



# MY DENVER

## AUGUST 2018 | ALL ABOUT US



### HARVARD GULCH RECREATION CENTER

MY Denver Activity Hours 10:00AM - 2:00PM (August 1st- 17th) 4:00PM - 6:30PM (Starting August 27th) Ages 8 - 18	MON	TUE	WED	THU	FRI	
<b>August 1st-17th</b> Activity #1: 10:00AM - 11:00AM Activity #2: 11:30AM - 12:30PM Activity #3: 1:00PM - 2:00PM  <b>August 27th-31st</b> Activity #1: 4:00PM - 5:00PM Activity #2: 5:30PM - 6:30PM *Theme Related Activities			<b>1</b> <u>Activity #1</u> Creative Arts* <u>Activity #2</u> LEGO <u>Activity #3</u> Game Room Adventures	<b>2</b> <u>Activity #1</u> Knock Out <u>Activity #2</u> Game Room Adventures <u>Activity #3</u> Cell Tag	<b>3</b> <u>Activity #1</u> Slime <u>Activity #2</u> Drawing* <u>Activity #3</u> Dodgeball	
	<b>6</b> <u>Activity #1</u> World Cup* <u>Activity #2</u> Popsicle Boats* <u>Activity #3</u> Painting	<b>7</b> <u>Activity #1</u> Movie <u>Activity #2</u> Hand Print Art <u>Activity #3</u> Football*	<b>8</b> <b>ROCKIES GAME</b> Field Trip Day Sign Up With Your Center MY Denver Instructor	<b>9</b> <u>Activity #1</u> Team Dodgeball* <u>Activity #2</u> Foosball <u>Activity #3</u> Ice Cream Social	<b>10</b> <u>Activity #1</u> Card Games <u>Activity #2</u> Scatter Ball* <u>Activity #3</u> Swimming	
<b>Karate</b> Mondays and Wednesdays 4:00PM - 5:00PM  <b>Snack/Dinner</b> Mondays - Fridays 4:00PM - 5:00PM <i>This institution is an equal opportunity provider</i>	<b>13</b> <u>Activity #1</u> 2-2 Basketball* <u>Activity #2</u> Legos <u>Activity #3</u> Creative Arts	<b>14</b> <u>Activity #1</u> Foosball Tourney <u>Activity #2</u> Painting <u>Activity #3</u> Spud*	<b>15</b> <u>Activity #1</u> Cell Tag* <u>Activity #2</u> Matt Ball <u>Activity #3</u> Wii Wednesday	<b>16</b> <u>Activity #1</u> Futsol <u>Activity #2</u> Fish Bowl* <u>Activity #3</u> Kids Choice	<b>17</b> <u>Activity #1</u> Dodgeball <u>Activity #2</u> Game Room Adventures* <u>Activity #3</u> Swimming	
	20	21	<b>No MY Denver Activities            Instructor Training Week</b>			24
<b>Activity Key</b> Urban Arts and Culture Sports and Wellness Science, Technology, Education Community Engagement Social Recreation Engage	<b>27</b> <u>Activity #1</u> Capture the Flag  <u>Activity #2</u> Pool Lesson*	<b>28</b> <u>Activity #1</u> Knock Out  <u>Activity #2</u> Fish Bowl*	<b>29</b> <u>Activity #1</u> Wii Wednesday  <u>Activity #2</u> Futsol	<b>30</b> <u>Activity #1</u> Football  <u>Activity #2</u> Game Room Adventures	<b>27</b> <u>Activity #1</u> Spud*  <u>Activity #2</u> Kids Choice	

# August

## 2018 BREAKFAST

Monday	Tuesday	Wednesday	Thursday	Friday
		<ul style="list-style-type: none"> <li>Plain Bagel &amp; Cream Cheese/Fruit or Pineapple Juice</li> <li>Yogurt &amp; Educational Snacks/Fruit or Pineapple Juice</li> </ul> <p style="text-align: right;">1</p>	<ul style="list-style-type: none"> <li>(DF) Multigrain Cheerios with Mini Dipperdoodle Bar/Fruit or Orange Juice</li> <li>Lemon Muffin/Fruit or Orange Juice</li> </ul> <p style="text-align: right;">2</p>	<ul style="list-style-type: none"> <li>Breakfast Cinnamon Crumble/Fruit or Pineapple Juice</li> <li>(DF) Cocoa Critters Cereal/Fruit or Pineapple Juice</li> </ul> <p style="text-align: right;">3</p>
<ul style="list-style-type: none"> <li>Dipperdoodle Bar</li> <li>(DF) Honey Buttons Cereal</li> </ul> <p style="text-align: right;">6</p>	<ul style="list-style-type: none"> <li>(V) Apple Cinnamon Muffin &amp; Hard Boiled Egg</li> <li>Yogurt with Granola</li> </ul> <p style="text-align: right;">7</p>	<ul style="list-style-type: none"> <li>Cinnamon Crumbles/Fruit or Orange Juice</li> <li>(DF) Snow Flurries Cereal/Fruit or Orange Juice</li> </ul> <p style="text-align: right;">8</p>	<ul style="list-style-type: none"> <li>Cinnamon Grahams &amp; Cinnamon Rumbles/Fruit or Pineapple Juice</li> <li>Blueberry Burst Bagel &amp; Cream Cheese/Fruit or Pineapple Juice</li> </ul> <p style="text-align: right;">9</p>	<ul style="list-style-type: none"> <li>French Toast Muffin/Fruit or Orange Juice</li> <li>(DF) Cinnamon Chex with Zac Attack Strawberry Fruit Filled Bar/Fruit or Orange Juice</li> </ul> <p style="text-align: right;">10</p>
<ul style="list-style-type: none"> <li>Yogurt with Honey Grahams</li> <li>(DF) Zee Zees Cinnamon Crisp Bar</li> </ul> <p style="text-align: right;">13</p>	<ul style="list-style-type: none"> <li>Cinnamon Crumbles</li> <li>(DF) Multigrain Cheerios with Mini Dipperdoodle Bar</li> </ul> <p style="text-align: right;">14</p>	<ul style="list-style-type: none"> <li>Plain Bagel &amp; Cream Cheese/Fruit or Pineapple Juice</li> <li>Cinnamon Grahams &amp; Cinnamon Rumbles/Fruit or Pineapple Juice</li> </ul> <p style="text-align: right;">15</p>	<ul style="list-style-type: none"> <li>French Toast Muffin/Fruit or Orange Juice</li> <li>(DF) Cocoa Critters Cereal/Fruit or Orange Juice</li> </ul> <p style="text-align: right;">16</p>	<ul style="list-style-type: none"> <li>Lemon Muffin/Fruit or Pineapple Juice</li> <li>(DF) Corn Chex with Zac Attack Strawberry Fruit Filled Bar/Fruit or Pineapple Juice</li> </ul> <p style="text-align: right;">17</p>
<ul style="list-style-type: none"> <li>(DF) Zac Omega Fruit-Filled Blackberry Bar</li> <li>(DF) Snow Flurries Cereal</li> </ul> <p style="text-align: right;">20</p>	<ul style="list-style-type: none"> <li>(V) Apple Cinnamon Muffin &amp; Hard Boiled Egg</li> <li>Yogurt with Granola</li> </ul> <p style="text-align: right;">21</p>	<ul style="list-style-type: none"> <li>Lemon Muffin/Fruit or Orange Juice</li> <li>Blueberry Burst Bagel &amp; Cream Cheese/Fruit or Orange Juice</li> </ul> <p style="text-align: right;">22</p>	<ul style="list-style-type: none"> <li>Cinnamon Crumbles/Fruit or Pineapple Juice</li> <li>(DF) Corn Chex with Zac Attack Strawberry Fruit Filled Bar/Fruit or Pineapple Juice</li> </ul> <p style="text-align: right;">23</p>	<ul style="list-style-type: none"> <li>(DF) Honey Buttons Cereal/Fruit or Orange Juice</li> <li>French Toast Muffin /Fruit or Orange Juice</li> </ul> <p style="text-align: right;">24</p>
<ul style="list-style-type: none"> <li>Yogurt with Honey Grahams</li> <li>(DF) Zee Zees Cinnamon Crisp Bar/Fruit</li> </ul> <p style="text-align: right;">27</p>	<ul style="list-style-type: none"> <li>Cinnamon Crumbles</li> <li>(DF) Cheerios/Zac Attack Fruit- Filled Apple Bar</li> </ul> <p style="text-align: right;">28</p>	<ul style="list-style-type: none"> <li>(DF) Cocoa Critters Cereal/Fruit or Pineapple Juice</li> <li>French Toast Muffin/Fruit or Pineapple Juice</li> </ul> <p style="text-align: right;">29</p>	<ul style="list-style-type: none"> <li>Plain Bagel &amp; Cream Cheese/Fruit or Orange Juice</li> <li>(DF) Corn Chex with Mini Dipperdoodle Bar/Fruit or Orange Juice</li> </ul> <p style="text-align: right;">30</p>	<ul style="list-style-type: none"> <li>(DF) Snow Flurries Cereal/Fruit or Pineapple Juice</li> <li>Lemon Muffin/Fruit or Pineapple Juice</li> </ul> <p style="text-align: right;">31</p>

## Welcome Back!

Start your day (and your new school year!) off right with a healthy breakfast.

Not only is breakfast the **most important meal of the day**, but it's also one of the key ways to **maximize your daily energy and increase concentration** throughout the whole day!

**Breakfast:** choice of 1% or fat-free milk; fresh fruit served daily except when fruit juice is offered twice per week.

*This institution is an equal opportunity provider*



# August

## 2018 FULL FRESH LUNCH/SUPPER

Monday	Tuesday	Wednesday	Thursday	Friday
		<ul style="list-style-type: none"> <li>(V) Bean &amp; Cheese Burrito with baby carrots</li> <li>Chicken Salad Sandwich on a wholegrain bun with lettuce</li> <li>Sesame Chicken Salad with lettuce, cabbage, cucumber, carrots &amp; smart crackers</li> </ul> <p style="text-align: right;">1</p>	<ul style="list-style-type: none"> <li>(DF) Sloppy Joe with celery sticks</li> <li>(V) Sunny Sandwich Kit (sunbutter &amp; jelly) with celery sticks &amp; string cheese</li> <li>(V) Hummus Dippers with broccoli, tomatoes &amp; string cheese</li> </ul> <p style="text-align: right;">2</p>	<ul style="list-style-type: none"> <li>Chicken Enchiladas with corn</li> <li>Ham &amp; Cheese Sandwich on a wholegrain bun with lettuce</li> <li>Supper Power Kit! RF Crackers Pretzel Goldfish, Sunbutter, String Cheese &amp; Celery</li> </ul> <p style="text-align: right;">3</p>
<ul style="list-style-type: none"> <li>(V) Five Cheese Lasagna with carrots</li> <li>Mighty Meaty Deli Combo Sandwich on a wholegrain bun with baby carrots</li> <li>Chicken Caesar Wrap with lettuce</li> </ul> <p style="text-align: right;">6</p>	<ul style="list-style-type: none"> <li>(V) Veggie Chef's Salad with goldfish pretzels</li> <li>Turkey &amp; Cheddar Sandwich on a wholegrain bun with lettuce</li> <li>(V) Veggie Chef's Salad with goldfish pretzels</li> </ul> <p style="text-align: right;">7</p>	<ul style="list-style-type: none"> <li>(DF) Chicken Teriyaki with Brown Rice</li> <li>(V) Cheddar Cheese Sandwich on a wholegrain bun with lettuce</li> <li>Chicken Ranch Wrap with lettuce and baby carrots</li> </ul> <p style="text-align: right;">8</p>	<ul style="list-style-type: none"> <li>(DF) The Revolution Dog on a wholegrain bun with baby carrots</li> <li>(V) Sunny Sandwich Kit (sunbutter &amp; jelly) with celery sticks &amp; string cheese</li> <li>Buffalo Chicken Wrap with lettuce</li> </ul> <p style="text-align: right;">9</p>	<ul style="list-style-type: none"> <li>(V) Cheesy Pizza Bite Meal with baby carrots</li> <li>Ham &amp; Cheese Sandwich on a wholegrain bun with lettuce</li> <li>Supper Power Kit! Cheddar Goldfish, RF Crackers, String Cheese, Sunflower Seeds &amp; Carrots</li> </ul> <p style="text-align: right;">10</p>
<ul style="list-style-type: none"> <li>(DF) Chicken Bites with wholegrain breading &amp; corn</li> <li>(V) Hummus Dippers with broccoli, tomatoes &amp; string cheese</li> <li>Turkey &amp; Cheddar Sandwich on a wholegrain bun with lettuce</li> </ul> <p style="text-align: right;">13</p>	<ul style="list-style-type: none"> <li>Chicken Taco Trio with wholegrain tortillas &amp; corn</li> <li>Chicken Salad Sandwich on a wholegrain bun with lettuce</li> <li>(V) Southwest Veggie Wrap with lettuce</li> </ul> <p style="text-align: right;">14</p>	<ul style="list-style-type: none"> <li>Cheeseburger with baby carrots</li> <li>Honey Mustard Chicken Wrap with lettuce</li> <li>(V) Cheddar 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>(V) Veggie Taco Salad with lettuce, pinto beans, &amp; goldfish</li> <li>Mighty Meaty Deli Combo Sandwich on a wholegrain bun with baby carrots</li> </ul> <p style="text-align: right;">16</p>	<ul style="list-style-type: none"> <li>(V) Broccoli Mac &amp; Cheese Meal</li> <li>Ham &amp; Cheese Sandwich on a wholegrain bun with lettuce</li> <li>Supper Power Kit! Yogurt, RF Crackers, Colors Goldfish, Sunflower Seeds &amp; Carrots</li> </ul> <p style="text-align: right;">17</p>
<ul style="list-style-type: none"> <li>Cheesy Ravioli with carrots</li> <li>Chicken Caesar Wrap with lettuce</li> <li>Turkey &amp; Cheddar Sandwich on a wholegrain bun with lettuce</li> </ul> <p style="text-align: right;">20</p>	<ul style="list-style-type: none"> <li>Mac &amp; Cheese with Chicken Sausage &amp; carrots</li> <li>(V) Taco Dippers Kit</li> <li>Chicken Salad Sandwich on a wholegrain bun with lettuce</li> </ul> <p style="text-align: right;">21</p>	<ul style="list-style-type: none"> <li>Firecracker Chicken with Sesame Noodles &amp; sunflower seeds</li> <li>Garden Ranch Salad with Chicken &amp; pretzels</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>(V) Cheese Enchiladas with corn</li> <li>Buffalo Chicken Wrap with lettuce</li> <li>Mighty Meaty Deli Combo Sandwich on a wholegrain bun with baby carrots</li> </ul> <p style="text-align: right;">23</p>	<ul style="list-style-type: none"> <li>(V) Cheese Pizza with a Wholegrain Crust &amp; baby carrots</li> <li>Ham &amp; Cheese Sandwich on a wholegrain bun with lettuce</li> <li>Supper Power Kit! RF Crackers Pretzel Goldfish, Sunbutter, String Cheese &amp; Celery</li> </ul> <p style="text-align: right;">24</p>
<ul style="list-style-type: none"> <li>(DF) The Revolution Dog on a wholegrain bun with baby carrots</li> <li>Mighty Meaty Deli Combo Sandwich on a wholegrain bun with baby carrots</li> <li>(V) Hummus Dippers with broccoli, tomatoes &amp; string cheese</li> </ul> <p style="text-align: right;">27</p>	<ul style="list-style-type: none"> <li>(V) Green Chile &amp; Cheese Tamale with rice, black beans &amp; corn</li> <li>(DF) (V) Egg Salad Sandwich on a wholegrain bun with lettuce</li> <li>Santa Fe Chile Chicken &amp; Black Bean Wrap with lettuce</li> </ul> <p style="text-align: right;">28</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) Sunny Sandwich Kit (sunbutter &amp; jelly) with celery sticks &amp; string cheese</li> </ul> <p style="text-align: right;">29</p>	<ul style="list-style-type: none"> <li>(V) Broccoli Mac &amp; Cheese Meal</li> <li>BBQ Chicken Wrap with lettuce</li> <li>(V) Cheddar Cheese Sandwich on a wholegrain bun with lettuce</li> </ul> <p style="text-align: right;">30</p>	<ul style="list-style-type: none"> <li>(V) Cheesy Pizza Bite Meal with baby carrots</li> <li>Supper Power Kit! Cheddar Goldfish, RF Crackers, String Cheese, Sunflower Seeds &amp; Carrots</li> <li>Chicken Caesar Salad with lettuce, wholegrain croutons, &amp; smart crackers</li> </ul> <p style="text-align: right;">31</p>

## Welcome Back!

Celebrate the new school year by trying something new!



Did you know... it can take several tries (sometimes up to 10 or even 20!) to like a new food? **What do you want to try this month?**

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.

*This institution is an equal opportunity provider*

# August

## CACFP SNACK

Monday	Tuesday	Wednesday	Thursday	Friday
		<ul style="list-style-type: none"> <li>• Yogurt</li> <li>• Goldfish Pretzels</li> </ul> <p style="text-align: right;">1</p>	<ul style="list-style-type: none"> <li>• Sunflower Seeds</li> <li>• Cinnamon Grahams</li> </ul> <p style="text-align: right;">2</p>	<ul style="list-style-type: none"> <li>• String Cheese</li> <li>• Educational Snacks</li> </ul> <p style="text-align: right;">3</p>
<ul style="list-style-type: none"> <li>• Honey Grahams</li> <li>• Blazin Hots Seeds</li> </ul> <p style="text-align: right;">6</p>	<ul style="list-style-type: none"> <li>• Cheddar Goldfish</li> <li>• Cinnamon Grahams</li> </ul> <p style="text-align: right;">7</p>	<ul style="list-style-type: none"> <li>• Honey Wheat Crackers</li> <li>• Goldfish Pretzels</li> </ul> <p style="text-align: right;">8</p>	<ul style="list-style-type: none"> <li>• Educational Snacks</li> <li>• String Cheese</li> </ul> <p style="text-align: right;">9</p>	<ul style="list-style-type: none"> <li>• Colored Goldfish Cheese Crackers</li> <li>• Yogurt</li> </ul> <p style="text-align: right;">10</p>
<ul style="list-style-type: none"> <li>• Goldfish Pretzels</li> <li>• Educational Snacks with Sunbutter</li> </ul> <p style="text-align: right;">13</p>	<ul style="list-style-type: none"> <li>• Cinnamon Grahams</li> <li>• Honey Wheat Crackers</li> </ul> <p style="text-align: right;">14</p>	<ul style="list-style-type: none"> <li>• Yogurt</li> <li>• Cheddar Goldfish</li> </ul> <p style="text-align: right;">15</p>	<ul style="list-style-type: none"> <li>• Sunflower Seeds</li> <li>• Hot &amp; Spicy Goldfish Cheese Crackers</li> </ul> <p style="text-align: right;">16</p>	<ul style="list-style-type: none"> <li>• String Cheese</li> <li>• Honey Grahams</li> </ul> <p style="text-align: right;">17</p>
<ul style="list-style-type: none"> <li>• Honey Wheat Crackers</li> <li>• Colored Goldfish Cheese Crackers</li> </ul> <p style="text-align: right;">20</p>	<ul style="list-style-type: none"> <li>• Goldfish Pretzels</li> <li>• String Cheese</li> </ul> <p style="text-align: right;">21</p>	<ul style="list-style-type: none"> <li>• Hot &amp; Spicy Goldfish Cheese Crackers</li> <li>• Honey Grahams</li> </ul> <p style="text-align: right;">22</p>	<ul style="list-style-type: none"> <li>• Yogurt</li> <li>• Cheddar Goldfish</li> </ul> <p style="text-align: right;">23</p>	<ul style="list-style-type: none"> <li>• Blazin Hots Seeds</li> <li>• Cinnamon Grahams</li> </ul> <p style="text-align: right;">24</p>
<ul style="list-style-type: none"> <li>• Honey Wheat Crackers</li> <li>• Educational Snacks with Sunbutter</li> </ul> <p style="text-align: right;">27</p>	<ul style="list-style-type: none"> <li>• Cheddar Goldfish</li> <li>• Cinnamon Grahams</li> </ul> <p style="text-align: right;">28</p>	<ul style="list-style-type: none"> <li>• String Cheese</li> <li>• Sunflower Seeds</li> </ul> <p style="text-align: right;">29</p>	<ul style="list-style-type: none"> <li>• Goldfish Pretzels</li> <li>• Educational Snacks</li> </ul> <p style="text-align: right;">30</p>	<ul style="list-style-type: none"> <li>• Yogurt</li> <li>• Honey Grahams</li> </ul> <p style="text-align: right;">31</p>

## Welcome Back!

Revolution Foods is proud to serve fresh food made with real ingredients. There's a lot you won't find in our meals, including:

- × No artificial colors, flavors, or sweeteners
- × No high fructose corn syrup, MSG
- × No partially or fully hydrogenated fats or oils
- × No added nitrites/nitrates



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

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# August

## 2018 Super Snacks

Monday	Tuesday	Wednesday	Thursday	Friday
		<ul style="list-style-type: none"> <li>• Chicken Bites with Carrots</li> <li>• Cinnamon Grahams with Sunbutter, String Cheese and Celery Kit</li> </ul> <p style="text-align: right;">1</p>	<ul style="list-style-type: none"> <li>• Cheese Slider with Sunflower Seeds and Cucumbers</li> <li>• Goldfish Pretzels with Sunflower Seeds, String Cheese, and Carrots</li> </ul> <p style="text-align: right;">2</p>	<ul style="list-style-type: none"> <li>• (DF)BBQ Chicken Slider with Chopped Lettuce</li> <li>• Honey Wheat Crackers with Sunbutter, String Cheese and Celery</li> </ul> <p style="text-align: right;">3</p>
<ul style="list-style-type: none"> <li>• Turkey Slider with Sunflower Seeds and Carrots</li> <li>• Hot N Spicy Goldfish with String Cheese, Sunflower Seeds and Carrots</li> </ul> <p style="text-align: right;">6</p>	<ul style="list-style-type: none"> <li>• Popcorn Chicken Bites with Honey Mustard Dressing</li> <li>• Honey Wheat Crackers with Sunbutter, String Cheese and Celery</li> </ul> <p style="text-align: right;">7</p>	<ul style="list-style-type: none"> <li>• Chicken Ranch Slider with Chopped Lettuce</li> <li>• Cheddar Goldfish with Sunflower Seeds, String Cheese and Carrots</li> </ul> <p style="text-align: right;">8</p>	<ul style="list-style-type: none"> <li>• Chicken Salad Slider with Broccoli</li> <li>• Cinnamon Grahams, Hard Boiled Egg, String Cheese and Carrots</li> </ul> <p style="text-align: right;">9</p>	<ul style="list-style-type: none"> <li>• Sir Racha's Chicken Slider</li> <li>• Goldfish Pretzels with String Cheese, Sunbutter and Celery</li> </ul> <p style="text-align: right;">10</p>
<ul style="list-style-type: none"> <li>• Cheese Slider with Sunflower Seeds and Cucumbers</li> <li>• Educational Snacks with Sunflower Seeds, String Cheese and Carrots</li> </ul> <p style="text-align: right;">13</p>	<ul style="list-style-type: none"> <li>• (DF)BBQ Chicken Slider with Chopped Lettuce</li> <li>• Cheddar Goldfish with Sunflower Seeds, String Cheese and Carrots</li> </ul> <p style="text-align: right;">14</p>	<ul style="list-style-type: none"> <li>• Fiesta Chicken Slider with Celery</li> <li>• Honey Wheat Crackers with Sunbutter, String Cheese and Celery</li> </ul> <p style="text-align: right;">15</p>	<ul style="list-style-type: none"> <li>• Turkey Slider with Sunflower Seeds and Carrots</li> <li>• Cinnamon Grahams, Sunbutter, String Cheese and Celery</li> </ul> <p style="text-align: right;">16</p>	<ul style="list-style-type: none"> <li>• Popcorn Chicken Bites with Honey Mustard Dressing</li> <li>• Hot N Spicy Goldfish with String Cheese, Sunflower Seeds and Carrots</li> </ul> <p style="text-align: right;">17</p>
<ul style="list-style-type: none"> <li>• Chicken Ranch Slider with Chopped Lettuce</li> <li>• Goldfish Pretzels with String Cheese, Sunbutter and Celery</li> </ul> <p style="text-align: right;">20</p>	<ul style="list-style-type: none"> <li>• Chicken Salad Slider with Broccoli</li> <li>• Cinnamon Grahams, Hard Boiled Egg, String Cheese and Carrots</li> </ul> <p style="text-align: right;">21</p>	<ul style="list-style-type: none"> <li>• Popcorn Chicken Bites with Honey Mustard Dressing</li> <li>• Cheddar Goldfish with Sunflower Seeds, String Cheese and Carrots</li> </ul> <p style="text-align: right;">22</p>	<ul style="list-style-type: none"> <li>• Sir Racha's Chicken Slider</li> <li>• Honey Wheat Crackers with Sunbutter, String Cheese and Celery</li> </ul> <p style="text-align: right;">23</p>	<ul style="list-style-type: none"> <li>• Turkey Slider with Sunflower Seeds and Carrots</li> <li>• Educational Snacks with Sunflower Seeds, String Cheese and Carrots</li> </ul> <p style="text-align: right;">24</p>
<ul style="list-style-type: none"> <li>• Fiesta Chicken Slider with Celery</li> <li>• Honey Wheat Crackers with Sunbutter, String Cheese and Celery</li> </ul> <p style="text-align: right;">27</p>	<ul style="list-style-type: none"> <li>• Chicken Bites with Carrots</li> <li>• Hot N Spicy Goldfish with String Cheese, Sunflower Seeds and Carrots</li> </ul> <p style="text-align: right;">28</p>	<ul style="list-style-type: none"> <li>• Turkey Slider with Sunflower Seeds and Carrots</li> <li>• Educational Snacks with Sunflower Seeds, String Cheese and Carrots</li> </ul> <p style="text-align: right;">29</p>	<ul style="list-style-type: none"> <li>• Cheese Slider with Sunflower Seeds and Cucumbers</li> <li>• Cheddar Goldfish with Hard Boiled Egg, String Cheese and Carrots</li> </ul> <p style="text-align: right;">30</p>	<ul style="list-style-type: none"> <li>• (DF)BBQ Chicken Slider with Chopped Lettuce</li> <li>• Cinnamon Grahams, Sunbutter, String Cheese and Celery</li> </ul> <p style="text-align: right;">31</p>

## Welcome Back!

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Did you know... it can take several tries (sometimes up to 10 or even 20!) to like a new food? **What do you want to try this month?**

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.

*This institution is an equal opportunity provider*



**City of Denver, Office of Children's Affairs  
 Summer Food Service Program Open Sites  
 Overall Operation Dates: June 4 - August 17, 2018  
 No Service on July 4<sup>th</sup>**

Name of <b>OPEN</b> Site	Address	Dates of Operation	Days and Times of Meal Services	2018 Trained Staff
Athmar Park Library	1055 S. Tejon St. Denver, 80223  (720) 865-0230	<b>6/04/18 – 8/18/18</b>	Monday – Friday Lunch: 12 – 2 pm Snack: 3 - 4 pm  Saturday Lunch: 12 – 2 pm  <b>*Cold Only</b>	Jessica Grazulis Kathleen Hubbard Kaitlin Peterson Jose Eduardo Rodriguez
Athmar Recreation Center	2680 W Mexico Ave, Denver, 80219  (720) 865-2180	<b>6/11/18 – 8/03/18</b>	Monday – Friday  Lunch: 12 – 1 pm Snack: 3 - 4 pm  <b>*Cold Only</b>	Derek Quezada Mike Falasco
Aztlan Recreation Center	4435 Navajo St, Denver, 80211  (720) 865-4380	<b>6/04/18 – 8/10/18</b>	Monday – Friday  Lunch: 12 – 2:30 pm Snack: 3 -5 pm  <b>*Hot &amp; Cold</b>	Peter Lozano Julia Beznak Michelle Morez
Barnum Recreation Center	360 Hooker St., Denver, 80219  (720) 865-0350	<b>6/11/18 – 8/10/18</b>	Monday – Friday  Breakfast: 8 - 9 am Lunch: 12 – 4 pm  <b>*Hot &amp; Cold</b>	Leah Huffer-Solomon Brandon PoorBear Luis Casales Edward Manzanares Natalie Norton Tiffany Gagne Terrance Brennan
Cook Park Recreation Center	7100 Cherry Creek Drive South, Denver, 80224 (720) 865-0610	<b>6/04/18 – 8/17/18</b>	Monday – Friday  Lunch: 12 – 1 pm Snack: 3 – 4 pm  <b>*Cold Only</b>	Max Sedig Kiyo Brown Adam Haas Tom Didier

Name of <b>OPEN</b> Site	Address	Dates of Operation	Days and Times of Meal Services	2018 Trained Staff
Eisenhower Recreation Center	4300 Dartmouth, Denver, 80222  (720) 865-0730	<b>6/04/18 – 8/17/18</b>	Monday – Friday  Lunch: 11:30 – 1 pm Snack: 3-4 pm  <b>*Cold Only</b>	Kristi Hernandez Carlos Campos James Manzanares Shurrod Maxey
Glenarm Recreation Center	2800 Glenarm Place, Denver, 80205  (720) 865-3380	<b>6/11/18 – 8/10/18</b>	Monday – Friday  Lunch: 12:15 – 1:00 pm Snack: 3 – 8 pm  <b>*Hot &amp; Cold</b>	Jerry Browne Jordyn Romero Thomasine Hallman Amanda Suriano
Green Valley Ranch Recreation Center	4890 Argonne Way, Denver, 80249  (720) 865-4370	<b>6/04/18 – 8/10/18</b>	Monday – Friday  Lunch: 12:30 – 2 pm Snack: 5 – 6 pm  <b>*Cold Only</b>	Odalys Vasquez Danette Garrison Sylvia Mahmoud Shelly Pawlowski Shayla Anderson Matt Roberts Maurice Harper
Hadley Branch Library	1890 S. Grove St., Denver, 80219  (720) 865-0170	<b>6/4/18 – 8/3/18</b>	Monday – Friday  Lunch: 12:30 – 2:30 pm Snack: 4-5pm  <b>*Cold Only</b>	Rinh Pham Hong Ha Alfredo Pinto
Harvard Gulch Recreation Center	550 E Iliff Ave, Denver, 80210  (720) 865-0905	<b>6/4/18 – 8/10/18</b>	Monday – Friday  Lunch: 11:30 am – 12:30 pm Snack: 3 – 3:30 pm  <b>*Cold Only</b>	Jordan Coutret Bill Culkin Salma Salazar Adrienne Hurd
Harvey Park Recreation Center	2120 S. Tennyson Way, Denver, 80219  (720) 865-0550	<b>6/04/18 – 8/17/18</b>	Monday – Friday  Breakfast 9:30-11:30 am Lunch: 12 – 3:30 pm  <b>*Hot &amp; Cold</b>	Dalton Dennis April DeLeon Manuel Marquez Sheena Gonzales Nadine Gonzales Jordan Garcia

Name of <b>OPEN</b> Site	Address	Dates of Operation	Days and Times of Meal Services	2018 Trained Staff
Hiawatha Davis Recreation Center	3334 Holly St, Denver, 80207 (720) 865-0590	<b>6/04/18 – 8/17/18</b>	Monday – Friday  Supper: 3 – 5  <b>*Grab-n-Go</b>	Celia Fauntleroy Charles Black
La Alma Recreation Center	1325 W 11th Ave, Denver, 80204  (720) 865-2200	<b>6/04/18 – 8/17/18</b>	Monday – Friday  Breakfast: 10 – 11 Supper: 3 – 4 pm  <b>*Cold Only</b>	Christy Shinbara John Hodges Jason Roybal Phillip Roybal Yahya Mahamud
La Familia Recreation Center	65 S Elati St. Denver, 80223  (720) 865-2170	<b>6/11/18 – 8/10/18</b>	Monday – Friday  Breakfast: 9:30 am – 12 pm Lunch: 1 – 6:30 pm  <b>*Hot &amp; Cold</b>	Diana Archuleta Layla Sandoval Vincent Nocito
Montbello Recreation Center	15555 E 53rd Ave, Denver, 80239  (720) 865-0580	<b>6/04/18 – 8/17/18</b>	Monday – Friday Lunch: 12:30 – 2 pm Snack: 2:30 – 4 pm  Sat/Sun Snack: 12:30 – 1:30  <b>*Hot &amp; Cold</b>	Ginger Perez Irma Mcree Rachel Benjamin Bobby Macias Savion Escalera Chris Young Jasmine Gonzalez Kim Andrade Sable Bates
Montclair Recreation Center	729 Ulster Way Denver, 80220 (720) 865-0560	<b>6/11/18 – 8/03/18</b>	Monday – Friday  Lunch: 12 – 1:30 pm  <b>*Hot &amp; Cold</b>	Reji Pollard Eqypt Robinson Rhyse Wallace Kayla Fisher-Taylor



Name of <b>OPEN</b> Site	Address	Dates of Operation	Days and Times of Meal Services	2018 Trained Staff
Rodolfo Corky Gonzales Branch Library	1498 Irving St., Denver, 80204  (720) 865-2370	<b>6/11/18 - 8/17/18</b>	Monday - Friday  Lunch: 12 - 2 pm  <b>*Cold Only</b>	Regina Renee Ward Edmund Kiang Anna Anstamova Desinee Sotomayor Karim Lopez John Womble Laura Young Jonathan Padilla Kurt Schmittgen Rocio Lopez Amanda Romero Carolyna Espinoza Michael Moran Alexander Reyes Shannon Combs Sandy Ho
Rude Park Recreation Center	2855 W Holden Pl, Denver, 80204 (720) 865-0570	<b>6/04/18 - 8/17/18</b>	Monday - Friday  Supper: 4 - 5:15 pm  <b>*Cold Only</b>	Eric Stoffel Lan Pham Aaron Morales
Scheitler Recreation Center	5031 W 46th Ave., Denver, 80212 (720) 865-0640	<b>6/11/18 - 8/03/18</b>	Monday - Friday  Lunch: 11:30 - 1 pm Snack: 3 - 4 pm  <b>*Hot &amp; Cold</b>	Michael Kennedy Genesis Ruiz Dennis Weber
Southwest Recreation Center	9200 W. Saratoga Place, Denver, 80123 (720) 865-0670	<b>6/04/18 - 8/10/18</b>	Monday - Friday  Lunch: 12:30 - 3:30  <b>*Cold Only</b>	Jake Pacheco Adam Davis Sydney Weaver
Stapleton Recreation Center	5090 Broadway, Denver, 80216  (720) 865-2150	<b>6/04/18 - 8/17/18</b>	Monday - Friday  Lunch: 12:30 - 2:30 pm Snack: 3 - 6 pm  <b>*Hot &amp; Cold</b>	Audrey Manzanares Deliah Ferguson Adrianna Gayton Peter Lozano Mark Lucero

Name of <b>OPEN</b> Site	Address	Dates of Operation	Days and Times of Meal Services	2018 Trained Staff
St. Charles Recreation Center	3777 Lafayette St., Denver, 80205  (720) 865-2190	<b>6/04/18 – 8/18/18</b>	Monday – Saturday  Breakfast 10-11:30 am  Lunch: 2 – 6 pm  <b>*Hot &amp; Cold</b>	Vince Salazar
Swansea Recreation Center	2650 E. 49 <sup>th</sup> Ave., Denver, 80216  (720) 865-0540	<b>6/04/18 – 8/17/18</b>	Monday – Friday  Lunch: 12:30 – 2:30 pm Snack: 4:15-5:30 pm  <b>*Hot &amp; Cold</b>	Dawn Marie Gallardo Alyssa Montoya Gustavo Lopez Jeff Engelken Rachel Valdez Fancia Reynolds

Name of <b>Enrolled</b> Sites	Address	Dates of Operation	Days and Times of Meal Services	2018 Trained Staff
Girls Inc of Metro Denver  (303) 893-4363	1499 Julian St. Denver, 80204	<b>6/04/18 – 8/02/18</b>	Monday – Thursday  Lunch: 12- 12:45 pm  Snack: 3 – 4 pm  <b>*Hot &amp; Cold</b>	Isabel Cruz
Girls Inc of Metro Denver – Eureka!	622 Curtis Street Denver, Colorado (Address of parking lot next to Modular)  MC7 class room A	<b>6/04/18 – 6/29/18</b>	Monday – Thursday Snack: 8:30 – 9:45 am Snack: 3 – 3:45 pm  Friday Snack: 8:30 – 9:45 am  <b>*Cold Only</b>	Beatrice Lara
Impact-360	1325 Glenarm Pl. Denver, 80204	<b>6/11/18 – 8/17/18</b>	Monday – Friday  Breakfast: 9 – 11:30 am Lunch: 11:45– 2:30pm  <b>*Hot &amp; Cold</b>	Linsie Fell Carrie Packard Otto Schlosser Kat Murphy Andrus Maggie Lowenberg