



SOUTH WOOD COUNTY YMCA

LUNCH & LEARN

Join Registered Dietitian Karrie Benda and enjoy a delicious, nutritious lunch! Karrie will prepare the meal, explain how it's made, and share its health benefits.

Located in the Teaching Kitchen from 11:15-12:15 PM

MEMBER: \$15 | NON-MEMBER: \$20

JANUARY 14

Roasted Butternut Squash Salad



FEBRUARY 11

Savory Carrot Ginger Soup w/ Almond Flour Quesadillas



MARCH 11

Lemon Garlic Chicken & Veggies Sheet Pan Meal



APRIL 8

Taco Stuffed Avocados



MAY 13

Tasty Black Bean Burger & Roasted Sweet Potato Fries



REGISTER AT SWCYMCA.ORG OR 715.818.9622 BY MONDAY OF THAT WEEK