



MY DENVER

MAY 2018 | Independence GLENARM RECREATION CENTER



	MON	TUE	WED	THU	FRI
MY Denver Activity Hours 3:00pm to 5:30pm Ages 5-18 Activity #1: 3:00pm - 4:00pm Activity #2: 4:15pm - 5:30pm * Theme Related Activities		1 <u>Activity #1</u> *My Denver Law Debate & Discussion <u>Activity #2</u> 4-H Cooking	2 <u>Activity #1</u> DIY Dream Catchers <u>Activity #2</u> *Voting Day	3 <u>Activity #1</u> Yarn Wrapped Cardboard Letters <u>Activity #2</u> *Simon Says	4 <u>Activity #1</u> Animal Silhouette Watercolor Paintings <u>Activity #2</u> Board Games Day
4H Cooking Tuesdays 4:00pm - 5:00pm Open Gym See Center Calendar	7 <u>Activity #1</u> Jump Rope Games <u>Activity #2</u> *Cardboard Community Village Project	8 <u>Activity #1</u> **"What Could We Be?" Game <u>Activity #2</u> 4-H Cooking	9 <u>Activity #1</u> Egg Carton Animals <u>Activity #2</u> DIY Laser Maze	10 <u>Activity #1</u> *Community Collage <u>Activity #2</u> *Oil and Water Experiment	11 <u>Activity #1</u> *Group Painting <u>Activity #2</u> *Community Trash Pickup Challenge
Open Swim See Center Calendar Snack/Dinner Monday-Friday 5:15 PM <i>This institution is an equal opportunity provider</i>	14 <u>Activity #1</u> *Riverbed Boundary Experiment <u>Activity #2</u> Pinecone Pineapples	15 <u>Activity #1</u> *Geometric Boundary Paintings <u>Activity #2</u> 4-H Cooking	16 <u>Activity #1</u> *Boundaries Game <u>Activity #2</u> *Tie-Dye	17 <u>Activity #1</u> Tissue Paper Transfer Art <u>Activity #2</u> Relay Race	18 <u>Activity #1</u> Healer Tag <u>Activity #2</u> *Color Blending Experiment
Calendars Subject to Change	21 <u>Activity #1</u> *DIY Lip Balm <u>Activity #2</u> Zombie Tag	22 <u>Activity #1</u> *Trash Card Game <u>Activity #2</u> 4-H Cooking	23 <u>Activity #1</u> Sharks and Minnows <u>Activity #2</u> *DIY Laundry Detergent	24 <u>Activity #1</u> *Uplifting Sidewalk Messages <u>Activity #2</u> Freeze Dance	25 <u>Activity #1</u> *Smelling Bottles <u>Activity #2</u> *Meditation
	28 No Structured MY Denver Activities	29 No Structured MY Denver Activities	30 No Structured MY Denver Activities	31 No Structured MY Denver Activities	Activity Key Urban Arts and Culture Sports and Wellness Science, Technology and Education Community Engagement



**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
ReckKidz @ 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 th Ave, Denver, 80216	10/2/2017	Monday – Friday 3:30 – 5:30 pm	Supper Only
ENROLLED SITE: Girls Inc. of Metro Den.	1499 Julian St. Denver, 80204	10/2/2017	Monday – Friday 3 – 5 pm	Supper Only
ENROLLED SITE: 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)	
ENROLLED SITE: Marie L. Greenwood Elementary School	5130 Durham Ct, Denver, CO 80239	10/2/2017	Monday – Friday 3 – 4 pm	Supper Only

Monday	Tuesday	Wednesday	Thursday	Friday
	<ul style="list-style-type: none"> Hot & Spicy Goldfish Cheese Crackers Cinnamon Grahams 1 	<ul style="list-style-type: none"> Blazin Hots Seeds Colored Goldfish Cheese Crackers 2 	<ul style="list-style-type: none"> String Cheese Goldfish Pretzels 3 	<p>SCHOOL LUNCH HERO DAY!</p> <ul style="list-style-type: none"> Cheddar Goldfish Honey Grahams 4
<ul style="list-style-type: none"> Honey Wheat Crackers with Sunbutter Colored Goldfish Cheese Crackers 7 	<p>NATIONAL TEACHER DAY!</p> <ul style="list-style-type: none"> Yogurt Honey Grahams 8 	<ul style="list-style-type: none"> Educational Snacks Goldfish Pretzels 9 	<ul style="list-style-type: none"> Educational Snacks Sunflower Seeds 10 	<ul style="list-style-type: none"> Hot & Spicy Goldfish Cheese Crackers Cinnamon Grahams 11
<ul style="list-style-type: none"> Granola with String Cheese Educational Snacks with juice 14 	<ul style="list-style-type: none"> Sunflower Seeds Hot & Spicy Goldfish Cheese Crackers 15 	<ul style="list-style-type: none"> Goldfish Pretzels Honey Grahams 16 	<ul style="list-style-type: none"> Honey Wheat Crackers Colored Goldfish Cheese Crackers 17 	<ul style="list-style-type: none"> Blazin Hots Seeds Cinnamon Grahams 18
<ul style="list-style-type: none"> Honey Wheat Crackers String Cheese with Goldfish Pretzels 21 	<ul style="list-style-type: none"> Educational Snacks Sunflower Seeds 22 	<ul style="list-style-type: none"> Cheddar Goldfish String Cheese 23 	<ul style="list-style-type: none"> Yogurt Honey Wheat Crackers 24 	<ul style="list-style-type: none"> Honey Grahams Colored Goldfish Cheese Crackers 25
<p>MEMORIAL DAY</p> <ul style="list-style-type: none"> Honey Wheat Crackers Educational Snacks with juice 28 	<ul style="list-style-type: none"> Hot & Spicy Goldfish Cheese Crackers Blazin Hots Seeds 29 	<ul style="list-style-type: none"> Cinnamon Grahams Colored Goldfish Cheese Crackers 30 	<ul style="list-style-type: none"> String Cheese Goldfish Pretzels 31 	

Did you know?

National Teacher Day is Tuesday, May 8th!

Q: Why do we traditionally give apples to teachers?



A: Some say this started in Scandinavia back in the 1700s, when families couldn't afford to pay their teachers, they would send bushels of produce from their farms. This was said to be adopted in the U.S. during the Great Depression in the 1930's. Apples were the most popular produce to gift, since they grow easily in a variety of climates.

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

This institution is an equal opportunity provider



Monday	Tuesday	Wednesday	Thursday	Friday
	<ul style="list-style-type: none"> Turkey Slider with Sunflower Seeds & Carrots Snacker Pack! Smart Crackers, Sunflower Seeds, String Cheese & Carrots <p style="text-align: right;">1</p>	<ul style="list-style-type: none"> Chicken Salad Slider with Broccoli Snacker Pack! Cheddar Goldfish, Sunflower Seeds, String Cheese & Carrots <p style="text-align: right;">2</p>	<ul style="list-style-type: none"> Chicken Bites Snackers with Carrots Snacker Pack! Honey Wheat Crackers, Sunbutter, String Cheese & Celery <p style="text-align: right;">3</p>	<p>SCHOOL LUNCH HERO DAY!</p> <ul style="list-style-type: none"> Cheese Slider with Sunflower Seeds & Cucumbers Snacker Pack! Goldfish Pretzels, Sunbutter, String Cheese & Celery <p style="text-align: right;">4</p>
<ul style="list-style-type: none"> (DF) Honey Mustard Chicken Slider Snacker Pack! Cheddar Goldfish, Sunflower Seeds, String Cheese & Carrots <p style="text-align: right;">7</p>	<p>NATIONAL TEACHER DAY!</p> <ul style="list-style-type: none"> Fiesta Chicken Slider with Celery Snacker Pack! Smart Crackers, Sunflower Seeds, String Cheese & Carrots <p style="text-align: right;">8</p>	<ul style="list-style-type: none"> Cheese Slider with Sunflower Seeds & Cucumbers Snacker Pack! Cinnamon Grahams, Hard Boiled Egg, String Cheese, & Carrots <p style="text-align: right;">9</p>	<ul style="list-style-type: none"> Chicken Bites Snackers with Carrots Snacker Pack! Honey Wheat Crackers, Sunbutter, String Cheese & Celery <p style="text-align: right;">10</p>	<ul style="list-style-type: none"> (DF) BBQ Chicken Slider with Chopped Lettuce Snacker Pack! Cheddar Goldfish, Sunflower Seeds, String Cheese & Carrots <p style="text-align: right;">11</p>
<ul style="list-style-type: none"> Sir Racha's Chicken Slider Snacker Pack! Cinnamon Grahams, Hard Boiled Egg, String Cheese, & Carrots <p style="text-align: right;">14</p>	<ul style="list-style-type: none"> Cheese Slider with Sunflower Seeds & Cucumbers Chicken Bites Snackers with Carrots <p style="text-align: right;">15</p>	<ul style="list-style-type: none"> Chicken Salad Slider with Broccoli Snacker Pack! Cheddar Goldfish, Sunflower Seeds, String Cheese & Carrots <p style="text-align: right;">16</p>	<ul style="list-style-type: none"> Chicken Ranch Slider with Chopped Lettuce Snacker Pack! Smart Crackers, Sunflower Seeds, String Cheese & Carrots <p style="text-align: right;">17</p>	<ul style="list-style-type: none"> (DF) Honey Mustard Chicken Slider Snacker Pack! Honey Wheat Crackers, Sunbutter, String Cheese & Celery <p style="text-align: right;">18</p>
<ul style="list-style-type: none"> Fiesta Chicken Slider with Celery Snacker Pack! Smart Crackers, Sunflower Seeds, String Cheese & Carrots <p style="text-align: right;">21</p>	<ul style="list-style-type: none"> Chicken Bites Snackers with Carrots Snacker Pack! Cheddar Goldfish, Sunflower Seeds, String Cheese & Carrots <p style="text-align: right;">22</p>	<ul style="list-style-type: none"> Chicken Salad Slider with Broccoli Snacker Pack! Cinnamon Grahams, Hard Boiled Egg, String Cheese, & Carrots <p style="text-align: right;">23</p>	<ul style="list-style-type: none"> Cheese Slider with Sunflower Seeds & Cucumbers Snacker Pack! Goldfish Pretzels, Sunflower Seeds, String Cheese & Carrots <p style="text-align: right;">24</p>	<ul style="list-style-type: none"> (DF) BBQ Chicken Slider with Chopped Lettuce Snacker Pack! Honey Wheat Crackers, Sunbutter, String Cheese & Celery <p style="text-align: right;">25</p>
<p>MEMORIAL DAY</p> <ul style="list-style-type: none"> Snacker Pack! Goldfish Pretzels, Sunflower Seeds, String Cheese & Carrots <p style="text-align: right;">28</p>	<ul style="list-style-type: none"> Turkey Slider with Sunflower Seeds & Carrots Snacker Pack! Smart Crackers, Sunflower Seeds, String Cheese & Carrots <p style="text-align: right;">29</p>	<ul style="list-style-type: none"> Chicken Salad Slider with Broccoli Snacker Pack! Cheddar Goldfish, Sunflower Seeds, String Cheese & Carrots <p style="text-align: right;">30</p>	<ul style="list-style-type: none"> Chicken Bites Snackers with Carrots Snacker Pack! Honey Wheat Crackers, Sunbutter, String Cheese & Celery <p style="text-align: right;">31</p>	

Did you know?

National Teacher Day is Tuesday, May 8th!

While the holiday (founded in 1985 by the National PTA) is sometimes known as Teacher's Day or Teacher Appreciation Day, the sentiment remains the same as students and parents recognize teachers for all their hard work and dedication.

Many other countries around the world have similar special days, each celebrating on a day of significance to its citizens.

Supper: choice of 1% or fat free milk, fresh fruit available daily.

Vegetarian (V) options available daily – if not listed on the menu, available upon request.

This institution is an equal opportunity provider



Monday	Tuesday	Wednesday	Thursday	Friday
	<ul style="list-style-type: none"> • (V) Italian "Sausage" Calzoni with celery sticks • (DF) (V) Egg Salad Sandwich on a wholegrain bun with lettuce • Turkey & Cheddar Sandwich on a wholegrain bun with lettuce <p style="text-align: right;">1</p>	<ul style="list-style-type: none"> • Pasta with Zesty Beef & corn • (V) Taco Dippers Kit • Buffalo Chicken Wrap with Lettuce <p style="text-align: right;">2</p>	<ul style="list-style-type: none"> • (V) Five Cheese Lasagna with carrots • (DF) Sesame Chicken Wrap with cabbage coleslaw • Chicken Salad Sandwich on a wholegrain bun with lettuce <p style="text-align: right;">3</p>	<p>SCHOOL LUNCH HERO DAY!</p> <ul style="list-style-type: none"> • (V) Green Chile & Cheese Tamale with rice, black beans & corn • Ham & Cheese Sandwich on a wholegrain bun with lettuce • Supper Power Kit! Yogurt, Educational Snacks, Colors Goldfish, Sunflower Seeds & Carrots <p style="text-align: right;">4</p>
<ul style="list-style-type: none"> • (DF) Chicken Teriyaki with Brown Rice • Chicken Caesar Salad with lettuce, wholegrain croutons, & smart crackers • (V) Sunny Sandwich Kit (sunbutter & jelly) with celery sticks & string cheese <p style="text-align: right;">7</p>	<p>NATIONAL TEACHER DAY!</p> <ul style="list-style-type: none"> • ((DF) Spaghetti & Meatballs with carrots • (V) Cheddar Cheese Sandwich on a wholegrain bun with lettuce • Chicken Salad Sandwich on a wholegrain bun with lettuce <p style="text-align: right;">8</p>	<ul style="list-style-type: none"> • (DF) Chicken Potstickers with celery • Honey Mustard Chicken Wrap with lettuce • (DF) (V) Egg Salad Sandwich on a wholegrain bun with lettuce <p style="text-align: right;">9</p>	<ul style="list-style-type: none"> • (V) Bean & Cheese Burrito with baby carrots • BBQ Chicken Wrap with lettuce • Ham & Cheese Sandwich on a wholegrain bun with lettuce <p style="text-align: right;">10</p>	<ul style="list-style-type: none"> • (V) Broccoli Mac & Cheese Meal • (DF) Sesame Chicken Wrap with cabbage coleslaw • Supper Power Kit! Cheddar Goldfish, Educational Snacks, String Cheese, Sunflower Seeds & Carrots <p style="text-align: right;">11</p>
<ul style="list-style-type: none"> • (V) Cheesy Pizza Bite Meal with baby carrots • Santa Fe Chile Chicken & Black Bean Wrap with lettuce • Turkey & Cheddar Sandwich on a wholegrain bun with lettuce <p style="text-align: right;">14</p>	<ul style="list-style-type: none"> • Firecracker Chicken with Sesame Noodles & sunflower seeds • Ham & Cheese Sandwich on a wholegrain bun with lettuce • (V) Taco Dippers Kit <p style="text-align: right;">15</p>	<ul style="list-style-type: none"> • (V) Bean & Cheese Burrito with baby carrots • Chicken Caesar Wrap with lettuce • Chicken Salad Sandwich on a wholegrain bun with lettuce <p style="text-align: right;">16</p>	<ul style="list-style-type: none"> • (V) Cheese Enchiladas with corn • BBQ Chicken Wrap with lettuce • (V) Sunny Sandwich Kit (sunbutter & jelly) with celery sticks & string cheese <p style="text-align: right;">17</p>	<ul style="list-style-type: none"> • Chicken Taco Trio with wholegrain tortillas & corn • Turkey & Cheddar Sandwich on a wholegrain bun with lettuce • Supper Power Kit! Educational Snacks, Pretzel Goldfish, Sunbutter, String Cheese & Celery <p style="text-align: right;">18</p>
<ul style="list-style-type: none"> • (V) Cheese Pizza with a Wholegrain Crust & baby carrots • (V) Hummus Dippers with broccoli, tomatoes & string cheese • Ham & Cheese Sandwich on a wholegrain bun with lettuce <p style="text-align: right;">21</p>	<ul style="list-style-type: none"> • Popcorn Chicken with BBQ Beans & baby carrots • Honey Mustard Chicken Wrap with lettuce • (V) Sunny Sandwich Kit (sunbutter & jelly) with celery sticks & string cheese <p style="text-align: right;">22</p>	<ul style="list-style-type: none"> • BBQ Chicken with Cheesy rice & braised greens • (V) Cheddar Cheese Sandwich on a wholegrain bun with lettuce • (DF) Sesame Chicken Wrap with cabbage coleslaw <p style="text-align: right;">23</p>	<ul style="list-style-type: none"> • Cheesy Chicken Quesadilla with cucumber • (V) Sunny Sandwich Kit (sunbutter & jelly) with celery sticks & string cheese • Chicken Caesar Wrap with lettuce <p style="text-align: right;">24</p>	<ul style="list-style-type: none"> • Creamy Chicken Alfredo with butternut squash • Supper Power Kit! Cheddar Goldfish, Educational Snacks, String Cheese, Sunflower Seeds & Carrots • (V) Veggie Taco Salad with lettuce, pinto beans, & goldfish <p style="text-align: right;">25</p>
<p>MEMORIAL DAY</p> <ul style="list-style-type: none"> • (DF) The Revolution Dog on a wholegrain bun with baby carrots • (V) Sunny Sandwich Kit (sunbutter & jelly) with celery sticks & string cheese <p style="text-align: right;">28</p>	<ul style="list-style-type: none"> • (V) Bean & Cheese Burrito with baby carrots • (DF) (V) Egg Salad Sandwich on a wholegrain bun with lettuce • Turkey & Cheddar Sandwich on a wholegrain bun with lettuce <p style="text-align: right;">29</p>	<ul style="list-style-type: none"> • Pasta with Zesty Beef & corn • (V) Taco Dippers Kit • Buffalo Chicken Wrap with Lettuce <p style="text-align: right;">30</p>	<ul style="list-style-type: none"> • (V) Five Cheese Lasagna with carrots • (V) Southwest Veggie Wrap with lettuce • Chicken Salad Sandwich on a wholegrain bun with lettuce <p style="text-align: right;">31</p>	

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