



Mission Nutrition at the Y

January 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
30	31 No Meal Served	1 No Meals Served	2 No Meals Served	3 Lunch: 11:30-12:30 @ the Y Lobby Snack: 4:30-5:30 @ the Y Lobby Activity: Coloring	4 Lunch: 11:30-12:30 @ the Y Lobby Snack: 4:30-5:30 @ the Y Lobby Activity: Coloring	5 Lunch: 11:30-12:30 @ the Y Lobby Activity: Healthy Living Coloring Sheet
6	7 Supper: 4:30-5:30 @ the Y Lobby Activity: Healthy Living Coloring Sheet	8 Supper: 4:30-5:30 @ the Y Lobby Activity: Group Games	9 Supper: 4:30-5:30 @ the Y Lobby Activity: Group Games	10 Supper: 4:30-5:30 @ the Y Lobby Activity: Healthy Living Coloring Sheet	11 Supper: 4:30-5:30 @ the Y Lobby Activity: Group Games	12 Lunch: 11:30-12:30 @ the Y Lobby Activity: Healthy Foods Bingo
13	14 Supper: 4:30-5:30 @ the Y Lobby Activity: Healthy Living Coloring Sheet	15 Supper: 4:30-5:30 @ the Y Lobby Activity: Group Games	16 Supper: 4:30-5:30 @ the Y Lobby Activity: Healthy Foods Word Search	17 Supper: 4:30-5:30 @ the Y Lobby Activity: Healthy Living Coloring Sheet	18 Supper: 4:30-5:30 @ the Y Lobby Activity: Healthy Living Worksheet	19 Lunch: 11:30-12:30 @ the Y Lobby Activity: Group Games
20	21 Supper: 4:30-5:30 @ the Y Lobby Activity: Group Games	22 Supper: 4:30-5:30 @ the Y Lobby Activity: Healthy Foods Word Search	23 Supper: 4:30-5:30 @ the Y Lobby Activity: Build a Healthy Plate Activity	24 Supper: 4:30-5:30 @ the Y Lobby Activity: Group Games	25 Supper: 4:30-5:30 @ the Y Lobby Activity: Healthy Living Coloring Sheet	26 Lunch: 11:30-12:30 @ the Y Lobby Activity: Healthy Living Coloring Sheet
27	28 Supper: 4:30-5:30 @ the Y Lobby Activity: Healthy Living Coloring Sheet	29 Supper: 4:30-5:30 @ the Y Lobby Activity: Group Games	30 Supper: 4:30-5:30 @ the Y Lobby Activity: Group Games	31 Supper: 4:30-5:30 @ the Y Lobby Activity: Coloring	1 Supper: 4:30-5:30 @ the Y Lobby Activity: Coloring	2 Lunch: 11:30-12:30 @ the Y Lobby Activity: Group Games