



# MY DENVER FEBRUARY 2018 | Olympics



## COOK PARK RECREATION CENTER

MY Denver Activity Hours 4:00-6:30 PM	MON	TUE	WED	THU	FRI
Activity #1: 4:00-5:00 PM Break/Snacks: 5:00-5:30 PM Activity #2: 5:30-6:30 PM  *Theme Related Activities Instructor: Dano Nelson	Join us in February as we celebrate the 2018 Winter Olympics.  Tuesdays: We'll watch fun films related to the Olympics Wednesdays: Play a Game Show focused on the Olympics Thursdays: Introduce a Winter Olympic sport & play it			1 <u>Activity #1</u> Olympic Sport*	2 <u>Activity #1</u> Karate
<u>Let's Get Digital (Arts)</u> Mondays 5:30-6:30PM  <u>Air Brushing</u> Mondays 4:00-5:00PM & 5:00-6:30PM	5 <u>Activity #1</u> Air Brushing  <u>Activity #2</u> Valentines Cookies	6 <u>Activity #1</u> Karate  <u>Activity #2</u> Cool Runnings Pt. 1*	7 <u>Activity #1</u> 4-H Cooking  <u>Activity #2</u> Game Show*	8 <u>Activity #1</u> Olympic Sport*  <u>Activity #2</u> Drumming	9 <u>Activity #1</u> Karate  <u>Activity #2</u> Fun Fitness
<u>Homework Help</u> Mondays & Wednesdays 4:00-5:00 PM	1 2 <u>Activity #1</u> Air Brushing  <u>Activity #2</u> Let's Get Digital	1 3 <u>Activity #1</u> Karate  <u>Activity #2</u> Cool Runnings Pt. 2*	1 4 <u>Activity #1</u> 4-H Cooking  <u>Activity #2</u> Game Show*	1 5 <u>Activity #1</u> Olympic Sport*  <u>Activity #2</u> Drumming	1 6 <u>Activity #1</u> Karate  <u>Activity #2</u> Fun Fitness
<u>Karate</u> Tuesdays & Fridays 4:00-5:00 PM	1 9 <u>Activity #1</u> Air Brushing  <u>Activity #2</u> Let's Get Digital	2 0 <u>Activity #1</u> Karate  <u>Activity #2</u> Mighty Ducks Pt. 1*	2 1 <u>Activity #1</u> 4-H Cooking  <u>Activity #2</u> Game Show*	2 2 <u>Activity #1</u> Olympic Sport*  <u>Activity #2</u> Drumming	2 3 <u>Activity #1</u> Karate  <u>Activity #2</u> Fun Fitness
<u>4H Cooking</u> Wednesdays 4:00-5:00PM	2 6 <u>Activity #1</u> Air Brushing  <u>Activity #2</u> Let's Get Digital	2 7 <u>Activity #1</u> Karate  <u>Activity #2</u> Mighty Ducks Pt. 2*	2 8 <u>Activity #1</u> 4-H Cooking  <u>Activity #2</u> Game Show*	<b>Activity Key</b> Urban Arts and Culture Sports and Wellness Science, Technology and Education Community Engagement Social Recreation Engage	
<u>Drumming</u> Thursdays 5:30-6:30 PM					
<u>Fun Fitness Friday</u> Fridays 5:30-6:30 PM					

# February

## CACFP SNACK

Monday	Tuesday	Wednesday	Thursday	Friday
			<ul style="list-style-type: none"> <li>• Blazin Hots Seeds</li> <li>• Honey Grahams</li> </ul>	<ul style="list-style-type: none"> <li>• Hot &amp; Spicy Goldfish Cheese Crackers</li> <li>• String Cheese</li> </ul>
<ul style="list-style-type: none"> <li>• Sunflower Seeds</li> <li>• Educational Snacks with Juice</li> </ul>	<ul style="list-style-type: none"> <li>• Cheddar Goldfish</li> <li>• Honey Wheat Crackers</li> </ul>	<ul style="list-style-type: none"> <li>• Blazin Hots Seeds</li> <li>• Cinnamon Grahams</li> </ul>	<ul style="list-style-type: none"> <li>• Yogurt</li> <li>• Goldfish Pretzels</li> </ul>	<ul style="list-style-type: none"> <li>• Honey Wheat Crackers</li> <li>• Honey Grahams</li> </ul>
<ul style="list-style-type: none"> <li>• Blazin Hots Seeds with Juice</li> <li>• Colored Goldfish Cheese Crackers</li> </ul>	<ul style="list-style-type: none"> <li>• String Cheese</li> <li>• Honey Grahams</li> </ul>	<ul style="list-style-type: none"> <li>• Yogurt</li> <li>• Goldfish Pretzels</li> </ul>	<ul style="list-style-type: none"> <li>• Honey Wheat Crackers</li> <li>• Sunflower Seeds</li> </ul>	<ul style="list-style-type: none"> <li>• Educational Snacks</li> <li>• Cinnamon Grahams</li> </ul>
<ul style="list-style-type: none"> <li>• Granola with String Cheese</li> <li>• Honey Grahams</li> </ul>	<ul style="list-style-type: none"> <li>• Yogurt</li> <li>• Goldfish Pretzels</li> </ul>	<ul style="list-style-type: none"> <li>• Educational Snacks</li> <li>• Blazin Hots Seeds</li> </ul>	<ul style="list-style-type: none"> <li>• Honey Wheat Crackers</li> <li>• Cinnamon Grahams</li> </ul>	<ul style="list-style-type: none"> <li>• Sunflower Seeds</li> <li>• Cheddar Goldfish</li> </ul>
<ul style="list-style-type: none"> <li>• Honey Wheat Crackers</li> <li>• String Cheese with Goldfish Pretzels</li> </ul>	<ul style="list-style-type: none"> <li>• Educational Snacks</li> <li>• Sunflower Seeds</li> </ul>	<ul style="list-style-type: none"> <li>• Yogurt</li> <li>• Colored Goldfish Cheese Crackers</li> </ul>		

### What's New?

Did you know that none of our food contains artificial colors, flavors, or sweeteners?

Keep calm and snack on.

Snack: fresh fruit available daily except when sunbutter, string cheese, or juice is served.

*This institution is an equal opportunity provider*



# February

## Supper

Monday	Tuesday	Wednesday	Thursday	Friday
			<ul style="list-style-type: none"> <li>• (DF) Sloppy Joe with celery sticks</li> <li>• Turkey &amp; Cheddar Sandwich on a wholegrain bun with lettuce</li> <li>• (V) Veggie Taco Salad with lettuce, pinto beans, &amp; goldfish</li> </ul> <p style="text-align: right;">1</p>	<ul style="list-style-type: none"> <li>• Buffalo Chicken Pizza with celery sticks</li> <li>• Chicken Caesar Wrap with lettuce</li> <li>• (DF) (V) Egg Salad Sandwich on a wholegrain bun with lettuce</li> </ul> <p style="text-align: right;">2</p>
<ul style="list-style-type: none"> <li>• Buffalo Chicken Sandwich on a wholegrain bun with lettuce</li> <li>• (V) Sunny Sandwich Kit (sunbutter &amp; jelly) with celery sticks &amp; string cheese</li> <li>• BBQ Chicken Wrap with lettuce</li> </ul> <p style="text-align: right;">5</p>	<ul style="list-style-type: none"> <li>• (V) Broccoli Mac &amp; Cheese Meal</li> <li>• Supper Power Kit! Cheddar Goldfish, Educational Snacks, String Cheese, Sunflower Seeds &amp; Carrots</li> <li>• Honey Mustard Chicken Wrap with lettuce</li> </ul> <p style="text-align: right;">6</p>	<ul style="list-style-type: none"> <li>• (DF) Crispy Chicken Sandwich on a wholegrain bun with lettuce</li> <li>• Ham &amp; Cheese Sandwich on a wholegrain bun with lettuce</li> <li>• (V) Cheddar Cheese Sandwich on a wholegrain bun with lettuce</li> </ul> <p style="text-align: right;">7</p>	<ul style="list-style-type: none"> <li>• Pasta with Zesty Beef &amp; corn</li> <li>• (V) Taco Dippers Kit</li> <li>• Chicken Salad Sandwich on a wholegrain bun with lettuce</li> </ul> <p style="text-align: right;">8</p>	<ul style="list-style-type: none"> <li>• Pepper Jack Cheeseburger with baby carrots</li> <li>• (DF) Sesame Chicken Wrap with cabbage coleslaw</li> <li>• Supper Power Kit! Yogurt, Educational Snacks, Colors Goldfish, Sunflower Seeds &amp; Carrots</li> </ul> <p style="text-align: right;">9</p>
<ul style="list-style-type: none"> <li>• (V) Cheese Pizza with a Wholegrain Crust &amp; baby carrots</li> <li>• Chicken Caesar Salad with lettuce, wholegrain croutons, &amp; smart crackers</li> <li>• Turkey &amp; Cheddar Sandwich on a wholegrain bun with lettuce</li> </ul> <p style="text-align: right;">12</p>	<ul style="list-style-type: none"> <li>• Mac &amp; Cheese with Chicken Sausage &amp; carrots</li> <li>• Supper Power Kit! Educational Snacks, Pretzel Goldfish, Sunbutter, String Cheese &amp; Celery</li> <li>• Mighty Meaty Deli Combo Sandwich on a wholegrain bun with baby carrots</li> </ul> <p style="text-align: right;">13</p>	<ul style="list-style-type: none"> <li>• (DF) Spaghetti &amp; Meatballs</li> <li>• BBQ Chicken Wrap with lettuce</li> <li>• (DF) (V) Egg Salad Sandwich on a wholegrain bun with lettuce</li> </ul> <p style="text-align: right;">14</p>	<ul style="list-style-type: none"> <li>• (V) Veggie Chili &amp; Corn Bread</li> <li>• (V) Hummus Dippers with broccoli, tomatoes &amp; string cheese</li> <li>• Ham &amp; Cheese Sandwich on a wholegrain bun with lettuce</li> </ul> <p style="text-align: right;">15</p>	<ul style="list-style-type: none"> <li>• (DF) Chicken Potstickers with celery</li> <li>• Honey Mustard Chicken Wrap with lettuce</li> <li>• Supper Power Kit! Cheddar Goldfish, Educational Snacks, String Cheese, Sunflower Seeds &amp; Carrots</li> </ul> <p style="text-align: right;">16</p>
<ul style="list-style-type: none"> <li>• (V) Cheesy Pizza Bite Meal with baby carrots</li> <li>• Santa Fe Chile Chicken &amp; Black Bean Wrap with lettuce</li> <li>• (V) Cheddar Cheese Sandwich on a wholegrain bun with lettuce</li> </ul> <p style="text-align: right;">19</p>	<ul style="list-style-type: none"> <li>• Beefy Bean &amp; Cheese Burrito with baby carrots</li> <li>• Ham &amp; Cheese Sandwich on a wholegrain bun with lettuce</li> <li>• Supper Power Kit! Yogurt, Educational Snacks, Colors Goldfish, Sunflower Seeds &amp; Carrot</li> </ul> <p style="text-align: right;">20</p>	<ul style="list-style-type: none"> <li>• Firecracker Chicken with Sesame Noodles &amp; sunflower seeds</li> <li>• Mighty Meaty Deli Combo Sandwich on a wholegrain bun with baby carrots</li> <li>• (V) Taco Dippers Kit</li> </ul> <p style="text-align: right;">21</p>	<ul style="list-style-type: none"> <li>• (V) Cheese Enchiladas with corn</li> <li>• Chicken Caesar Wrap with lettuce</li> <li>• (V) Sunny Sandwich Kit (sunbutter &amp; jelly) with celery sticks &amp; string cheese</li> </ul> <p style="text-align: right;">22</p>	<ul style="list-style-type: none"> <li>• Pepper Jack Cheeseburger with baby carrots</li> <li>• Turkey &amp; Cheddar Sandwich on a wholegrain bun with lettuce</li> <li>• Supper Power Kit! Educational Snacks, Pretzel Goldfish, Sunbutter, String Cheese &amp; Celery</li> </ul> <p style="text-align: right;">23</p>
<ul style="list-style-type: none"> <li>• Chicken Taco Trio with wholegrain tortillas &amp; corn</li> <li>• (V) Hummus Dippers with broccoli, tomatoes &amp; string cheese</li> <li>• Ham &amp; Cheese Sandwich on a wholegrain bun with lettuce</li> </ul> <p style="text-align: right;">26</p>	<ul style="list-style-type: none"> <li>• (DF) The Revolution Dog on a wholegrain bun with baby carrots</li> <li>• Garden Ranch Salad with Chicken &amp; pretzels</li> <li>• Supper Power Kit! Cheddar Goldfish, Educational Snacks, String Cheese, Sunflower Seeds &amp; Carrots</li> </ul> <p style="text-align: right;">27</p>	<ul style="list-style-type: none"> <li>• BBQ Chicken with Cheesy rice &amp; braised greens</li> <li>• (V) Cheddar Cheese Sandwich on a wholegrain bun with lettuce</li> <li>• Chicken Salad Sandwich on a wholegrain bun with lettuce</li> </ul> <p style="text-align: right;">28</p>		

### What's New?

Our egg salad sandwiches & cheese enchiladas are better than ever!

Try them!

Lunch: choice of 1% or fat-free milk; fresh fruit available daily.

Dairy-free (DF) and vegetarian (V) options available daily – if not listed on the menu, available upon request.

o Vegetable of the day

*This institution is an equal opportunity provider*



**City of Denver, Office of Children's Affairs  
Snacks and Supper Program Site  
Overall Operation Dates: October 1, 2017 – September 30, 2018**

Name of Open Sites	Address	Start Date	Days and Times of Food Services	Type of Meal
Ashland Recreation Center	2475 W Dunkeld Pl, Denver, CO 80211	10/2/2017	Monday – Thursday 3 – 6 pm  Wednesdays 2 – 6 pm	Snacks Only
Athmar Recreation Center	2680 W Mexico Ave, Denver, 80219	10/2/2017	Monday – Friday 4 – 5 pm	Snacks Only
Aztlan Recreation Center	4435 Navajo St, Denver, 80211	10/2/2017	Monday – Friday 4 – 5 pm	Snacks Only
Eisenhower Recreation Center	4300 Dartmouth Ave, Denver, 80222	10/2/2017	Monday – Friday 4 – 7 pm	Snacks Only
Glenarm Recreation Center	2800 Glenarm Place, Denver, 80205	10/2/2017	Monday – Friday 5 – 8 pm	Snacks Only
Reckidz @ Green Valley Ranch	4890 Argonne Way, Denver, 80249	10/2/2017	Monday – Friday 3 – 4:30 pm	Snacks Only
Green Valley Ranch Recreation Center	4890 Argonne Way, Denver, 80249	10/2/2017	Monday – Friday 5 – 6 pm	Supper Only
Harvard Gulch Recreation Center	550 E Iliff Ave Denver, 80210	10/2/2017	Monday – Friday 4 – 6 pm	Snacks Only
Harvey Park Recreation Center	2120 S Tennyson Way, Denver, 80219	10/2/2017	Monday – Friday 3:30 – 7 pm	Supper Only
Hiawatha Davis Recreation Center	3334 Holly St, Denver, 80207	10/2/2017	Monday – Friday 3 – 5 pm	Snacks Only
La Alma Recreation Center	1325 W 11th Ave, Denver, 80204	10/2/2017	Monday – Friday 4 – 6 pm	Supper Only

Name of Open Sites	Address	Start Date	Days and Times of Food Services	Type of Meal
La Familia Recreation Center	65 S. Elati St, Denver, 80223	10/2/2017	Monday – Friday 3 – 7 pm	Supper Only
Montbello Recreation Center	15555 E 53rd Ave, Denver, 80239	10/2/2017	Monday – Friday 2:30 – 4 pm (Snacks) 4:30 – 6 pm (Supper)	Snacks and Supper
Montclair Recreation Center	729 Ulster Way, Denver, 80220	10/2/2017	Monday – Friday 3:30 - 4 pm	Supper Only
Rude Park Recreation Center	2855 W Holden Pl, Denver, 80204	10/2/2017	Monday – Friday 4 – 5:15 pm	Supper Only
St. Charles Recreation Center	3777 Lafayette St, Denver, 80216	10/2/2017	Monday – Friday 3 – 7 pm Night Moves (Friday and Saturday Evenings) 6 – 9 pm	Supper Only
SOAR @ Schmitt Elementary	1820 S. Vallejo St, Denver, 80223	10/2/2017	Monday – Friday 3:15 – 4:15 pm	Snacks Only
Stapleton Recreation Center	5090 Broadway, Denver, 80216	10/2/2017	Monday – Friday 3 – 6:30 pm	Supper Only
Swansea Recreation Center	2650 E. 49 <sup>th</sup> Ave, Denver, 80216	10/2/2017	Monday – Friday 3:30 – 5:30 pm	Supper Only
<b>ENROLLED SITE:</b> Girls Inc. of Metro Den.	1499 Julian St. Denver, 80204	10/2/2017	Monday – Friday 3 – 5 pm	Supper Only
<b>ENROLLED SITE:</b> Impact360	1325 Glenarm Pl. Denver, 80204	10/2/2017	Tuesday – Friday 3 – 5 pm (Snacks) 6 – 7 pm (Supper) Saturday 9 – 11 am (Snacks) 12 – 2 pm (Lunch)	Snacks and Supper
Impact360 at West High School	951 Elati St, Denver, CO 80204		Tuesday – Friday 3 – 5 pm (Snacks) 5:30 – 7 pm (Supper) Saturday 9 – 11 am (Snacks) 12 – 2 pm (Lunch)	
<b>ENROLLED SITE:</b> Marie L. Greenwood Elementary School	5130 Durham Ct, Denver, CO 80239	10/2/2017	Monday – Friday 3 – 4 pm	Supper Only

