



MY DENVER

FEBRUARY 2018 | Arts and Culture MONTBELLO RECREATION CENTER



MY Denver Activity Hours 4:00pm to 6:30 pm Homework Help 4:00-4:30 *indicates themed activities	MON	TUE	WED	THU	FRI
Activity 1: 4:00-5:00PM Activity 2: 5:30-6:30PM				1 Activity #1 Bingo Prize	2 Activity #1 Homemade Slime and other Creations
<u>Airbrush Design</u> Tuesdays 4:00- 5:00 Ages 5-11 5:15- 6:45 Ages 12-18				Activity #2 Kickball	Activity #2 Homemade Valentines Cards*
<u>Wrestling</u> Mondays & Thursdays 6:00pm - 8:00pm	5 Activity #1 Three Ball Knockout	6 Activity #1 Airbrush Design Arts*	7 Activity #1 4H Cooking	8 Activity #1 Dice Game Challenge	9 Activity #1 Flag Football
4H Cooking Wednesdays 4:00PM-5:00pm	Activity #2 Pop Cycle Stick Creations*	Activity #2 Board Games	Activity #2 Mi Arts Class*	Activity #2 Three Point Contest	Activity #2 Vinegar Volcanos
<u>Mirror Image Arts</u> 5:00- 6:30	1 2 Activity #1 Tape wallets and Bracelets*	1 3 Activity #1 Airbrush design Arts*	1 4 Activity #1 4H cooking	1 5 Activity #1 Homemade Fidget Spinners*	1 6 Activity #1 Link Tag
<u>Open Gym</u> Monday-Friday 2:30PM-4:30 pm	Activity #2 PS4 Tourney	Activity #2 5 vs. 5	Activity #2 Mi Arts class*	Activity #2 Knockout	Activity #2 Melting Chocolate Experiments
<u>Open Swim</u> Monday-Friday 1:00pm - 4:45pm	1 9 MY Denver Activity Hours 12:00-4:00 PM	2 0 Activity #1 Airbrush Design Arts*	2 1 Activity #1 4H Cooking	2 2 Activity #1 Yarn Creations*	2 3 Activity #1 Healthy Pizza Creations
<u>Revolution Food Snack/Dinner Program</u> Monday-Friday Snack 2:30 - 4:00 Dinner 4:30-6:00 <i>This institution is an equal opportunity provider</i>	2 6 Activity #1 Flag Football	2 7 Activity #1 Airbrush Design Arts*	2 8 Activity #1 4H Cooking	Activity #2 Motorized Coloring Machine*	Activity #2 Gaga Ball
	Activity #2 Homemade Earthquakes*	Activity #2 Twister	Activity #2 Mi Arts class*	Activity Key Urban Arts and Culture Sports and Wellness Science, Technology and Education Community Engagement Social Recreation Engage	

February

CACFP SNACK

Monday	Tuesday	Wednesday	Thursday	Friday
			<ul style="list-style-type: none"> • Blazin Hots Seeds • Honey Grahams <p style="text-align: right;">1</p>	<ul style="list-style-type: none"> • Hot & Spicy Goldfish Cheese Crackers • String Cheese <p style="text-align: right;">2</p>
<ul style="list-style-type: none"> • Sunflower Seeds • Educational Snacks with Juice <p style="text-align: right;">5</p>	<ul style="list-style-type: none"> • Cheddar Goldfish • Honey Wheat Crackers <p style="text-align: right;">6</p>	<ul style="list-style-type: none"> • Blazin Hots Seeds • Cinnamon Grahams <p style="text-align: right;">7</p>	<ul style="list-style-type: none"> • Yogurt • Goldfish Pretzels <p style="text-align: right;">8</p>	<ul style="list-style-type: none"> • Honey Wheat Crackers • Honey Grahams <p style="text-align: right;">9</p>
<ul style="list-style-type: none"> • Blazin Hots Seeds with Juice • Colored Goldfish Cheese Crackers <p style="text-align: right;">12</p>	<ul style="list-style-type: none"> • String Cheese • Honey Grahams <p style="text-align: right;">13</p>	<ul style="list-style-type: none"> • Yogurt • Goldfish Pretzels <p style="text-align: right;">14</p>	<ul style="list-style-type: none"> • Honey Wheat Crackers • Sunflower Seeds <p style="text-align: right;">15</p>	<ul style="list-style-type: none"> • Educational Snacks • Cinnamon Grahams <p style="text-align: right;">16</p>
<ul style="list-style-type: none"> • Granola with String Cheese • Honey Grahams <p style="text-align: right;">19</p>	<ul style="list-style-type: none"> • Yogurt • Goldfish Pretzels <p style="text-align: right;">20</p>	<ul style="list-style-type: none"> • Educational Snacks • Blazin Hots Seeds <p style="text-align: right;">21</p>	<ul style="list-style-type: none"> • Honey Wheat Crackers • Cinnamon Grahams <p style="text-align: right;">22</p>	<ul style="list-style-type: none"> • Sunflower Seeds • Cheddar Goldfish <p style="text-align: right;">23</p>
<ul style="list-style-type: none"> • Honey Wheat Crackers • String Cheese with Goldfish Pretzels <p style="text-align: right;">26</p>	<ul style="list-style-type: none"> • Educational Snacks • Sunflower Seeds <p style="text-align: right;">27</p>	<ul style="list-style-type: none"> • Yogurt • Colored Goldfish Cheese Crackers <p style="text-align: right;">28</p>		

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

