



MY DENVER

NOVEMBER 2018 | Turkeys & Stuffing

GLENARM RECREATION CENTER



MY Denver Activity Hours
3:00PM - 5:30PM
Ages 8 - 18

Program Hours

Activity #1: 3:00PM - 4:15PM
Activity #2: 4:30PM - 5:30PM

November 19th-21st Hours

Activity #1: 12:30PM - 1:30PM
Activity #2: 2:00PM - 3:00PM
Activity #3: 3:15PM - 4:00PM
*Theme Related Activities

Crafts with Brodie

Mondays and Wednesdays
4:00PM - 4:45PM Ages 8-11
4:45PM - 5:30PM Ages 12-18

Breakdancing with Malo

Fridays
4:30PM - 5:30PM

Gift Making Class

November 27 & 29
4:00PM - 6:00PM

Snack

Mondays - Fridays
5:00PM - 8:00PM
This institution is an equal opportunity provider

Activity Key
Urban Arts and Culture
Sports and Wellness
Science, Technology, Education
Community Engagement
Social Recreation
Engage

	MON	TUE	WED	THU	FRI
				1 Activity #1 *Thanksgiving Hangman Activity #2 Leaves Science Project	2 Activity #1 Free Choice Friday Activity #2 Breakdancing w/ Malo
	5 Activity #1 Dodgeball Activity #2 Crafts with Brodie	6 Activity #1 Chess & Checkers Activity #2 Kool Aid Rock Candy	7 Activity #1 *Thanksgiving Crossword Puzzle Activity #2 Crafts with Brodie	8 Activity #1 Popsicle Stick Airplanes Activity #2 *Turkey Day Social	9 Activity #1 Free Choice Friday Activity #2 Breakdancing w/ Malo
	1 2 Activity #1 *Turkey Day Treasure Hunt Activity #2 Crafts with Brodie	1 3 Activity #1 3 on 3 Tournament Activity #2 Tag Team Puzzles	1 4 Activity #1 *Monthly Craft Class and Rec Center Clean Up Activity #2 Crafts with Brodie	1 5 Activity #1 10 Villains, 1 Guardian Activity #2 My Denver Art Class	1 6 Activity #1 Free Choice Friday Activity #2 Breakdancing w/ Malo
	1 9 Activity #1 Sharks and Minnows Activity #2 *Gratitude Cards Activity #3 Clay Making	2 0 Activity #1 *Thank You Turkeys Activity #2 *Holiday Museums Activity #3 Fun with Paints	2 1 Activity #1 *Fall Treats Activity #2 Handball Activity #3 M.D. Pencil Holders	NO MY Denver Programming Happy Thanksgiving!	
	2 6 Activity #1 *Mountains & Valleys Activity #2 Crafts with Brodie	2 7 Activity #1 The Bouncing Egg Experiment Activity #2 Gift Making Ages 8-11	2 8 Activity #1 Soccer Activity #2 Crafts with Brodie	2 9 Activity #1 *Turkey Day Word Search Activity #2 Gift Making Ages 12-18	3 0 Activity #1 Free Choice Friday Activity #2 Breakdancing w/ Malo

NOVEMBER CACFP SNACK

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 • Educational Snacks • Honey Grahams	2 • Colored Goldfish Cheese Crackers • Blazin Hots Seeds
5 • Honey Grahams with Juice • Goldfish Pretzels	6 • Honey Wheat Crackers • String Cheese	7 • Cinnamon Grahams • Cheddar Goldfish	8 • Educational Snacks • Sunflower Seeds	9 • Cinnamon Grahams • Honey Wheat Crackers
12 • String Cheese • Colored Goldfish Cheese Crackers	13 • Honey Wheat Crackers • Honey Grahams	14 • Educational Snacks • "Hot & Spicy" Goldfish Cheese Crackers	15 • String Cheese • Cinnamon Grahams	16 • Goldfish Pretzels • Educational Snacks
19 • Honey Wheat Crackers • Educational Snacks	20 • Honey Grahams • Cheddar Goldfish	21 • Educational Snacks • String Cheese	HAPPY THANKSGIVING! 22 • Goldfish Pretzels • Sunflower Seeds	23 • Cinnamon Grahams • Honey Wheat Crackers
26 • Colored Goldfish Cheese Crackers • Educational Snacks	27 • Honey Wheat Crackers • String Cheese	28 • Cheddar Goldfish • Honey Grahams	29 • Cinnamon Grahams • Honey Wheat Crackers	30 • Sunflower Seeds • Educational Snacks

DID YOU KNOW?

Revolution Foods is proud to serve fresh food made with real ingredients. Our meals are always:

- Designed with Kids
- Created by Chefs
- Nutritionally Balanced
- Made with High-Quality Ingredients

Learn more about us on our *new* website at revolutionfoods.com

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

NOVEMBER SUPPER GRAB & GO

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			<p>1</p> <ul style="list-style-type: none"> (DF) Chicken Bites with ketchup Educational Snacks with Sunflower Seeds, String Cheese and Carrots 	<p>2</p> <ul style="list-style-type: none"> Sir Racha's Chicken Slider Cheddar Goldfish with Sunflower Seeds, String Cheese and Carrots
<p>5</p> <ul style="list-style-type: none"> Fiesta Chicken Slider with Celery Cinnamon Grahams, Sunbutter, String Cheese and Celery 	<p>6</p> <ul style="list-style-type: none"> Popcorn Chicken Bites with Honey Mustard Dressing Goldfish Pretzels with String Cheese, Sunbutter and Celery 	<p>7</p> <ul style="list-style-type: none"> Turkey Slider with Sunflower Seeds and Carrots Honey Wheat Crackers with Sunbutter, String Cheese and Celery 	<p>8</p> <ul style="list-style-type: none"> Ham Slider with Carrots Hot N Spicy Goldfish with String Cheese, Sunflower Seeds and Carrots 	<p>9</p> <ul style="list-style-type: none"> (DF)BBQ Chicken Slider with Chopped Lettuce Educational Snacks with Sunflower Seeds, String Cheese and Carrots
<p>12</p> <ul style="list-style-type: none"> Chicken Ranch Slider with Chopped Lettuce Cheddar Goldfish with Sunflower Seeds, String Cheese and Carrots 	<p>13</p> <ul style="list-style-type: none"> (DF) Honey Mustard Chicken Slider Cinnamon Grahams, Sunbutter, String Cheese and Celery 	<p>14</p> <ul style="list-style-type: none"> Chicken Salad Slider with Broccoli Goldfish Pretzels with Sunflower Seeds, String Cheese, and Carrots 	<p>15</p> <ul style="list-style-type: none"> (DF) Chicken Bites with ketchup Honey Wheat Crackers with Sunbutter, String Cheese and Celery 	<p>16</p> <ul style="list-style-type: none"> Turkey Slider with Sunflower Seeds and Carrots Educational Snacks with Sunflower Seeds, String Cheese and Carrots
<p>19</p> <ul style="list-style-type: none"> (DF)BBQ Chicken Slider with Chopped Lettuce Honey Wheat Crackers with Sunbutter, String Cheese and Celery 	<p>20</p> <ul style="list-style-type: none"> Ham Slider with Carrots Cheddar Goldfish with Sunflower Seeds, String Cheese and Carrots 	<p>21</p> <ul style="list-style-type: none"> Chicken Bites with Carrots Educational Snacks with Sunflower Seeds, String Cheese and Carrots 	<p>HAPPY THANKSGIVING! 22</p> <ul style="list-style-type: none"> Cinnamon Grahams, Sunbutter, String Cheese and Celery 	<p>23</p> <ul style="list-style-type: none"> Hot N Spicy Goldfish with String Cheese, Sunflower Seeds and Carrots
<p>26</p> <ul style="list-style-type: none"> (DF) Honey Mustard Chicken Slider Goldfish Pretzels with String Cheese, Sunbutter and Celery 	<p>27</p> <ul style="list-style-type: none"> Chicken Ranch Slider with Chopped Lettuce Honey Wheat Crackers with Sunbutter, String Cheese and Celery 	<p>28</p> <ul style="list-style-type: none"> Popcorn Chicken Bites with Buffalo Sauce Cinnamon Grahams, Hard Boiled Egg, String Cheese and Carrots 	<p>29</p> <ul style="list-style-type: none"> Turkey Slider with Sunflower Seeds and Carrots Cheddar Goldfish with Sunflower Seeds, String Cheese and Carrots 	<p>30</p> <ul style="list-style-type: none"> Chicken Salad Slider with Broccoli Educational Snacks with Sunflower Seeds, String Cheese and Carrots

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- Made with High-Quality Ingredients

Learn more about us on our *new* website at revolutionfoods.com

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.

NOVEMBER SUPPER FULL FRESH

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1	2
<ul style="list-style-type: none"> (V) Five Cheese Lasagna with carrots Supper Power Kit! Cheddar Goldfish, RF Crackers, String Cheese, Sunflower Seeds & Carrots Turkey & Cheddar Sandwich on a wholegrain bun with lettuce 	<ul style="list-style-type: none"> (V) (DF) BBQ "Beef" Vegan Calzoni with baby carrots Mighty Meaty Deli Combo Sandwich on a wholegrain bun with baby carrots Chicken Caesar Wrap with lettuce 	<ul style="list-style-type: none"> Red Chile & Chicken Tamale with rice, black beans & corn BBQ Chicken Wrap with lettuce (V) Veggie Chef's Salad with goldfish pretzels 	<ul style="list-style-type: none"> (V) Philly Cheesesteak Calzoni with baby carrots Garden Ranch Salad with Chicken & pretzels (V) Sunny Sandwich Kit (sunbutter & jelly) with celery sticks & string cheese 	<ul style="list-style-type: none"> (DF) Classic Spaghetti and Meatballs with carrots (V) Cheddar Cheese Sandwich on a wholegrain bun with lettuce Ham & Cheese Sandwich on a wholegrain bun with lettuce
5	6	7	8	9
<ul style="list-style-type: none"> (V) Cheesy Ravioli with carrots Honey Mustard Chicken Wrap with lettuce Turkey & Cheddar Sandwich on a wholegrain bun with lettuce 	<ul style="list-style-type: none"> Beef Ranchero Rice Bake with Beans & Corn Garden Ranch Salad with Chicken & pretzels (V) Southwest Veggie Wrap with lettuce 	<ul style="list-style-type: none"> (DF) Chicken Teriyaki with Brown Rice Buffalo Chicken Wrap with lettuce Supper Power Kit! RF Crackers Pretzel Goldfish, Sunbutter, String Cheese & Celery 	<ul style="list-style-type: none"> (DF) Roasted Turkey & Stuffing (V) Sunny Sandwich Kit (sunbutter & jelly) with celery sticks & string cheese Mighty Meaty Deli Combo Sandwich on a wholegrain bun with baby carrots 	<ul style="list-style-type: none"> (V) Broccoli Mac & Cheese Meal Ham & Cheese Sandwich on a wholegrain bun with lettuce (V) Sunny Sandwich Kit (sunbutter & jelly) with celery sticks & string cheese
12	13	14	15	16
<ul style="list-style-type: none"> (V) Green Chile & Cheese Tamale with rice, black beans & corn Supper Power Kit! Cheddar Goldfish, RF Crackers, String Cheese, Sunflower Seeds & Carrots BBQ Chicken Wrap with lettuce 	<ul style="list-style-type: none"> Chicken Taco Trio with wholegrain tortillas & corn (DF) (V) Egg Salad Sandwich on a wholegrain bun with lettuce Chicken Caesar Salad with lettuce, wholegrain croutons, & smart crackers 	<ul style="list-style-type: none"> (DF) Chicken Bites with wholegrain breading & corn Supper Power Kit! RF Crackers Pretzel Goldfish, Sunbutter, String Cheese & Celery Turkey & Cheddar Sandwich on a wholegrain bun with lettuce 	HAPPY THANKSGIVING!	
19	20	21	22	23
<ul style="list-style-type: none"> Creamy Chicken Alfredo with butternut squash (V) Sunny Sandwich Kit (sunbutter & jelly) with celery sticks & string cheese Chicken Salad Sandwich on a wholegrain bun with lettuce 	<ul style="list-style-type: none"> (DF) Chicken Bites with BBQ Bean Sauce wholegrain breading & corn Supper Power Kit! Cheddar Goldfish, RF Crackers, String Cheese, Sunflower Seeds & Carrots Ham & Cheese Sandwich on a wholegrain bun with lettuce 	<ul style="list-style-type: none"> (DF) The Revolution Dog on a wholegrain bun with baby carrots Mighty Meaty Deli Combo Sandwich on a wholegrain bun with baby carrots (V) Veggie Chef's Salad with goldfish pretzels 	<ul style="list-style-type: none"> (V) Cheese Pizza with a Wholegrain Crust & baby carrots Chicken Caesar Wrap with lettuce 	<ul style="list-style-type: none"> Cheeseburger with baby carrots Turkey & Cheddar Sandwich on a wholegrain bun with lettuce
26	27	28	29	30

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Supper: 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.

Office of Children's Affairs
2018 - 2019 Snacks and Supper Program

Name of Open Sites	Address and Phone Number	Start Date	Facility Opening	Days and Times of Food Services	Type of Meal
Ashland Recreation Center	2475 W Dunkeld Pl. Denver, 80211	9/10/2018	Monday – Thursday 6:00 AM Friday @ 11:30 AM	Monday – Friday 3:00 - 7:00 PM Wednesday 2:00 - 7:00 PM	Super Snacks
Athmar Recreation Center	2680 W Mexico Ave, Denver, 80219	8/27/2018	Monday – Friday 6:00 AM	Monday – Friday 4:00 - 5:00 PM	Snacks Only
Aztlan Recreation Center	4435 Navajo St, Denver, 80211	8/27/2018	Monday – Friday 11:00 AM	Monday – Friday 3:30 - 6:00 PM	Super Snacks Only
Eisenhower Recreation Center	4300 Dartmouth Ave, Denver, 80222	8/27/2018	Monday – Friday 7:00 AM	Monday – Friday 3:30 - 5:30 PM	Super Snacks
Glenarm Recreation Center	2800 Glenarm Place, Denver, 80205	8/20/2018	Monday/Wednesday/Friday 10:00 AM Tuesday/Thursday 6:00 AM	Monday – Thursday 5:00 - 8:00 PM Friday 5:00 - 7:00 PM	Snacks Only
RecKidz @ Green Valley Ranch	4890 Argonne Way, Denver, 80249	8/27/2018	Monday – Friday 6:00 AM	Monday – Friday 3:30 - 4:30 PM	Snacks Only
Green Valley Ranch Recreation Center	4890 Argonne Way, Denver, 80249	8/20/2018	Monday – Friday 6:00 AM	Monday – Friday 5:00 - 6:00 PM	Super Snacks

Harvard Gulch Recreation Center	550 E Iliff Ave., Denver, CO 80210	8/20/2018	Monday – Friday 9:00 AM	Monday – Friday 4:00 - 6:00 PM	Snacks Only
Harvey Park Recreation Center	2120 S Tennyson Way, Denver, 80219	8/20/2018	Monday – Friday 9:00 AM	Monday – Friday 3:30 – 7 PM	Supper Only (Hot & Cold)
Hiawatha Davis Recreation Center	3334 Holly St, Denver, 80207	8/20/2018	Monday – Friday 7:00 AM	Monday – Friday 3:00 - 5 PM	Super Snacks
Johnson Recreation Center	4809 Race St., Denver, 80216	10/1/2018	Monday - Thursday 11 AM - 7 PM Friday 11 AM - 6 PM	Monday - Friday 4 - 5:30 PM Saturdays 11 AM- 12 PM	Supper Only (Hot & Cold) Snacks only on Saturdays
La Alma Recreation Center	1325 W 11th Ave, Denver, 80204	8/20/2018	Monday – Friday 10:00 AM	Monday – Friday 4:00 - 6:00 PM	Supper Only (Hot & Cold)
La Familia Recreation Center	65 S. Elati St, Denver, 80223	8/27/2018	Monday/Wednesday/Friday 10:00 AM Tuesday/Thursday 6:00 AM	Monday – Friday 3:00 - 7:00 PM	Supper Only (Hot & Cold)
Marie L. Greenwood Elementary School	5130 Durham Ct, Denver, 80239	8/27/2018	Monday – Friday 7:30 AM	Monday – Friday 3:00 - 4:00 PM	Supper Only (Cold)
Montbello Recreation Center	15555 E 53rd Ave, Denver, 80239	9/4/2018	Monday – Friday 6:00 AM	Monday – Friday 2:30 - 4:00 PM (Snacks) 4:30 - 6:00 PM (Supper)	Snacks and Supper (Hot & Cold)

Montclair Recreation Center	729 Ulster Way, Denver, 80230	8/20/2018	Monday – Friday 6:00 AM	Monday – Friday 3:00 – 5:30 PM	Supper Only (Hot and Cold)
Rude Park Recreation Center	2855 W Holden Pl, Denver, 80204	8/20/2018	Monday – Friday 6:00 AM	Monday – Friday 4:00 – 5:15 PM	Snacks only
St. Charles Recreation Center	3777 Lafayette St., Denver, 80205	8/27/2018	Monday - Thursday 11:30 AM Friday @ 11 AM	Monday - Friday 3:30 - 6:30 PM	Supper Only (Hot and Cold)
SOAR @ Schmitt Elementary	1820 S. Vallejo St, Denver, 80223	8/27/2018	Monday – Friday 6:00 AM	Monday – Friday 3:15 – 4:30 PM	Super Snacks Only
Stapleton Recreation Center	5090 Broadway, Denver, 80216	9/4/2018	Monday – Friday 11:30AM	Monday – Friday 3:00 - 6:30 PM	Supper Only (Hot & Cold)
Swansea Recreation Center	2650 E. 49 th Ave, Denver, 80216	8/20/2018	Monday – Thursday 11:30 AM Friday @ 11 AM	Monday – Friday 3:30 – 6:30 PM	Supper Only (Hot & Cold)
Name of Enrolled Sites	Address	Start Date	Facility Opening	Days and Times of Food Services	Type of Meal
Girls Inc. of Metro Denver	1499 Julian St. Denver, 80204	9/4/2018	Monday – Friday 10:00 AM	Monday – Friday 3:15 – 4:15 PM	Supper Only (Hot & Cold)

Impact360 at Denver Athletic Club	1325 Glenarm Pl. Denver, 80204	9/4/2018	Tuesday - Friday 9:00 AM	Tuesday - Friday 1:45 - 4:00 PM (Snacks) 4:30 - 7:00 PM (Supper) Saturday 8 - 11:00 AM (Snacks) 11:30 - 3:00 PM (Lunch)	Snack & Supper (Hot & Cold)
Impact 360 West High School	951 Elati St. Denver, 80204	9/4/2018	Tuesday 10:00 AM Wed. - Friday @ 10:30 AM	Tuesday - Friday 1:45 - 4:00 PM (Snacks) 4:30 - 7:00 PM (Supper) Saturday 8 - 11:00 AM (Snacks) 11:30 - 3:00 PM (Lunch)	Snack & Supper (Hot & Cold)