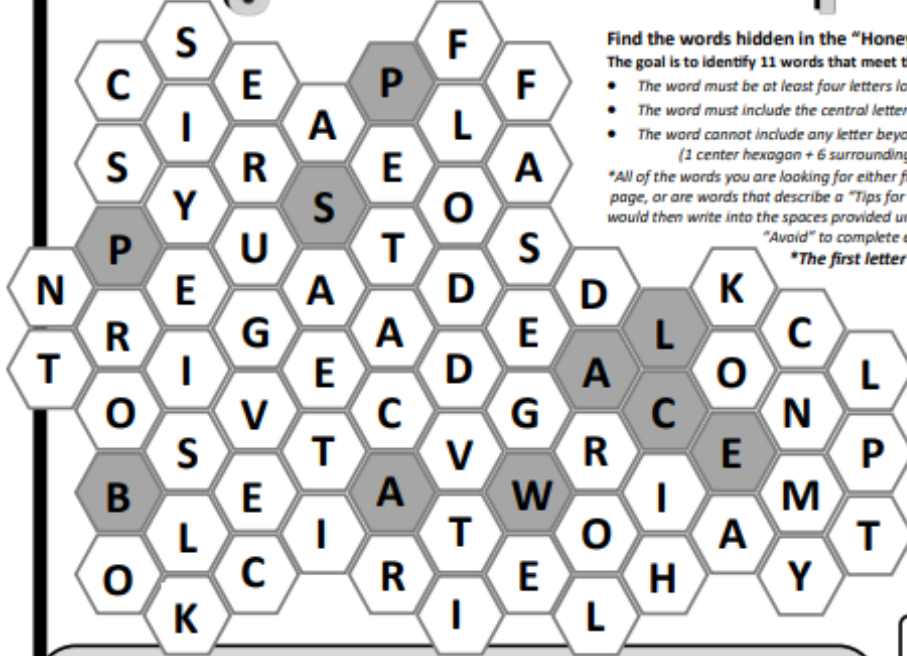


MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Dec. 2 Chicken Cacciatore Parslied Rice, Broccoli, WW Dinner Roll, Peaches	Dec. 3 Swedish Meatballs Egg Noodles, Green Peas, Carrots, WW Dinner Roll, Apple Sauce	Dec. 4 Oven Fried Chicken, Macaroni & Cheese, Cabbage, Cornbread, Banana	Dec. 5 Ground Beef Stew, Whipped Potatoes, Green Beans, WG Biscuit Pineapple Tidbits	* Dec. 6 Cuban Pork, Cilantro Brown Rice, Fiesta Black Beans, Sweet Plantains, Flour Tortilla
Dec. 9 Chili With Beans, Cheesy Potato Wedges, Green Beans, Texas Bread, Pineapple Tidbits, Carnival Cookie	* Dec. 10 Chicken and Sausage, Jambalaya w/ Rice, Succotash, Cornbread, Margarine, Applesauce	Dec. 11 Spaghetti w/Meat Sauce, Tuscany Vegetable Blend, Wheat Dinner Roll Mandarin Oranges	* Dec. 12 BBQ Pork Riblet, Roasted Sweet Potatoes, Broccoli, WG Bun, Banana	Dec. 13 Chicken Noodle Bake, Green Peas, Carrots Wheat Roll Tropical Fruit
Dec. 16 Honey Ginger Glazed Meatballs, Fried Rice, Japanese Veggie Blend, Wheat Dinner Roll, Applesauce	* Dec. 17 Glazed Turkey Ham, Scalloped Potatoes Broccoli & Carrots Texas Bread Banana	Dec. 18 Sloppy Joes, Cream Style Corn, Brussels Sprouts, WG Hamburger Bun, Pineapple Tidbits	Dec. 19 Moroccan Chicken Stew, Turmeric Rice, Cabbage, Wheat Roll, Peaches	Dec. 20 Meatloaf with Tomato Gravy, Garlic Whipped Potatoes, California Veggie Blend, Mixed Fruit,
Dec. 23 Beef Tips with Gravy Whipped Potatoes Green Beans Texas Bread Cranapple cobbler	Dec. 24 Christmas Eve ***CLOSED***	Dec. 25 CHRISTMAS DAY *** CLOSED ***	Dec. 26 Cheeseburger, Potato Medley, Broccoli, WG Bun Fruit Cocktail	Dec. 27 Breaded Pollock, Lemon Rice, Green Beans, Applesauce, Tarter sauce
Dec. 30 Chicken Cacciatore Parslied Rice, Broccoli, WW Dinner Roll, Peaches	Dec. 31 Swedish Meatballs Egg Noodles, Peas & Carrots WW Dinner Roll, Apple Sauce			All Meals Are Served With 1% Milk * Contains Pork

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

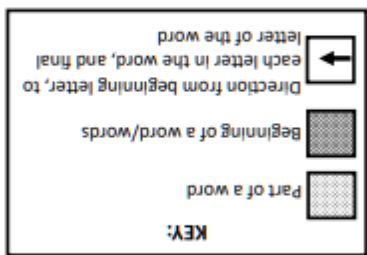
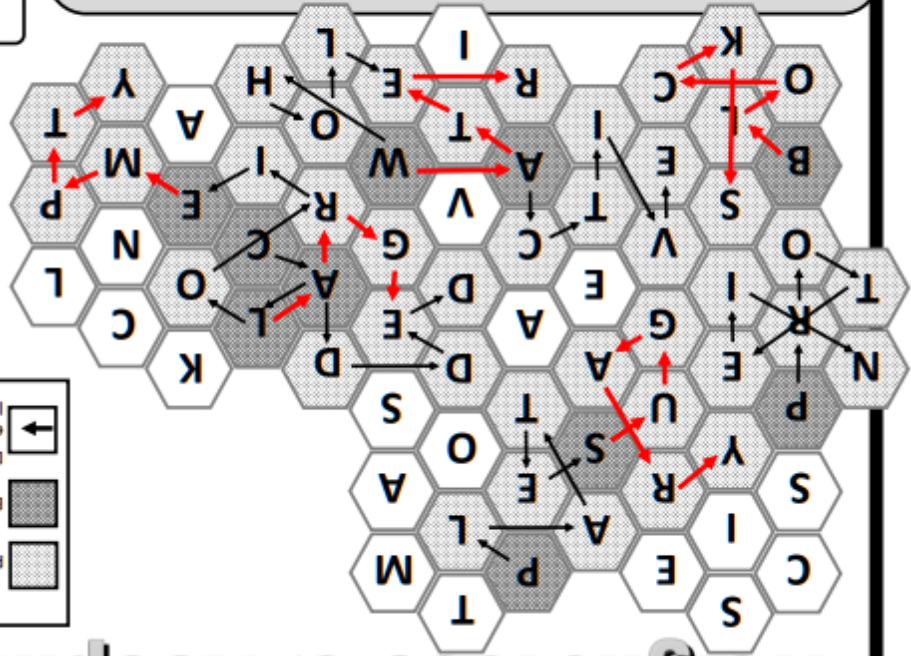
DESSERTS

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